

The New Link

St George Association

For People with Physical Disabilities Incorporated

"Capabilities Conquer Disabilities"

Vol. 83 No.61

November/December 2010

Future Programmes

Nov 3	Wed	10.30 am	Wednesday Group	Belgreen
Nov 6	Sat	10.30 am	Book Club	Belgreen
Nov 6	Sat	2.00 pm	Barbara Ballantyne	Belgreen
Nov 16	Tues	7.00 pm	Management Committee	Belgreen
Nov 27	Sat	10.30 am	Embroidery/Handcraft Group	Belgreen

Christmas Luncheon – Sunday 28th November 2010
12 noon until 5.00 pm - St. George Leagues Club – Mahogany Room

Jan 12	Wed	10.30 am	Wednesday Group	Belgreen
Jan 22	Sat	1.30 pm	Management Committee	Belgreen
Jan 22	Sat	4.30 pm	Barbecue	Belgreen

Please note: This will be the last newsletter for the year (next edition late January), so please keep this issue as a reminder so you can note the January dates.

With December fast approaching, on behalf of our President, Bob and all the members of the Management Committee, I would like to convey our very best wishes for a

Happy Christmas and New Year

May you enjoy the blessings of Christmas, and time spent with family and friends.
For those who may be on their own, we send our special thoughts.
2010 has been a difficult year for some members, so we look forward to 2011,
let's hope good things unfold.

Thinking of Christmas, the Management Committee would like to continue the Association's tradition of donating, to the Salvation Army, Christmas gifts for children. The gifts can be taken to Belgreen during November, or brought along to the Christmas luncheon.

If you could mark on the parcel whether the gift is suitable for a girl or boy and the age group, it helps in the distribution. We look forward to receiving your support in this project, as the gifts are greatly appreciated.

A few items of news from the Physical Disability Council of NSW

PDCN held their annual general meeting recently and prior to the commencement of the AGM they had three guest speakers who presented talks on the following subjects.

Margaret Kay (Local Government & Shires Association) "Promoting Liveable Environments"

Anne-Marie Elias (NSW Council on the Ageing) "Friendly environments"

Lachlan Hazelton (Physical Disability Council of NSW) "Somewhere to sit".

As you can gather these topics are all something we can relate to, and it pleasing to see these issues being pursued by the abovementioned organisations. PDCN's "Somewhere to sit" is aimed at Local Councils as well as business and commercial premises. Information about the project will be included on their website in the near future. If you are unable to access the website you can telephone 9552 1606 if you would like to know more about this project.

Promoting these ideas within your own local environment will strengthen the efforts of these organisations. When we speak with one voice things can happen and changes can be made. Such changes are to the benefit of the whole community.

PDCN Defining Pathways Workshop to be held in Sutherland. The workshops can help you use your skills to achieve your goals and make things happen. They will be presented in two parts and are offered free of costs for participants.

Date: 18th November from 1.00 pm – 5.00pm and 19th November from 9.00 – 1.00 pm in the meeting rooms Stapleton Avenue Community Centre, 3a Stapleton Avenue, Sutherland (opposite Sutherland Library). If you would like to attend please register by calling -

Lachlan Hazelton on 9552 1606 or 1800 688 831, or email lachlan.hazelton@pdcnsw.org.au

PDCN – Workshop Emergency Readiness and Response for People with a Physical Disability.

Emergencies affect the whole community. People with a physical disability may be vulnerable in disaster situations. PDCN is holding a free workshop at the Medina Hotel, 2 Lee Street, Haymarket (next to Central Station) – **December 14th** from 1.00 pm – 5.00 pm.

Identify your needs in a disaster/emergency situation. **Find out** how you can be proactive and plan to ensure that your needs are met. **Learn how** to formulate an individual emergency action plan with your family, friends and neighbours.

RSVP – phone Ben Williams on 9552 1606 or 1800 688 831, or email benw@pdcnsw.org.au or Admin@pdcnsw.org.au

This workshop has been made possible by the generous support of the NRMA.

Future Programmes

PLEASE NOTE the change of regular date for this particular meeting. Usually the 2nd Wednesday of the month – on this occasion the 1st Wednesday of the month.

Wednesday Group 10.30 am – 2.00 pm
November 3 and January 12
Belgreen 40-42 Chalmers St, Belmore

The Group will be finishing off their work on the Christmas luncheon decorations.

Bring your lunch, tea and coffee available at Belgreen.

The Wednesday Group meetings will recommence in January. Enquiries can be directed to **Daphne Berger** telephone **9718 3678**.

**Book Club 10.30 am
November 6
Belgreen 40-42 Chalmers St, Belmore**

Hope you enjoy the following Book Reviews.

“The Search” by Nora Robert. This is a story about a single woman moving to Bristow to Orcas Island and her challenge was starting up a canine rescue centre that train dogs to track missing persons. Fiona harbours a terrible secret, and her past unexpectedly catches up with her. I really felt I went on the journey with her – it is a good read.

“Tuscan Rose” by Belinda Alexandra. A mysterious stranger known as “The Wolf” leaves an infant with the sisters of Santos. A tiny silver key hidden in her wrappings hides the identity of the child. Tuscan Rose is set in Italy during the time of Mussolini. I really enjoyed this book because it was so different from the normal read. **Robin Wall**

“A Prisoner of Birth” by Jeffrey Archer. This is a 2008 look at the class system in England incorporating most of the elements of Archer’s previous life reflected in his books. He uses his experience as a Member of Parliament; a member of the peerage, and his knowledge of the law from both sides of the dock as a barrister and a prisoner. I felt it drew mainly on his experiences as a ‘fallen’ aristocrat. His stiff upper lip denies the pain he must have and still must endure.

That said, it is an easy read in his usual style of conspiracies and I enjoyed every moment in the knowledge that ‘no good’ could come of his convoluted plans for revenge against his malevolent enemies in the higher echelons of society. **Pat Davies**

“The Da Vinci Code” by Dan Brown. At long last I finally read this book, which I had heard

from so many people was “just fantastic”! Well, as the old saying goes everyone is different and my reaction to this book was conclusive proof of the old adage. In short – I was very disappointed, although in fairness, perhaps my expectations were too high after all the wonderful reports I had heard.

There is no doubt, the intrigue was there along with some interesting theories, but I thought the story itself was rather a long-winded rambling as the search was made by the forces of good and evil to find the holy grail.

I did read the collector’s edition of the story, and must say I found the accompanying photos, sketches etc. greatly enhanced the story and made it all fit together in a far more interesting way.

“Victoria Line, Central Line” by Maeve Binchy A series of short stories about folk who travel on the two railway lines – Victoria and Central Lines.

Each story is totally independent of all other stories and the characters involved made each story entirely different to the others in the book.

The result is a collection of lightweight easy reading, which I enjoyed. As I do most of my reading late at night, an added bonus was that there was no temptation to continue reading into the “wee small hours” to see what happened next as each story was complete in itself and at that point it was easy to put the light out until another time. **Anne Buchanan**

Enquiries about the Book Club can be directed to the coordinator, Maura Outterside – please ring 9718 5803.

**Afternoon Meeting 2.00 pm
Saturday, November 6
Belgreen 40-42 Chalmers St, Belmore**

As reported in last month’s newsletter the guest speaker for this meeting will be Barbara Ballantyne, and I include details of her talk again as a reminder.

“The Australian women’s magazines of the first half of the twentieth century.

Old magazines and papers can be a source of much enjoyment and history as it happened.

Our speaker, Barbara, spent many happy hours reading these magazines and the rural weeklies of the first half of the 20th century when she was researching Australian needlework history. She will speak about the warm human stories that she found and how life was at that time.

In the early days the women’s magazines were much more important in providing information and entertainment than they are now, especially for country women who could be isolated.”

We are looking forward to meeting Barbara and hearing about this earlier period of women’s magazine and the history they will relate. Hope you are able to join us. Family and friends are always welcome.

Management Committee Meetings Belgreen 40-42 Chalmers St, Belmore

Tuesday November 16 7.00 pm
Saturday January 22 1.30 pm

Embroidery/Handcraft Group 10.30 am – 3.00 pm Saturday November 27 Belgreen 40-42 Chalmers St, Belmore

As this will be the last meeting for the year and in the Christmas spirit, if you would like to bring along some food we can share for our lunch it will add to the day. It’s great to have Coralie Lewin back with us and we look forward to the new year and new projects!!

The welcome mat is always there for you. The Group will recommence on the 4th Saturday in February.

Bring your lunch – tea/coffee available at Belgreen.

Christmas Luncheon 12 noon – 5.00 pm Sunday 28th November Mahogany Room St. George Leagues Club

The list is growing of those wishing to attend. Hope you are able to join us, please let me know if you are coming. **Ring Patricia Byrne 9150 5512. I need to confirm final numbers the week before.**

The cost is \$30.00 per head and we ask that you forward payment to Jenny Chin prior to the day.

Arrangements have been made with the Club to gain entry from the rear (as in the past) even though there were difficulties last year. Everything should be alright this time.

Barbecue 22nd January 2011 from 4.30 pm Belgreen 40-42 Chalmers St, Belmore

Following our tradition – a barbecue will be held at Belgreen. Members and friends come along, bring something that can be tossed on the barbecue and catch up with one another after the festive season.

Fund Raising

Lions Club of Oatley Festival

The Association’s stall was very successful despite dreadful weather (just sooooo windy) but obviously people still attended and it was a credit to all involved in the arranging of the Festival and to the stall holders.

Thanks to –

Betty Alwin and her family the stall proceeded and the Association acknowledges their support. Special thanks to **Kerri, Nicholas, Chenille, Brooke and Emily**. I believe the young ones did a great job and also enjoyed the activity.

Daphne Berger and **Lurline Simpson** for their assistance on the stall.

Many thanks to the ladies from the fund raising team, who prepared the packed the goods ready for the stall. Also friends of Betty Alwin, who contributed wonderful goods for sale. A real team effort and greatly appreciated.

Bob Tonazzi and **Maura Outterside** also attended the Festival.

The result was \$1,120.50 (with another \$30.00 from pre-stall sales) which was a fine effort.

Program Report

Maude Chin once again did a wonderful job in providing members with food to enjoy and the opportunity to share her recipes. Morrie and Bert Foster even made the effort to travel from Winmalee (as they look forward to her visit).

Maude has been a long time supporter of the Association and everyone looks forward to her annual visit. Many thanks, Maude for your efforts and interest in the Association.

Personal Parts

The Management Committee was pleased to welcome **Betty Alwin** back when she attended the last meeting. Betty looks really well and is feeling much better – progressing well. She has also been very busy in the painting of bags and diaries, which are popular lines on our stalls.

Sadly **Iris Ramsey** is not well at all and currently undergoing treatment at home, following numerous trips to Specialists. Our thoughts are with you Iris.

Marion Franklin is home from hospital and feeling better. Best wishes Marion – hope things continue to improve.

Mary Davis came to the last Embroidery Group day looking very well, after her trip overseas. She was away for 2 months and travelled to various countries including, Turkey (where she did a wonderful tour), England, America. Glad to hear everything went well and you have arrived home safely, Mary.

Speaking of travel, **Daphne Berger** is off to Norfolk Island for a week during November. Have a great trip Daphne and we look forward to hearing about it on your return.

Congratulations are offered to **Coralie and Albert Lewin** who recently celebrated their 60th wedding anniversary. That really is

something to celebrate – lots of good wishes to you both, from members of the Association.

News from the Pole Depot Community Centre, 23 St Georges Road, Penshurst.

Surviving as a Carer Course – commencing 1st Monday in November until 6th December.

The Carers Course covers –

- Caring for the carer/resilience
- back care and manual handling
- grief and loss
- stress management
- legal and financial matters for carers
- getting information and available services

For carers residing in the St. George and Sutherland area. For information and registration contact the Carers Support Team 9580 0688.

Randwick College of TAFE (Student Association Area) is holding a Service Provider expo on **9th November from 12.00 p.m. – 2.00 p.m.** A number of organisations have been invited to provide information about their organisation for distribution at the expo. The expo is free for Service Providers.

Even though this event is being held in November, it is to mark the International Day for People with a Disability.

Canterbury Hospital is also marking the International Day for People with a Disability on the **3rd December**. During the morning the event will be held in the Foyer of the hospital.

Various organisations have been given the opportunity to provide information about the services they provide for people with disability with an emphasis on the social aspect.

The Association has produced a flyer about our organisation along with membership application forms, which will be available for distribution on the day.

Aids and equipment for people with disability will also be on display.

Independent Living magazine

The featured articles in this particular edition cover Manual Handling – all types of hoists and lifting equipment for adults and children.

I've just selected a couple of items from the Product Review section – I will include others in the January newsletter.

Dreamfarm Vebo Vegetable Steamer. Relieves joint stress. This silicon holder is used for boiling, steaming and straining vegetables in a saucepan.

Its unique wall design squashes down to fit any sized saucepan. It allows the pot lid to fit tightly to cut steaming and boiling time. The Vebo has handles for lifting out of the saucepan. If steam is a problem, a long handled object can be placed through the handles to lift it out of the pan. This product eliminates the need to lift and carry a heavy pot to strain the vegetables.

The Vebo is available in 1.2 litre (approx. price \$28.00) and 2.6 litre sizes (approx. price \$34.00).

Duoglide Knives Ergonomically designed. This range of four knives has features to facilitate gripping, chopping and slicing. The soft, high impact handle is textured for a secure grip. It also reduces wrist, arm and hand discomfort. It is also stain resistant and sealed to the high-carbon, stainless steel blade.

The design of the 8" All purpose Chefs Knife and the 5" Utility Knife positions the user's hand over the foot to be cut. This allows for greater control and minimum effort. There is also a 7.1/2" bread/slicer and a 3" paring knife. Approx. prices \$41.50 - \$104.50.

Wherever you are, it's your friends who make our world. Anon

Management Committee 2010– 2011

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Website: Stgeorgeassociation.org.au

Patrons: Presidents of – Five Dock RSL Sub Branch and Lions Club of Oatley

Telephone - Belgreen Meeting Room (at meeting times only) 02 9759 9061