

The New Link

St George Association

For People with Physical Disabilities Incorporated

"Capabilities Conquer Disabilities"

Vol. 71 No.49

September 2009

Future Programmes

Sept	5	Sat	10:30 am	Book Club	Belgreen
Sept	5	Sat	2:00 pm	Australian Pottery	Belgreen
Sept	9	Wed	10:30 am	Wednesday Group	Belgreen
Sept	15	Tues	7:00 pm	Management Committee	Belgreen
Sept	19	Sat	1.00 pm	Mancini's restaurant	Belfield

Please note this is a change of venue to that noted in the last newsletter

Sept	26	Sat	10:30 am	Embroidery Group	Belgreen
Oct	3	Sat	10:30 am	Book Club	Belgreen
Oct	10	Sat	12 noon	Maude Chin	Belgreen
Oct	14	Wed	10:30 am	Wednesday Group	Belgreen
Oct	17	Sat	8.30 pm	Lions Club Festival	Oatley
Oct	20	Tues	7:00 pm	Management Committee	Belgreen
Oct	24	Sat	10:30 am	Embroidery Group	Belgreen

Early notice for your diary!

Dec	6	Sun	12 noon	Christmas Luncheon	Kogarah
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News from the **Physical Disability Council of NSW (PDCN)** regarding their recent survey on the subject of examination tables in Doctors' surgeries. They have received quite a good response and some valuable information has been gathered.

The need for **adjustable height tables** is long overdue and not only does this affect people with disabilities it also impacts upon older people, who also have difficulty getting on/off fixed height beds. The reality is some people with disability are just not receiving the appropriate medical attention due their inability to access an examination table. This really is not acceptable.

The following **Findings** were recorded in PDCN's Summary of their Report

"PDCN found 82% of people involved in the survey stated that their General Practitioners did not provide adjustable height examination tables. PDCN also found that:

- *1 in 10 people with disability are not examined at all*
- *3 in 10 people are partially examined in GP surgeries*
- *nearly 1 in 10 people are required to attend hospital or specialists for examination on adjustable tables*
- *1 in 10 people receive a home visit to receive an examination*

- *3 in 10 people managed with assistance from doctors and/or carers and/or steps to access the fixed height examination tables*

Implications

Research has shown that people who cannot access adjustable height tables are more likely to not have access to either acute medical care or preventative medicine. In addition, they are also at risk of misdiagnosis or non-detection of potentially serious conditions. However, not only patients are at risk, but also doctors, nurses and carers assisting patients onto fixed height tables or physically supporting people in wheelchairs. In addition, adjustable height tables are also vital for older people and other people with temporary limited mobility due to accident or illness.”

The Human Rights Commissioner will be the guest speaker at PDCN's Annual General Meeting on the 21st October 2009, and will be speaking on this very subject. The meeting will be held at 3/184 Glebe Point Road GLEBE.

PDCN have been discussing this issue in a number of arenas and there appears to be quite a deal of interest in the subject. Other organisations have done work on the issue in the past, but unfortunately nothing has really changed. Adjustable height beds are a very necessary part of Doctors' premises. It is hoped with the current work, education and a combined effort linking with other organisations, a positive outcome will eventuate.

This is a subject I'm sure we can all relate to – if you would like any further information or advise on how you can assist in raising this matter with your Doctor, please contact the Physical Disability Council of NSW – Contact : (02) 9552 1606; 1800 688 831; pdcn@pdcnsw.org.au

Patricia Byrne

Future Programmes

Saturday, September 5 – October 3

10:30am

Belgreen 40-42 Chalmers St, Belmore

The small group of book lovers, continue to meet – here are some reviews, which we hope you enjoy.

“Belly Dancing For Beginners” by Liz Byrski Pan Macmillan Australia (2006) a light amusing and easy read. The story of a professional belly dancer, who co-opts two new pupils to accompany her on a state-wide tour to introduce belly dancing to women in rural areas.

Set in Western Australia, the story tells of their lives, loves and personal demons. All aged between 50-60 years, it shows life can be just as interesting at a more mature time of life. Pivotal to the story is the changes to their lives brought about by the freedom experienced in belly dancing.

I enjoyed this novel immensely – a good read for a wet weekend at home. **Janet Malone**

“Turtle” by Gary Bryson Allen & Unwin (2008) An unusual story set in Glasgow, Scotland about a man returning to Glasgow for his mother's funeral. Having left home at 19 years he moves from job to job finally settling in Sydney.

Donald's family has always been dysfunctional and did not communicate with each other in the usual way. The story is told with flashback memories of his childhood, sibling rivalry, the betrayal of his best friend and his psychic mother who he believed was mad. As a boy he befriends a turtle and it's keeper at a rundown Glaswegian zoo.

This is a strange but thought provoking and well written novel. I'm still trying to decide whether I liked it. **Janet Malone**

“Strange Fits of Passion” by Anita Shreve This book is about a young successful journalist Maureen working in New York, she seems to have a perfect life; her husband was a respected fellow reporter who in private

had a tendency to violent behaviour. The story tells how Maureen escapes and takes on a new identity and another life in Maine, a fishing village. She spends her first 6 weeks battling sub-zero temperatures and intrusive town folk; her peace is short lived as her calming respite is coming crashing to an end. Sometimes while I was reading the book I wanted to put my hands over my eyes as I could almost feel her pain.

I haven't read any of Anita's books before but I found this one very hard to put down. My daughter has a very different taste in novels, also loved it. I have read her second book "A Wedding in December" this was a good read, however, not as exciting as her first book.

Robyn Wall

"White Gardenia" by Belinda Alexandra
In a district of the city of Harbin a haven for White Russian families since Russia's Communist revolution, Alina makes a heartbreaking decision if her only child Anya is to survive the final days of World War II. This book is beautifully written, you go on the journey which sweeps across cultures and continents. The story takes you from the glamorous nightclubs of Shanghai to the harshness of Cold War Soviet Russia in the 1960's to a new life in post-war Australia. The adventure is a story filled with risk and danger, which makes you want to keep reading.

Robyn Wall

"The Bean Patch" by Shirley Painter (2002) Harper Perennial.

This is styled as a "true story of a family, a secret, and a child determined to survive". At times a hard story to read but totally true and told by the person who lived through it.

At the time of writing she was 83 years old, but she should have died at the age of 4. She was badly injured and was pronounced dead. She was admitted to the morgue and would have been buried, but for the attention and insistence of the morgue attendant, who demanded that a young doctor come to see one of the "dead" bodies. Set in Melbourne between the World Wars and is a real eye opener.

Maura Outterside

"The Riddle of the Titanic" by Robin Gardener & Dan Van Der Vat (1995) Weinfeld & Nicolson. A brilliant, clear account about the preparation, the building and the aftermath of the events relating to the Titanic.

It describes the history of the shipping line, the various company takeovers, the "favours" that were "brought-in" (and could have had some effect on the demise of the vessel), the particulars of the characters involved, and the investigations (and how they differed, and why).

It tends to become a series of lists at times, but was highly informative and thought provoking.

Maura Outterside

If you would like to come along to the Book Club, bring your lunch – tea and coffee available at Belgreen. Any enquiries can be directed to our co-ordinator *Maura Outterside* telephone **9718 5803**.

**Social Meeting following the Book Club –
Saturday, September 5 2:00pm
Belgreen 40-42 Chalmers St, Belmore**

Robert Hutchinson, (a member of the Marrickville Heritage Society) has kindly agreed to be our guest speaker.

Robert is a collector of "things" and one of his interests is collecting Australian pottery. His collection covers the period of the mid 19th century to the late 20th century and he will bring along some examples. The pottery has been manufactured by companies that were in the inner western suburbs of Sydney.

This should be a very interesting afternoon – so do hope you can come – bring along a friend – the more, the merrier.

**Wednesday Group Sept. 9 – October 14
10.30 am – 2:00 pm
Belgreen 40-42 Chalmers St, Belmore**

Jenny Chin has some ideas for table decorations for the Christmas Luncheon and our creative members of the Wednesday Group are going to start on this year's project. Come along and join in the fun.

Any enquiries can be directed to our Co-ordinator **Daphne Berger** please ring **9718-3678**. Bring your lunch, tea/coffee available at Belgreen.

Tuesday September 15 – October 20
7.00 pm
Management Committee Meeting
Belgreen 40-42 Chalmers St, Belmore

Saturday, September 19 1.00 pm
Mancini's Italian restaurant
21 Burwood Road, Belfield

Please note in the last newsletter, we had programmed a visit to Flower Power Nursery, Mascot, however, after further investigation some access issues were identified, so we have changed the venue to Mancini's.

We went to this restaurant a couple of years ago and found the facilities good, so thought it was time to visit again. If you would like to attend, please give me a call (**Patricia Byrne 9150 5512**) so we can include you in the booking.

Saturday September 26 – October 24
10.30 am – 3.00 pm Embroidery Group
Belgreen 40-42 Chalmers St, Belmore

Members of the Embroidery Group continue to enjoy their time together. Everyone has a different project and people can work at their own pace. Any assistance needed, is available from our Co-ordinator, **Coralie Lewin**, who provides ideas and expertise, which is greatly appreciated.

Bring your lunch – tea/coffee available at Belgreen.

Social Meeting Saturday October 10
(NOT the first Saturday)
Belgreen 40-42 Chalmers St, Belmore

Maude Chin has kindly agreed to attend and prepare some tasty treats for us to sample. Maude's skill in Asian cooking is well known to members.

Please let me know if you are planning to attend, as this will help Maude in her preparation. **Ring Patricia Byrne 9150 5512.**

Saturday October 17 from 8.30 a.m. Lions Club of Oatley Festival

The Lions Club of Oatley Festival is a great day – lots of stalls, lots of people – great community atmosphere. Support the Festival – come along – tell your family and friends, if they have not been before I'm sure they would enjoy the day.

CHRISTMAS LUNCHEON

Sunday December 6, 12 noon until 5.00 pm
Mahogany Room, St George Leagues Club
 Even though it is a few months away, time goes so quickly, it will be here before we know it. For those who have attended previously, it is a very pleasant venue, so hopefully everyone will once again have a great day. It is necessary to confirm numbers a week before, so please make a note in your diary and let me know so your name is included on the list. **Patricia Byrne 9150 5512.**

Program Report

What an interesting afternoon we had when **Doug Minty** attended the August meeting. Doug is an excellent speaker and has a wealth of knowledge about antique clocks and watches. He presented a very informative talk, as well as showing us some wonderful clocks.

Report from the August **Wednesday Group**
 The group was visited by a representative from the **Australian Fire Education Association**. We were shown a video regarding fire safety and precautions that can be taken both in the workplace and at home.

Unfortunately, it didn't target disability. The only advice for us was "get away from the fire as quickly and in whatever way possible".

Having said that, we were told of ways to "fire-proof" our homes - a fire blanket, fire extinguisher and smoke alarms are an advisable addition. It is advised that none of these is kept in the kitchen and/or close to the cook-top, but preferably close to the kitchen entry. An escape plan is also advised.

All in all it was a worthwhile lesson in fire safety. **Janet Malone and Bob Tonazzi**

A small group of 6 attended the **Georges River 16' Sailing Club** at Dolls Point for lunch in August – a very pleasant venue and an enjoyable afternoon.

Personal Pars

We once again send our best wishes to **Jack Nolan**, who has ongoing health problems – and truly hope it's not long before things improve for you, Jack.

I'm pleased to report **Bill Freshwater** is back home and improving – a few of us saw him briefly when he called to Belgreen recently, and he looks well. He does have more tests to undergo and we send our best wishes, Bill.

Our thoughts continue to be with **Albert Lewin**, who is having ongoing health problems. The recently proposed surgery on his leg did not proceed, so he is coming to terms with the limitations the injury has caused. Once again, we send our best wishes.

Ross Chin is home after spending some time in hospital undergoing some ground breaking surgery. The operation was a great success, which is pleasing to report and our thoughts are with you Ross – keep up the good work.

Maria Long is home from hospital and is progressing, although she does have further treatment ahead, so we certainly send our best wishes to you, Maria.

Alan Conn has not been well in recent times, having a few trips to hospital, but it was good to see him in August at Dolls Point.

Daphne Berger has returned home safe and well having had a wonderful trip overseas. They were kept on the move and apparently she did lots of walking, so well done, Daphne. In talking with Daphne the other day it brought back lots of good memories.

Congratulations to **Janet & Peter Meagher** on the birth of their first grandchild – Edward William born on the 14th August. A few of us have seen a photo already with the proud Grandad. We send our very best wishes.

We send further good wishes to **Janet**, who is off on an overseas trip, and will be away for approximately 4 weeks. She will be presenting a Paper at a conference in Athens and Prague, so hope that goes well. The rest of the time will be a holiday – we look forward to hearing reports of this adventure upon her return.

I thought you would enjoy having Janet's soup recipe from our July Soup Day, so here is her response.

Patricia asked me for my soup recipe, much to my shock! I don't have a recipe as such more a list of ingredients put together and then wait to see how it turns out. So here goes...

JANET'S BEEF AND VEGETABLE SOUP

Gravy beef	Parsley
Carrots	Soup mix
Parsnips	Red lentils
Celery	Rolled oats (to thicken)
Potatoes	Beef stock (cube or ready made)
Swedes	Salt (to taste)
Onions	

Of course other vegetables such as broccoli, cauliflower, etc., can also be used and of course leaving beef out and substituting vegetable stock in place of beef for a vegetarian version. Barley can be used in preference to the soup mix.

Dice beef and vegetables and put into a large pot. Add lentils, soup mix, salt and rolled oats. Cover ingredients with water and add beef stock. Cover pot and cook on a low heat for 1 hour before tasting. Add extra salt, beef stock and/or rolled oats to taste and/or thickness. Allow to simmer for 30mins to 1 hour.

Quantity and variety of vegetables and other ingredients depend on personal taste and amount of soup required. I hope you enjoy it!

Janet Malone

Friendship doubles your joys and divides your sorrows.

Management Committee 2008 – 2009

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Five Dock RSL Sub Branch
Lions Club of Oatley

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