

The New Link

St George Association

For People with Physical Disabilities Incorporated

"Capabilities Conquer Disabilities"

Vol. 84 No.62

February 2011

Future Programmes

Feb 5	Sat	10.30 am	Book Club	Belgreen
Feb 5	Sat	2.00 pm	Wendy Cornish	Belgreen
Feb 9	Wed	10.30 am	Wednesday Group	Belgreen
Feb 15	Tues	7.00 pm	Management Committee	Belgreen
Feb 19	Sat	12 noon	Management Committee	Belgreen
Feb 26	Sat	10.30 am	Embroidery/Handcraft Group	Belgreen
Feb 27	Sun	12.30 pm	Wings Restaurant	Five Dock
Mar 5	Sat	10.30 am	Book Club	Belgreen
Mar 5	Sat	2.00 pm	To be confirmed	Belgreen
Mar 9	Wed	10.30 am	Wednesday Group	Belgreen
Mar 15	Tues	7.00 pm	Management Committee	Belgreen
Mar 19	Sat	11.30 pm	Craft/Trash & Treasure	Belgreen
Mar 26	Sat	10.30 am	Embroidery/Handcraft Group	Belgreen

Happy New Year

Well it is hard to believe Christmas has come and gone and here we are talking about February 2011. Christmas and New Year is a special time, something to be shared and enjoyed - I do hope everything went well for you, as we now look forward to 2011 unfolding.

However, having said that, January has certainly been disastrous for thousands of people in Queensland, part of New South Wales, Victoria and Tasmania, with the floods. I'm sure like me you could not believe the footage shown on television of the dramatic events, and the damage done to so many homes and businesses, the loss of life and families torn apart. As we all know it will take many months and years for people to re-build their lives and my sincere thoughts certainly go out to all concerned.

One organisation that has been involved in the floods is **People with Disability Australia (PWD)** – the following email I received tells the story.

FRASER COAST OFFICE FLOOD APPEAL!

"People with Disability Australia (PWD) suffered significant losses in the recent Queensland floods, with our entire Fraser Coast Office, based at the Mary River Marina in Maryborough, destroyed. We lost all office furnishings, specialised equipment, including our Teletypewriter, and over \$12,000 plus worth of printed resources and stationery supplies.

Alan Grimsley, PWD's Fraser Coast Individual and Group Advocacy Manager, managed to save all client files, the laptop computer and the office car. With these materials he is continuing to work under very difficult conditions, making sure this essential advocacy support service for people with disability is available to those who require it.

PWD is appealing to all PWD friends, supporters, colleagues, members and associates to dig deep to help us bring this essential advocacy support service back to capacity.

To donate money to the appeal please call PWD at 1800 422 015, email to daphneec@pwd.org.au, or download our donation form www.pwd.org.au/donations and send to PO Box 666, Strawberry Hills NSW 2012 or fax to 02 93181372.”

The photos that were attached to the email showed an awful scene of destruction, so they basically have to start again to fit-out their office. If you can help, please make contact with PWD directly, as indicated above.

The **St. George Association** has received a letter from the **Salvation Army Campsie Community Services Branch**, along with a Certificate of Appreciation thanking members for the childrens’ gifts kindly donated. They were gratefully received and distributed to families within their area and our support has been once again greatly appreciated. So “thank you” to those who contributed a gift.

The **Management Committee** has recently produced some leaflets detailing information about the Association in an endeavour to increase our membership. We are seeking your support in promoting the Association and its activities - enclosed is one of the leaflets, which you may care to pass on to someone who may be interested in joining. Whilst our membership is scattered and many are unable to attend activities at Belgreen, the monthly newsletter creates a link and provides information, which we trust is of interest to members. The Association has a long history, which is valued by many, but we need to seek new members, which will strengthen and develop the organisation further. If you would like copies of membership forms, just let us know and they can be sent to you to pass on to others. Spread the word about St. George!

The **Management Committee** would also like to sincerely thank Peter Preneas, who has recently updated the Association’s website. Peter has put a great deal of time and effort into this project and it is greatly appreciated. Have a look at the site and let us know your thoughts. If you wish to make any comments please contact our President, Bob Tonazzi 9311 2555.

Website: Stgeorgeassociation.org.au

More details from the **Physical Disability Council of NSW (PDCN)** about one of their projects (mentioned in our last newsletter) that we can all relate to and in which we could become involved.

“Somewhere to Sit”

“The Physical Disability Council launched ‘Somewhere to Sit’ as part of the Liveable Communities panel presentation at its Annual General Meeting in October. It is all about empowering local communities through the availability of public seating (both indoor and outdoor). Encouraging people to look at how it affects them and how making simple changes at the grass roots level can make things better for everyone.

Seating is one small way a community can become more accessible and inclusive for all. Seating is one way to address the isolation that comes with reduced mobility, allowing people to continue to enjoy being part of their community by contributing to it. Public seating is one small way to stay part of the community regardless of age. PDCN has more information on their website at

<http://www.pdcnsw.org.au/index.php/General/somewhere-to-sit.html>

If you have examples of public seating in your area or ideas on how it can be improved send us an email and we'll put it on the website. If you would like to organise a presentation, or if you would like more information, please contact us below."

Contacts Lachlan Lachlan.hazelton@pdcnsw.org.au
Ben benw@pdcnsw.org.au

Lachlan Hazelton
Media Officer
Physical Disability Council of New South Wales Phone 02 9552 1606 or 1800 688 831

Apart from informing PDCN about seating in your area, or seeking further information, you may care to pursue this concept within your own area by talking to your local council, chamber of commerce to encourage businesses to think about this issue and other community based organisations. The more discussion (and hopefully action) - the better the outcome.

PDCN is also arranging the following event -
Free Defining Pathways Workshop

PHILOSOPHY

Focus on the concept that people with physical disabilities are ordinary people living ordinary lives in their local community.

AIM

To structure an educational program that will develop the capacity of people with a physical disability in NSW to identify their own goals and the confidence to identify a 'pathway' to gaining their goals.

OBJECTIVES

- Create a belief that an individual can have confidence in their own ability.
- Provide information that is useful and practical.
- Understand the importance of recognising individual difference.
- Increase an individual's ability to ask the right questions and seek the right people.
- Provide the skills to identify individual strategies.
- Empowering the individual to make informed choices.
- Provide time for personal reflection.

Where: Redfern Town Hall 17 and 18 February 2011
When: Two sessions: 1pm-5pm 17 February, 2011 and 9am-1pm 18 February 2011

Register Now: Phone 1800 688 831 of email lachlan.hazelton@pdcnsw.org.au

Future Programmes

Our regular meetings will once again commence and the first will be the -

Book Club 10.30 am
February 5 and March 5
Belgreen 40-42 Chalmers St, Belmore

Unfortunately, our co-ordinator, Maura Outterside and Janet Malone will not be able to attend in February. However, the date is still set for those who would like to attend – more are always welcome. For the February meeting any enquiries can be directed to me

(Patricia Byrne) 9150 5512. Bring your lunch – tea/coffee available at Belgreen.

We will have to wait for book reviews until next month – I am sure the eager “readers” will have been busy over the festive season. So we can look forward to hearing what they have read over the last couple of months.

**Afternoon Meeting 2.00 pm
Saturday, February 5
Belgreen 40-42 Chalmers St, Belmore**

One of our popular speakers, Wendy Cornish has kindly agreed to attend and the topic this time will be “Dog Mushing in Alaska”. Certainly something different and knowing Wendy it will be interesting. The Iditarod dog race starts on the 5th March (which is an historical event) and the story Wendy has to tell is fascinating. Come along – bring a friend and enjoy the afternoon.

**Wednesday Group 10.30 am – 2.00 pm
February 9 and March 9
Belgreen 40-42 Chalmers St, Belmore**

The Group will be again gathering – a good opportunity to catch up with one another, and who knows what will be created this year!!

There is an invitation for members and friends to come along. Bring your lunch, tea and coffee available at Belgreen. Enquiries can be directed to **Daphne Berger** telephone **9718 3678**.

Special thanks to the Wednesday Group for making the “sweet treats” that decorated the tables at the Christmas luncheon. They were well received with complimentary comments being made, adding to the occasion.

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

**Tuesday February 15 7.00 pm
Tuesday March 15 7.00 pm**

**Management Committee Meeting
Saturday February 19 12 noon
Reviewing of the Constitution**

**Embroidery/Handcraft Group
10.30 am – 3.00 pm Saturday
February 26 and March 26
Belgreen 40-42 Chalmers St, Belmore**

The Group commences again in February and looks forward to the opportunity of doing some creative work. If you know someone you think would be interested encourage them to come along.

Coralie Lewin (co-ordinator) offers expertise and support in helping members with their various projects. It is a very pleasant way to work when you share the time together – we can all learn from one another.

I repeat myself by again saying, you are most welcome. Bring your lunch – tea/coffee available at Belgreen.

**Sunday February 27 – 12.30 p.m.
Lunch – Canada Bay Club
William Street, Five Dock**

We have visited this venue a number of times however, on this occasion we thought we would go to the Chinese restaurant (Wings Restaurant) upstairs. All accessible by lift and accessible toilet facilities are also upstairs.

If you would like to attend please let me know (**Patricia Byrne 9150 5512**) by the 19th February so we can book a table.

**Afternoon Meeting 2.00 pm
Saturday, March 5
Belgreen 40-42 Chalmers St, Belmore**

Program and speaker to be confirmed.

Fund Raising

**Craft Table, Trash/Treasurer and Refreshments from 11.30 am Saturday, March 19
Belgreen 40-42 Chalmers St, Belmore**

We are planning a fund raising event – please make a note in your diary. More news next newsletter.

The Association would like to sincerely thank all the fund raising team, which covers many people – your support is greatly appreciated.

At the Association's Christmas Luncheon a wonderful donation (a cheque for \$1,800.00) was received from **Yvonne Williams, Margaret Lee, Marg Lotty and their supporters**. This is a great effort and we once again, say "thank you". On the day of the luncheon the ladies arranged a craft table displaying an array of goods, which resulted in takings of \$808.00 and the raffle raised \$231.00. All in all, well done to everyone involved.

The Association is fortunate in having a strong band of supporters, which certainly contributes in a very tangible way.

Once again "thank you" also to **Betty Alwin, her family and supporters**, who have all contributed on a regular basis.

The Association would like to acknowledge and thank the **Australian Chinese Charity Foundation** for a recent grant of \$300.00. Bob Tonazzi was a guest at their annual dinner on 30th October, where grants were presented to a number of individuals and organisations. This organisation has, and continues to provide wonderful support to the community and the Association certainly appreciates their contribution.

Program Report

For our November meeting **Barbara Ballantyne** was the guest speaker, and this was certainly a very interesting afternoon.

It was a pleasure to meet Barbara, a very talented and interesting lady. She brought along some old magazines and papers, which gave an insight into life during that particular period and showed the way magazines have developed over the years.

She also had some wonderful books, some written by her, about Irish lace making, beautifully illustrated and great detail in the text - quite a feat to produce. We look forward to her paying us another visit in the future.

The **Christmas Luncheon** was once again, very successful with a good attendance and

everyone seeming to enjoy the occasion from the feed-back I received. Good food – happy gathering.

Thank you to **St. George Leagues Club** for providing the Mahogany Room for the event and allowing access from the rear car park. To the staff, thank you also for their help on the day.

As mentioned previously, thank you to the Belgreen Group for the table decorations and to the Fund Raising team as already detailed. Further thanks to Yvonne and Margaret for all the lucky door prizes, which were given out during the afternoon.

The **Wednesday Group** had their first meeting in January and enjoyed their time together also welcoming back Marion Franklin. The **"traditional" January barbecue** was held on the 22nd following the Management Committee Meeting. Even though we were a small group (as a few members were absent) we were joined by the President of Lions Club of Oatley, John Morris and his wife, along with Wendy Cornish - we enjoyed their company and the afternoon.

Sadly within our 'personal pars' we have joy and sadness.

Vale

It is with sadness I report that **Zelma Wilcox** (Dian's mother) died on the 10th December. Over many years Zelma had been a supporter of the Association and always interested in our activities. For those who knew Zelma, we have fond memories. Our thoughts go to Dian and her family at this difficult time.

We were also saddened to hear the news of the death of **Robyn Wall's** husband **Graham** and also Robyn's brother, who died within a week of one another. Our thoughts are with you Robyn – we trust with the support of family and friends you receive comfort.

With further sadness as I am in the process of writing this newsletter, I have received news that **Steve Franklin (Marion's** husband) died suddenly on 23rd January. Apparently Steve

collapsed at home – as you can imagine it is a shock to us all, and naturally Marion. They have been known to some of us for many, many years – Marion being a long time member of St. George and Steve being of wonderful support to her and over the years providing assistance to the Association. Marion, we do offer our sympathy and certainly understand your loss – you are in our thoughts.

Personal Pars

Late last year **Jean Ross** had surgery to repair damage to her right shoulder following a fall. All went well with the operation – it has been necessary to wear a sling for the past 6 weeks or so, which has been tricky when you are right handed. However, she has managed and has started physio to gradually get arm function. We send our good wishes, Jean for a good recovery.

Betty Alwin has been having trouble with her hip, which has restricted her as you can imagine. Hope things improve soon, Betty.

Denise Coleman also had some time in hospital for surgery and we do hope you are feeling better, Denise.

Betty Hill has not been well recently – hope things improve for you soon, Betty. Best wishes.

Alix Rainnie had a holiday in Queensland prior to Christmas to celebrate her son/daughter's 50th birthdays. Pleased to hear all went well, Alix.

Marlene Musgrove has recently moved and now resides at Wollongong. Unfortunately just after moving (she tells me in a card I received) she broke her leg. However, things are now improved and we do send our best wishes, Marlene – it was great to hear from you.

Congratulations to **Libby & Kevin Hollingworth** who recently celebrated their 40th wedding anniversary. We send our very best wishes to you both. Kevin has been a long time member of the Association and enjoys keeping in touch via the New Link.

The Embroidery Group received a lovely letter from **Iris Ramsey**, who as you know is undergoing treatment at the moment. Quite obviously Iris is having a difficult time health wise, but as she says in her letter is receiving wonderful support from her family and she really has appreciated the cards and messages from members of the Association. Once again, Iris – you are in our thoughts and we send our very best wishes.

Our thoughts are also with **Gary Buchanan** as he has not been well for some time – best wishes, Gary – hope things are improving for you.

Since we last went to print **Jenny/Ross Chin** have had a holiday touring various parts of Victoria and thoroughly enjoyed the trip.

Speaking of travel I received a Christmas email from member, **Nola Dunbar**, who resides in Queensland and I thought you might like to share her news. Nola has since been able to add some more detail about the trip, which tells her story.

"I can't believe another year has come and almost gone, but what a great year it has been for me. I drove down to Newcastle in February to stay with my sister-in-law and then we both continued down to Sydney to go to The Edinburgh Tattoo. Even though it was a very wet night it was a fantastic show and we thoroughly enjoyed ourselves.

In May I drove down to Sydney again to go to my old trusty Boot Maker to have a new pair of shoes fitted in preparation for my overseas odyssey to Alaska and Canada.

What an experience from start to finish. I left home on the 4th Aug and returned on the 15th Sept. and travelled on my own. My first stop was an overnight in San Francisco with time to jump aboard the trolley tram up and down the hills. Early next morning I was on a flight to Anchorage in Alaska for a train trip down to the Kenai National Park with such wonderful scenery and a great lunch of crabs, salmon and buffalo steaks and so many different types of salad, train trip back to Anchorage and next morning joined a small coach tour to head north to Denali National Park, spent the day there and were very lucky to see Mount McKinley which the locals told us is a rare event because it is usually covered in cloud.

Next day on to Fairbanks and a Mail Run by small plane into the Arctic Circle, almost to the Bearing Sea. Lots of sight seeing and fun along the way, travelled across the narrow Top of The World Highway in convoy to Dawson City and then down to Whitehorse, with lots of very quaint little towns and lots of character along the way. Joined another train – the famous narrow gauge White Pass & Yukon Route, 28 miles long that drops 3000 feet through spectacular scenery. Into Skagway for a stunning two passenger little plane flight up and over the mountains to join a Small Cruise Ship for a 12 day trip down through the Inside Passage from Juneau to Seattle, to places the big liners can't get into. We saw whales, orcas, sea lions, otters and so many different birds, glaciers and ice bergs were great to see, it was amazing and all the small villages that we called into to do tours around.

After docking in Seattle I flew back to Vancouver early, joined a tour to Grouse Mountain and walked half way across the North Shore Capilano Suspension Bridge and the next day joined The Rocky Mountaineer Train for 11 days. Just such an experience, the scenery was ever changing and we were lucky enough to see elk and deer along the way. When we were in Banff it snowed so we went up in the cable car to Sulphur Mountain and played in the snow like big kids. Lake Louise was amazing and so was the Athabasca Glacier which we were able to walk on – a bit cold and windy but such an experience not to be missed. Continued on the train down to Whistler where the Winter Olympics were held and had a couple of different cable car rides out across the valley. This town is a holiday maker's paradise, there is so much to see and do. Back into Vancouver for a couple of days before boarding a ferry across to Vancouver Island to head to the world famous Butchart Gardens which used to be a Limestone quarry, absolutely stunning.

My next stop was Knight Inlet Lodge by float plane and it had to be one of the best times I had, seeing black and grizzly bears in their own environment. From here it was back to Vancouver, San Francisco with a trip out to Alcatraz then the long flight home. There were so many adventures and I have so many wonderful memories, and photos (over 4000) I have not included everything that I did or saw. The Scenery was amazing, the people were so friendly and helpful and the salmon and all other foods and drinks!! were superb AND the friends I have made

who I am still in contact with from around the world.

Jenny, Heather and Clare are all well and Clare has just had her Grade 10 formal. Iain and Anita have come back to Australia to live here on the coast now and I am to be a Nanna again next April so I am so happy for them.

I wish you all a very Merry Christmas and a Safe and Happy New Year. Nola."

It's great to hear Nola's story and it is obvious she had a wonderful time – such experiences create wonderful memories to treasure.

We have a number of special birthdays to report!! **Congratulations** are offered to all the following members with lots of good wishes.

During January **Heather Patchett** turned "gold" celebrating her **50th** birthday.

Wayne Patchett had a **60th** Halloween birthday!

Bernice Macleod Jones celebrated her **80th** birthday in December.

Albert Lewin celebrated his **90th** birthday on the 11th January (he enjoyed a family lunch on the 9th).

Jean Neale (Janet Malone's mother) will be celebrating her **100th** birthday on 8th February (the family have arranged a special afternoon for her on the 5th February).

Other January birthdays are shared by Betty Alwin, Alix Rainnie and myself. That's quite a collection.

Independent Living magazine

From the magazine a few more product reviews.

Quickie Salsa Powerchair with an adjustable seating system. This rear wheel drive powerchair is built using Sunrise Medical's new platform technology. The Salsa can grow with the user's requirements and be adapted to accommodate their future needs. The fully adjustable seating system offers multiple seating combinations. Seat adjustments include height, depth, width and angle

adjustment. The legrests, backrest and armrests are also adjustable. A large range of powered options can be retro-fitted via “plug and play” modules.

The seat height starts at a low 14.5” to allow access under tables. The seat width and depth are adjustable between 16” and 20”. Max user weight is 140 kg. Approx. price \$6195.00.

Radio Call Pager operates up to 300 metres. This pager and emergency call transmitter will operate over distances of up to 300 metres. Both the transmitter and receiver are robust, portable and battery powered. The system allows for a person to call for aid at home without being linked into a phone line. The transmitter can be operated by pressing the large blue button. It is small enough to carry or mount on a bed or wheelchair. The small Apollo tone/vibration receiver can be clipped to a pocket. Special access switches are available if the user cannot manage the standard button.

This system can be adapted in multiple ways. The transmitters and receivers are purchase in set of two or more. They are pre-

programmed in coded sets as per requirements. Multiple transmitters and receivers can be used. Approx. price \$340.00 single button pager transmitter.

Uriwell Unisex Urinal use in lying, sitting or standing positions. This portable unisex urinal has a flexible cylindrical shape. It can be extended and bent into various positions to suit the needs of the user. A unisex adapter makes it suitable for both male and female use. Females can also use the Uriwell while standing. It is spill proof when closed, and is odour proof. It comes in adult (750 ml) and child (350ml) sizes. Approx. price \$23.00.

Recliner Lever Extender for manually reclining armchairs. This steel chair lever handle is bolted to a recliner chair lever. It adds 150mm to the reach making the handle more accessible to the chair occupant. The wide looped handle provides a large grasp surface. It is padded to protect the chair handle. A four bolt attachment provides a secure fit to most recliner handles. Approx. price \$23.00.

Friendship has a special meaning when you have someone with whom to share tears and laughter, fears and dreams, and silence when the time for words is past. Anon

Management Committee 2010– 2011

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All Financial matters to:	Hon Treasurer	2 Salerwong Place, RYDE NSW 2112		
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Vice President	Janet Malone	02 9787 1042		
Asst Secretary	Rosemary Gray	02 9820 1308		
Betty Alwin	02 9579 4600	Daphne Berger	02 9718 3678	Pat Davies 02 9153 0729
Maura Outterside	02 9718 5803	Peter Meagher	02 9520 3521	
Betty Hill	02 9750 8461	Rod Kearns	02 9703 2062	

Welfare Officer: Elizabeth McDonald 02 9747 6268

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