

The New Link

St George Association

For People with Physical Disabilities Incorporated

"Capabilities Conquer Disabilities"

Vol. 57 No.33

March 2008

Future Programmes

Mar 1	Sat	10.30 am	Book Club	Belgreen
Mar 12	Wed	10.30 am	Wednesday Group	Belgreen
Mar 15	Sat		Picnic – Nurragingy Reserve	Doonside
Mar 18	Tues	7.00 pm	Management Committee	Belgreen
Mar 29	Sat	10.00 am	Embroidery Group	Belgreen
Mar 25	Tues	7.30 pm	Jane Bryce	Belgreen
Apr 5	Sat	10.30 am	Book Club	Belgreen
Apr 5	Sat	2.00 pm	Janet/Peter Meagher	Belgreen
Apr 9	Wed	10.30 am	Wednesday Group	Belgreen
Apr 15	Tues	7.00 pm	Management Committee	Belgreen
Apr 19	Sat	12 noon	Eden Park	North Ryde
May 3	Sat	10.30 am	Book Club	Belgree
May 14	Wed	10.30 am	Wednesday Group	Belgreen
May 20	Tues	7.00 pm	Management Committee	Belgreen
May 24	Sat	10.00 am	Embroidery Group	Belgreen

Please note the following message!

Hi Everyone! You will note in the list of activities detailed above, there are some date changes. **We have changed our usual monthly 4th Tuesday night meeting to the 1st Saturday of April and May. This is on a trial basis only** - the thought being by having an afternoon meeting we will attract more members to attend. I encourage you to come along and enjoy the company of your fellow members and hopefully be entertained by the guest speakers. Bring a friend and double your enjoyment.

Please, please, let us know (by telephone, e-mail/snail mail) your comments on this change. If we get a positive response we will look at making the change permanent. The day chosen is also our 'Book Club' day so you are welcome to join our readers beforehand and contribute your comments.

We look forward to seeing you there – please come!! *Janet Malone (President).*

Membership Fees

A reminder - membership fees are due as at **1st April**. Members are asked to please forward payment to the Association's Treasurer, **Jenny Chin – 2 Salerwong Place, Ryde NSW 2112**.

Full and Associate Membership for those not fully employed \$7.00

Full and Associate Membership for those fully employed \$14.00

The Association values your membership and encourages you to send your fees by the due date, and also encourages you to spread the word about the organisation with the view to increasing the membership. Membership forms are readily available – if you need any just contact either myself (Patricia Byrne) or Rosemary Gray.

Future Programmes

Book Club

Saturday March 1

**Belgreen 40-42 Chalmers St, Belmore
10.30 a.m. – 3.00 p.m.**

Maura Outterside is currently on her adventure trip (as mentioned in last month's newsletter) so won't be present for the March and April meetings. However, the Book Club will still meet and welcome anyone who may care to come along. Following are some reviews, which we trust will be of interest to you.

"The Man Who Died Twice" by Peter Thompson & Robert Macklin (2004) Allen & Unwin - tells of the life of Dr. George Ernest Morrison. Melbourne born, he was an adventurer, doctor, journalist, spy and advisor to the new Chinese Government after the Boxer Rebellion in Peking early in the 20th century. A real eye opener about the events of this period from the inside.

Maura Outterside

"Bud – a Life" by Charles 'Bud' Tingwell (2004). I loved this book, what a lovely man with many wonderful stories of his life as an actor and family man. He brings back so many memories of early Sydney radio, the film industry, his career in England and return to Australian television, stage and films. This is one for the "older generation" – do try to obtain a copy.

"The Kite Runner" by Khaled Hosseini Bloomsbury Publishing (2003). It is a story of childhood memories, wonderfully descriptive, at times cruel and horrifying, or jealousy and betrayal. The story of Hassan (a servant boy), and Amir (who escapes Afghanistan in 1975 with his father). Amir returns to Kabul in 2001 to search for Hassan's son – thus begins a harrowing search and outwitting the Taliban to escape into Pakistan and finally back to America. So beautifully written, poetic, with descriptions of Kabul before and after the wars that ravaged Afghanistan. Rivetting to the end – highly recommended as a "must read".

Janet Malone

"Without Mercy" by Miriam Ali with Jana Wain. Having lived in the middle-east for 10 years I found this book to be a very true account of Yemen and its attitudes to women. The ordeal of losing 4 of her 7 children must have been heart rending and debilitating under the circumstances. A wonderful, "must read" book.

Jembu Wigetunge

You are most welcome to come – share any of your recommended books and thoughts.

Bring your lunch – tea/coffee available at Belgreen. Any enquiries can be directed to Janet Malone or myself (Patricia Byrne).

**Wednesday Group March 12 and April 9
10.30 a.m. – 2.00 p.m.
Belgreen 40-42 Chalmers St, Belmore**

Daphne Berger co-ordinates the group. Any enquiries, just give her a call on 9718 3678. Come along and enjoy the friendship and facilities at Belgreen. Bring your lunch – tea/coffee available.

**Saturday from 11.30 a.m. March 15
Picnic – Nurragingy Reserve, Doonside.**

Information from their website says -.

Nurragingy Reserve is a great place to relax and have a good time. It offers the following attractions and facilities:

- picnic and BBQ areas (wood supplied)
- children's playgrounds
- bush walking tracks
- formal garden areas, planted as International Gardens
- quiet shaded areas and pavillions
- a waterfall
- natural bushland ideal for nature studies
- toilets
- wedding garden areas (bookings essential)
- the Nurragingy Blacksmith
- the Colebee Centre

HOW TO GET TO NURRAGINGY

The entrance is off Knox Road, Doonside. Parking available inside the Reserve in designated parking areas. Not far from Doonside Railway Station.

The area is quite extensive and as we have not been there before we have not designated a meeting place.

We understand it is a one-way road that drives through the area, so we suggest the first person there pick a suitable location (bearing in mind toilet facilities) and the rest of the group will find you.

We also suggest that perhaps a picnic lunch may be the most convenient and then we don't have to worry about particularly being near a barbecue area.

If you are planning on coming let us know and then we can be on the lookout for you. Hope to see you there!

**Tuesday 7.30 p.m. March 25
Belgreen 40- 42 Chalmers St, Belmore**

Jane Bryce, Community Education Co-ordinator for Guide Dogs NSW/ACT. The Guide Dogs organisation is one we have heard about for many years and it will be really interesting to hear of their work and how they are currently operating. Tell your friends and come along and share what should be a very interesting evening.

**Tuesday 7.00 p.m. February 19
Management Committee Meeting
Belgreen 40-42 Chalmers St, Belmore**

**Saturday March 29 and April 26
Embroidery Group
Belgreen 40-42 Chalmers St, Belmore**

Please note that the date has changed for March to that previously advertised. The 4th Saturday falls on Easter Saturday, hence we have made the date **March 29th**.

Coralie Lewin (Co-ordinator) provides suggestions, instructions and inspiration. Those attending get the opportunity to learn new skills or build upon the ones they already have and produce some lovely items.

Bring your lunch – tea/coffee available at Belgreen.

**Saturday April 5 2.00 p.m.
Belgreen 40-42 Chalmers St, Belmore
Janet/Peter Meagher (guest speakers)**

are going to talk about their trip to Singapore and Malaysia. They had a wonderful time, which included some challenges along the way. Should be very interesting – do hope you can come along.

As mentioned on the front page, this program has been scheduled on Saturday afternoon instead of our usual Tuesday night meeting for April. It follows the Book Club get together and as Janet said, you are more than welcome to come early if you wish.

New Member

The Association welcomes with pleasure, Ross Chin, as an Associate Member. Ross has been known to many of us for a long time and we are pleased that he has joined the ranks. We look forward to him continuing to be involved in the activities of the Association.

Program report

I'm told the barbecue at Belgreen in January went well and although it was a small group everyone enjoyed themselves.

Another small group was warmly welcomed by Jenny & Ross Chin to their home for a barbecue, in February. This was a great day and thoroughly enjoyable. Many thanks to Jenny & Ross for their hospitality.

Other News

The **Pole Depot Neighbourhood Centre** Inc. advises of their Over 55's Gentle Exercise Group, which meets every Friday (during school term) from 10.30 to 11.30 am. Cost is \$4.00 per session. Dress in comfortable clothes that allow movement.

Location 23 St Georges Road, Penshurst.

For more information telephone the Pole Depot during business hours 9580 0688, or visit their website www.poledepot.org

The Association received a letter from Hercules Complete Lifting Solutions enclosing a brochure on their 'personal stairclimber range. If anyone would like to know more about this information just give me a call.

Patricia Byrne

There was an interesting article published in the last issue of **Para Quad News** by Chairman Wendy Potter regarding the work RailCorp are doing in relation to Rapid Access Trolleys. These are similar to those used in the London Underground and have two objectives: the primary one being to transport emergency services personnel and equipment to an incident site (e.g. break-down between stations) and the secondary one being to de-train passengers who cannot do so independently.

Wendy goes on to say "that while RailCorp's action is clearly in the right direction there are some unresolved problems". Matters such as those who may use an electric wheelchair versus those in a manual wheelchair and how all this is managed. Personnel being aware of how to lift a wheelchair and wheelchair users.

It is encouraging to know the problem is being addressed, which will hopefully result in a positive outcome.

Another interesting article covered Fire Safety Tips for People with Disabilities. It's not possible to include the complete article, but the following headings give you some idea of what was covered.

- Always plan ahead for emergencies.
- In an apartment -Try to live near an exit.
- Install Smoke Detectors.
- Dial 000.
- Plan your escape.
- What to do in case of fire.
- Get out, stay out.
- Crawl low in smoke (if physically possible).
- Stop, drop and roll.
- Cool a burn (best first aid cool water).
- Keep doors closed.
- What to do if you are trapped.

LINKUP (People With Disability Australia) covered a number of issues, positive and negative, in relation to travel – public transport etc. One of the items was a good news story “Greyhound buses set the standard”. They have won a 2007 Disability Action Week Award in the transport category in recognition of the company’s efforts toward meeting the needs of passengers with disability. Greyhound Australia’s new coaches enable people using wheelchairs and scooters to board in an easier, dignified manner. The coaches are also equipped with new appropriately positioned hand rails, allowing people to maintain balance while getting into the seats and during the transfer of a wheelchair into the coach.

Fund Raising

Betty Alwin advises there is a proposed stall (to benefit the Association) being held at Miranda Congregational Church, the week before Mothers Day. If anyone has goods to contribute or requires any further information **please contact Betty Alwin 9579 4600** during the week Monday to Friday.

We would like to ask again, if anyone would be able to assist the fund raising team by doing the necessary crocheting on tea towels (that become hand towels) and a popular item on our stalls. The people who were kindly doing this in the past are no longer able to assist. All materials would be supplied. Our call for help in the last newsletter, unfortunately did not receive a response. If you can assist it would be greatly appreciated. Again, just give **Betty Alwin** a call and arrangements can be made to get the items to you.

Vale

Members will be sorrow to learn that **Steve Gannon** died on 3rd February. For those who may not know, Steve was one of the first residents at Belgreen where he spent some time before he moved on to other accommodation.

We understand Steve had been in hospital for some time and had been having a difficult time.

Our thoughts are with his wife, sons and all his family.

Personal Parts

Further to **Morrie Foster’s** previous cataract operation she is to have the other eye done early March. We do hope everything again goes well Morrie, and it won’t be too long before you are recovered from these procedures.

Unfortunately, **Albert Lewin** is not well due to his recent heart problems. We again send our very best wishes to him – our thoughts are with you, Uncle Albert.

Dian Wilcox has not been well of late, and has also had a short stay in hospital – best wishes Dian – we are thinking of you.

Our thoughts are also offered to **Olive Hale**, who has not been well and is to have surgery on her hip early April. We send our best wishes for a successful outcome.

Best wishes also to **Evelyn Williams**, who is currently in hospital – hope it’s not long before you are home again, Evelyn.

Members will be sorrow to hear that **Elizabeth McDonald** is in Concord Hospital following a fall from her chair resulting in a broken leg. She rang me at the Embroidery Group last Saturday apologising for not being able to be there explaining “I’m in hospital”. I could not believe it - you will recall she had a similar accident before. However, the extent of her injuries on this occasion, are not as bad as previously. Apparently the front wheel of her chair sheared off resulting in the chair tipping and her falling.

Fortunately three men came to her rescue and made her as comfortable as possible until the ambulance arrived. One of them kindly transported her wheelchair for safe

keeping, until it could be repaired and he then arranged for it to be delivered to the hospital, for which she was very grateful.

Again, our thoughts are with you, Elizabeth and we only hope it's not too long before you are recovered and again able to join wish us at Association activities.

Bev Kreger had a spell in hospital awhile back, but is home again and feeling much better. Our thoughts are with you, Bev.

Congratulations to **Maura Outterside** on receiving Canada Bay City Council's 2008 Citizen of the Year Award. She was thrilled - well done, Maura.

News from the Freshwater family – **Bill Freshwater** is now living at Vickery Lodge, Sylvania and apparently well settled. Best wishes, Bill and hope you will be happy in your new home.

Bill's parents, **Sid and Gwen** are in the process of planning a move and will be residing in an apartment at Cronulla. We send our best wishes to them also and hope they enjoy their new abode.

I, (**Patricia Byrne**) had a very enjoyable trip to Melbourne for 5 days (travelling with friends) so we could spend 3 days at the Australian Open Tennis Championships. It was great – the weather was quite good (not too hot) and we managed to spend some time enjoying the city shops.

Something we can all relate to – “To have a good friend is one of the greatest delights of life”
(*Ralph Waldo Emerson*)

Management Committee 2006 –2007

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Five Dock RSL Sub Branch
Lions Club of Oatley.

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