

# The New Link

St George Association  
For People with Physical Disabilities Incorporated

*"Capabilities Conquer Disabilities"*

Vol. 65 No.41

November & December 2008

## *Future Programmes*

Nov	1	Sat	10.30 am	Book Club	Belgreen
Nov	1	Sat	12 noon	Maude Chin	Belgreen
Nov	12	Wed	10.30 am	Wednesday Group	Belgreen
Nov	16	Sun	12.30 pm	Tuscany Café	Kingsgrove
Nov	18	Tues	7.00 pm	Management Committee	Belgreen
Nov	22	Sat	10.30 am	Embroidery Group	Belgreen
Dec	7	Sun	12 noon	Christmas Luncheon	Kogarah
Jan	17	Sat	1.30 pm	Management Committee	Belgreen

**followed by a barbecue from 5.00 p.m. for members to attend**

Feb	7	Sat	10.30 am	Book Club	Belgreen
Feb	7	Sat	2.00 pm	Canada/Alaska holiday	Belgreen

**Please note this will be the last newsletter for 2008 as all programs have been listed for the remainder of the year and after the Christmas Luncheon there are no other gatherings until the barbecue in January.**

**Even though it seems a little early, on behalf of our President, Janet Malone, and all members of the management committee I would like to wish you a very**

***Happy Christmas and New Year***

**– may you enjoy the Christmas Season, and time with family and friends.**

**If you are holidaying, safe travel and we look forward to catching up in the New Year.**

**The Australian Government is developing a NATIONAL DISABILITY STRATEGY** and has developed a discussion paper to facilitate public discussion. Public consultations are being held throughout the country.

The government is looking for responses from people with disability, their family, carers, and organisations.

Your thoughts can be directed to **National Disability Strategy PO Box 7442, Canberra Business Centre, ACT 2610 by the 1<sup>st</sup> December, 2008.**

Following are some of the questions contained in the discussion paper.

- What do you think should be included in the National Disability Strategy?
- What are the greatest barriers that people with disability face to participating fully within the community and what specific local or national actions could be taken to overcome these barriers?
- What areas of research do you think should be a priority to better inform the National Disability Strategy?
- What are your personal experiences?  
Tell in your own words about any time that you, or someone you care for or support, experienced barriers to participating in a community, social or work event.
- What local action has made a positive difference to your life or other people with disability, their families and carers?
- What local action has made a positive difference to the life of someone you care for or support?
- Do you have any other comments, thoughts or ideas about the National Disability Strategy?

This is an opportunity to express our thoughts, concerns, recommendations on a range of issues that affect people with disability.

Alternatively, you may care to send your thoughts and comments to me and I can respond collectively.

*Patricia Byrne*

**Keep in mind the International Day of People with a Disability – 3<sup>rd</sup> December!**

The Association's Christmas lunch is always near this date, so it is an opportunity to come together and enjoy this time of the year and celebrate the contributions and achievements of people with disability.

Throughout the country various celebrations will be arranged, so hopefully you will be able to participate and share in recognising this International Day.

*Patricia Byrne*

Within the Health Department various Area Health Services have been engaged in public consultations, seeking community participation. One such Area is **Sydney South West** where **Canterbury Hospital** is located. The Canterbury Health Service is seeking interested community members to be involved in a range of activities across the health service.

These activities include participation in:

- Health committees
- Advisory groups
- Partnership projects
- Clinical redesign project

They are seeking people who are:

- Residents of the Canterbury Local Government Area
- Prepared to represent the community on health consumer issues
- Prepared to give time to have input into health issues
- Prepared to be part of the Community Representatives Network for Sydney South West Area Health Service.

If you are interested please contact Kerry Parsons (Community Participation Coordinator) Canterbury Hospital – telephone 9787 0237.

On the 22<sup>nd</sup> October 2008 the “**Results of the Physical Disability Council of NSW’s 2008 Survey Of The Impact of Ageing On People With A Disability**” was launched.

PDCN was very pleased with the number of people who completed the survey providing valuable information, which will be a very useful tool in raising the many issues faced by people ageing with a disability.

The Council’s task ahead is to place this document before relevant government departments and organisations to address the needs and concerns people have communicated. Hopefully changes can be made that will have positive outcomes.

If you would like a copy of this document, please let me know and one can be sent to you.

*Patricia Byrne*

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***Future Programmes***

**Book Club**

**Saturday Nov 1<sup>st</sup> 10.30 am**

**Belgreen 40-42 Chalmers St, Belmore**

Please note the Book Club will not meet in December – the next will be in February 2009.

At the last Book Club gathering discussions covered various topics and the following reviews were shared.

“My Sister’s Keeper” by Jodi Picoult (Allen & Unwin 2004). An amazing fictional story, which examines the ethical, moral

and emotional effects of a “designer baby” conceived to save the life of a sibling dying of leukemia.

As a 13 yr. old this daughter begins to question who she really is and her ongoing medical donations to her older sister, some of which are invasive procedures, and is now looking at donating a kidney.

A lawyer agrees to take her case for “medical emancipation from her parents” i.e. the power to make her own decisions regarding her sister’s ongoing health.

It is written from various perspectives each

giving valid reasons to both sides of the dilemma. I found it hard to put down once I began reading, and the ending is completely unexpected.

Do read it – it really makes you think about this agonizing situation and how you would handle it as a parent faced with losing a child.

*Janet Malone*

I also read this book – an interesting complex story of a family – their relationships and the affects they experience in dealing with the physical and emotional turmoil they face. The ethics and impact of decisions made. The story is well written as it twists and turns highlighting each person's decisions and thoughts.

*Patricia Byrne*

“Marley & Me” by John Grogan (2005 Huchette Australia). What a wonderful warm story this is – the life of Marley an American Labrador Retriever and that of the human family around him.

It is told with such love and insight besides being beautifully written. It is a wonderful journey of love, loyalty and devotion from a neurotic dog who brought mayhem, and so much joy into the Grogan household.

I laughed till I cried, shook my head in disbelief and blubbered while reading when his life came to an end and this wonderful dog took his place in “doggie heaven”. I highly recommend it – you will not regret reading this book.

*Janet Malone*

“Nella Last's War” edited by Richard Broad & Suzie Fleming. Between 1937 and the early 1950's the British government requested volunteers to register with the British social research organisation – Mass Observation. The volunteers kept diaries which were to provide future generations with a social history of the times. Each person was given a code name.

In September 1939 housewife and mother Nella Last (housewife 49) began a regular diary, which she maintained for 30 years.

The diary gives a picture of the day to day life of the ordinary person in the lead up to World War II and then during the war. Nella speaks candidly of her life, the fear of invasion, the worry when her younger son joins the army and how to survive the strict rationing imposed by the government.

I found it an interesting commentary on the way people's personality changes as they face the stresses of the time, only to find within themselves strengths hitherto hidden. The diary has also been released as a movie “Housewife 49”.

*Anne Buchanan*

Enquiries in relation to the Book Club can be directed to **Maura Outterside 9718 5803**.

### **Following the Book Club -**

**Saturday November 1 12 noon  
Belgreen 40-42 Chalmers St, Belmore**

Maude Chin will be attending to share her skills and expertise in relation to Asian food.

This is always a very popular event and we look forward to Maude's visit.

**Wednesday Group Nov 12  
10.30 am – 2.00 pm  
Belgreen 40-42 Chalmers St, Belmore**

The Wednesday Group have been very busy (with the help of Jenny Chin) making the table decorations for our Christmas lunch.

Jenny has a “surprise” craft project in store for the November meeting.

Bring your lunch – tea/coffee available at Belgreen.

**Please note that there will not be a Wednesday Group meeting in December and January. Meetings will commence again from FEBRUARY 2009.**

Any enquiries can be directed to Daphne Berger (Co-ordinator) **9718 3678**.

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

- **Tuesday Nov 18 7.00 pm**
- **Saturday Jan 17 1.30 pm**

**Saturday Nov 22 10.30 am – 3.00 pm  
Embroidery Group  
Belgreen 40-42 Chalmers St, Belmore**

This will be the last Embroidery Group for the year, and to add to the day we bring along food that can be shared for lunch to make the occasion a little festive.

Coralie Lewin (our Co-ordinator) shares her knowledge with the Group and members appreciate her efforts and generous support. We have all gained new skills from our involvement in the Group.

Bring your lunch – tea/coffee available at Belgreen.

**Please note the Embroidery Group will commence again in FEBRUARY 2009.**

**Tuscany Café (Gardens R Us)  
Moorefields Road, Kingsgrove  
Sunday 12.30 pm November 16**

As detailed in the last newsletter – a very pleasant venue, with good food and the added attraction of the nursery.

Plenty off-street parking. The only thing to be aware of is they do not have a designated disability toilet.

Please let me know if you are coming so we can book a table. **Please ring Patricia Byrne 9150 5512.**

**Christmas lunch Mahogany Room, St.  
George Leagues Club  
Sunday December 7 from 12 noon**

This will be the last reminder about the Christmas lunch.

Some members have replied, but there are quite a few names missing at this stage, so please let me know if you are coming - **Patricia Byrne 9150 5512 by the 1<sup>st</sup> December.**

**Further please send your payment of \$30.00 per head to Jenny Chin before the day.**

The Management Committee looks forward to your presence, as it is a very pleasant venue and an ideal way to catch up with everyone leading into the Christmas Season. Do hope you can be there!!

**Barbecue Saturday Jan 17 5.00 pm  
Belgreen 40-42 Chalmers St, Belmore**

Our barbecue has become some what of a tradition – a great time to get together to start the New Year!

Bring along some food – the barbecue will be fired up and we can enjoy the daylight saving hours.

**Please put this date in your diary as another newsletter will not be going out until late January.**

**Saturday Feb 7 2.00 pm  
Jenny Chin & Daphne Berger  
(their Canada/Alaska holiday)**

**Belgreen 40-42 Chalmers St, Belmore**

They will be talking about their holiday in this beautiful part of the world and will also have a DVD to share with us. More details in the next newsletter.

***Program report***

Guest speakers **Deidre & Colin Beacroft** from **Canterbury District Historical Society** provided a power point presentation and talk on the subject of Royal Doulton Bunnykins china.

I have always been an admirer of Bunnykins, but was not aware of the history relating to the original paintings and designs, produced by Sister Barbara – a most interesting story.

Deidre has quite a collection of Bunnykins figures and she brought some along, which members enjoyed seeing.

### *Fund Raising*

The **Lions Club of Oatley Festival** was held on the 18<sup>th</sup> October – and what a day. Perfect weather resulting in the largest crowd ever. Lots of stalls, providing “shoppers” an array of goods to purchase. A variety of entertainment added to the occasion.

Congratulations to the members of Lions for the incredible contribution they make to the community. There is an enormous amount of work required in planning and arranging such an event. It's great to see the community respond by supporting the day.

Thanks to our wonderful fundraising team. The Association's stall was stocked high with goods that were eagerly purchased, resulting in \$1690.00 being raised for the Association. This is our best result to date – an incredible effort. The ladies work so hard in making the goods, giving so much of their time and effort. We offer our sincere thanks to the team, our members and all who have assisted.

Special thanks to the ladies on the day – Yvonne Williams and her daughter Annette, Margaret Lee, Jean Pond, Betty Alwin her daughter Kerri and grand-daughter Rhianna, Lurline Simpson and Daphne Berger

The Association has recently received a Grant through the **Australian Chinese Charity Foundation Inc**, which will be directed to the purchase of hearing loop equipment (transmitters and receivers) that will assist people with hearing impairment.

This equipment will not only be used at Belgreen, but could be taken to different venues when required.

Peter and Janet Meagher represented the Association at a dinner arranged by the Foundation, where cheques were presented to the recipients.

The Association is most grateful to the Foundation for their assistance in this respect and offers congratulations to the organisation for their support to the community.

### *Vale*

On behalf of the Association I would like to convey our sympathy to Marge Lotty and her husband Keith following the recent death of Keith's mother, who had been experiencing health problems for some time and died on the 14<sup>th</sup> October. Our thoughts are with you both.

### *Personal Pars*

**Jack Nolan** has recently had further surgery and I understand is home again and hopefully much better. Our thoughts are with you Jack.

**Iris Ramsay** from our Embroidery Group recently had a stroke – but I'm pleased to say has made a wonderful recovering and has been attending the Group and going well.

Congratulations to **Nicholas Robbins** (Betty Alwin's grandson) who recently announced his engagement to **Chanelle**. We send our very best wishes to them for their future together.

**Daphne Berger** has recently returned from a trip to Grafton to enjoy the beauty of jacaranda time – had a very good trip and was also lucky with the weather.

In November **Marge and Keith Lotty** are off to Tasmania with friends and will be enjoying a coach tour. It's a beautiful part of the world. Best wishes – hope you have a great time.

### ***Independent Living Magazine***

Included in the last issue was an article about emergency call systems and feeling safe at home, which provided some very useful information about a variety of systems available.

Following are some of the items in the Product Review.

**Carry All Crutch & Walker Bags** for convenient hands free carrying. Two styles of soft fabric carry bags are available for axilla and Canadian style crutches. They each feature two pockets to carry belongings such as spectacles and mobile phones. Hook and loop straps secure bags to the crutch.

**Eco Pillow** adjustable for back and side sleeping. The pillow maintains the natural curve of the spine during sleep. It consists of two types of foam and is divided into 3 sections. The centre is for sleeping on the back.

**In Situ Sling Range moulded wheelchair slings.** This range of slings is made from a thin material with a soft binding. The sling moulds to the user's body curves. It provides a more comfortable fit for spinal curvature conditions. It may also suit people who need to sit on the sling for long periods of time. Removable straps are optional.

**Over Armchair Table** – fits over an armchair. It has a curved laminated teak top that can be tilted forwards. A raised lip supports reading material. The adjustable height base has four braked castors.

**Oxo Pop Storage Containers** with push button lid. These clear plastic containers are for food and other storage needs. A unique push button mechanism creates an airtight seal with just one touch. The button also serves as a handle to easily lift off the lid. Rounded corners make pouring easy and flat lids allow balanced stacking.

**Sock Helper** for socks and stocking. This device consists of a metal frame with handles. The sock is stretched over the frame – the foot is placed into the sock using the handles for positioning.

### ***Something to ponder!***

It's the things in common that make friendship enjoyable, but it's the little differences that make it interesting. **Todd Ruthman.**

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**Management Committee 2006 –2007**

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Welfare Officer: Elizabeth McDonald 02 9747 6268

**Patrons:** Presidents of –  
St. George Master Plumbers & Mechanical Contractors Association  
Five Dock RSL Sub Branch  
Lions Club of Oatley.

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

**Website:** [Stgeorgeassociation.org.au](http://Stgeorgeassociation.org.au)