

The New Link

St George Association

For People with Physical Disabilities Incorporated

"Capabilities Conquer Disabilities"

Vol. 94 No.72

February 2012

Future Programmes

Feb 4	Sat	10.30 am	Book Club	Belgreen
Feb 4	Sat	2.00 pm	Rachel Spencer	Belgreen
Feb 8	Wed	10.30 am	Wednesday Group	Belgreen
Feb 18	Sat	1.00 pm	Mancini's restaurant	Belmore
Feb 21	Tues	7.00 pm	Management Committee	Belgreen
Feb 25	Sat	10.30 am	Embroidery/Handcraft Group	Belgreen
Mar 3	Sat	10.30 am	Book Club	Belgreen
Mar 3	Sat	2.00 pm	Colin Beacroft	Belgreen
Mar 14	Wed	10.30 am	Wednesday Group	Belgreen
Mar 17	Sat	suggested	visit to Cockatoo Island	
Mar 20	Tues	7.00 pm	Management Committee	Belgreen
Mar 24	Sat	10.30 am	Embroidery/Handcraft Group	Belgreen



HAPPY NEW YEAR

On behalf of the Management Committee I would like to wish you a very happy new year. Hope you enjoyed your Christmas and to those who have been travelling we look forward to hearing about your holiday stories!

Patricia Byrne

Raffle The raffle was very successful raising \$499.00. Congratulations to the **Winners!**

First prize - landscape painting, **Jan Steinfurth** Second prize - Noritake 6 piece dinner set with accessories, **Bob Tonazzi**, Third prize - dressed doll, **Bill Freshwater**, Fourth prize - basket of skin care products, **Joe Outterside**.

Once again many thanks to those who donated the prizes, and thank you to those who supported the raffle by purchasing tickets.

Next of Kin Register The NSW Police Force has developed this Register. The Next of Kin Register is free and enables persons living alone to record their details at the local police station. The Register holds information of your nominated Next of Kin, doctors and dentist details and any medical alerts. This information may assist the ambulance and police in an emergency situation, to contact a relative or other nominated person to inform of your situation.

You will be provided with a key ring and a sticker that is to be placed on your home phone to alert emergency services that you are registered with the Next of Kin Program.

Contact your local Police Station and ask to speak with the Crime Prevention Officer about the Next of Kin Program.

The following extract is from an article recently published in the Boating Industry of Australia NSW Logbook –

“A Wheelie Good Pontoon”

“With the warmer weather approaching many of us will start to think about which beach and when? For the disabled in our community the choices are much, much less. ‘Where can I?’ and ‘Will I be able to?’ may be more the questions?

A recent initiative by the Woollahra Municipal Council will make the choice a little easier for some of our citizens with disabilities. The Watsons Bay Ocean Baths in Sydney Harbour is now the home of the world’s first deep water, ‘Wheelchair Access Pontoon’. A uniquely designed and engineered marine pontoon designed specifically for wheelchair access into the ocean waters of the world’s greatest harbour.

The swimming complex provides the total access solution with accessible parking and easy entry, as well as aquatic wheelchairs for loan for those who may not own their own submersible chairs, accessible change rooms and sanitary facilities.

The pontoon and associated access works were conceived by Kieran McInerney and Victor Young of Kieran McInerney Architect in association with d-Construct Architects. The pontoon was part of a works program aimed at upgrading the facility to the highest level. The engineering designs were developed by TLB Engineers working with KMA, as well as with Mark Relf of Accessibility Solutions, who ensured that all Australian Standards for accessibility were implemented throughout.”

There is more detail provided with the article concluding by saying:

“Visitors to the baths via the adjacent Watsons Bay Wharf may find themselves being transported by a famous Olympian, Louise Sauvage, the so named Supercat class Sydney Harbour ferry that operates the route from Circular Quay to Watsons Bay wharf on a regular basis”.

Details about the **MLAK key (Master Locksmiths’ Association Key)** have been included in the newsletter previously, but it is some time ago and the following article published in Ostomy Australia magazine is a reminder to those who may have forgotten about the key, or helpful information to those who are not aware of the key. “The MLAK is a master key that fits into specially designed locks allowing 24 hours a day access to public toilets. MLAK has been fitted to accessible toilets in Council and National Park facilities. Spinal Cord Injuries Australia maintains a directory of MLAK-enabled facilities across Australia. To view this directory use the link www.scia.org.au/public-toilets

The **National Public Toilet Map** (the Toilet Map) shows the location of more than 14,000 public and private public toilet facilities across Australia. Details of toilet facilities can also be found along major travel routes and for shorter journeys as well. Useful information is provided about each toilet, such as location, opening hours, availability of baby change rooms, accessibility for people with disabilities and the details of other nearby toilets. The Toilet Map is funded by the Australian Government Department of Health and Ageing as part of the National Continence Management Strategy.

The National Public Toilet Map is available on:

- any mobile phone with an Internet browser. Go to m.toiletmap.gov.au or your phone to be automatically directed to the mobile site.
- Apple's iPhone. Just go to the App Store on your iPhone or use iTunes to download the National Public toilet Map App. It's free.
- You can also use the Toilet Map with your Global Position System (GPS) device.

Unfortunately, it is not possible to release hard copies of the Toilet Map information to the general public. The main reason is that the toilet information is updated on a regular basis and so a hard copy of toilet information would quickly become out of date."

The following information is taken from their brochure. "**Health Consumers NSW** (HCNSW) is a peak health consumer organisation which provides an independent voice for health consumers to shape policy and services in our state.

Why have an independent health consumer body? Health consumers have a unique perspective on health and provide an important balance to the views of service providers, government and industry. Through HCNSW, NSW joins the other state national peak organisations to ensure this balance is provided.

How does HCNSW work? Policy Consultation: By scoping our members' issues and view, and inviting their contributions on current health policy issues, HCNSW will help to make sure that the broad health consumer view is heard by decision-makers.

Consumer representatives: HCNSW will facilitate this by offering training, and a process for trained consumers to contribute their voices where decisions are made. Stakeholders across the broad health spectrum, in both public and private systems may request a HCNSW nominated consumer representative to participate on committees via our website.

HCNSW is an independent, membership based organisation. Membership is open to organisations and individuals who support the consumer role in shaping health policy and services.

Enquiries could be directed to:

Health Consumers NSW Gibson Denney Centre (Building 21) 120 Coxs Road, North Ryde 2113 or PO Box 6042 North Ryde 2113. Telephone 8875 4622 – Fax 8875 4665 or E-mail secretariat@hcnsw.org.au

New Members

At the last meeting of the Management Committee the following membership applications were approved.

The Association welcomes Full member – **Evelyn Dayman** and Associate Member **Gweneth Ralph**. It is hoped they enjoy their involvement with St. George!

Future Programmes

Regular Group Meetings are held at
Belgreen 40-42 Chalmers St, Belmore

Members and friends are invited to attend any of the following gatherings! Bring your lunch tea/coffee available at Belgreen.

BOOK CLUB

Saturday February 4 and March 3 10.30 am

The Book Club commences again – it will be interesting to catch up with those who may have enjoyed some extra reading over the holiday period.

WEDNESDAY GROUP

10.30 am – 2.00 pm

February 8 and March 14

Enquiries can be directed to our coordinator **Daphne Berger** – telephone **9718 3678**.

EMBROIDERY/HANDCRAFT GROUP

Saturday 10.30 am – 3.00 pm

January 28, February 25 and March 24

Enquiries can be directed to **Patricia Byrne 9150 5512**. Coralie Lewin provides expertise and ideas to the Group.

AFTERNOON MEETING

Saturday February 4 2.00 pm

Our guest speaker for the afternoon will be **Rachel Spencer** (Education & Training Officer) with IDEAS Inc. (Information on Disability and Education Awareness Services).

IDEAS is a great organisation with a vast range of information on disability related matters and organisations. They are based at Tumut and have recently established an office in Sydney. Even though we have been aware of this organisation for many years, we thought it would be interesting to hear updated news from them – Rachel has kindly agreed to be our next guest speaker.

Saturday February 18 – 1.00 pm
Mancini's Restaurant
21 Burwood Road, Belfield

Members have always enjoyed their lunches at Mancini's, so we thought it was time to pay another visit. For those who have not been before, the restaurant is fully accessible. There is a small car park at the rear of the restaurant, or street parking.

If you wish to come **please ring Patricia Byrne 9150 5512 by 15th February** so we can confirm a booking.

AFTERNOON MEETING

Saturday March 3 2.00 pm

Colin Beacroft has kindly agreed to be our guest speaker again and this time he will be telling the story of Lennie Gwyther a 9 yr. old boy, who rode his horse from Victoria to Sydney to see the opening of the harbour bridge. The talk covers Lennie's background and information about his later life.

Saturday March 17

Suggested outing to Cockatoo Island

It has been suggested a visit to Cockatoo Island would be very interesting and enjoyable. Ferries depart Circular Quay – the ferries are accessible, although depending upon the tide the ramp can be steep, but assistance is available. Obviously there are parts of the Island that are not accessible, but plenty of flat area to explore. There is a café where there is some shelter – otherwise no shaded areas. Wonderful views of the harbour.

If you are interested in this suggestion please let me know as it will depend upon the response received as to whether we proceed with this idea?? **Please ring Patricia Byrne 9150 5512 by 20th February.**

MANAGEMENT COMMITTEE MEETINGS

40-42 Chalmers Street, Belmore

Tuesday February 14 7.00 pm

Tuesday March 20 7.00 pm

Book Reviews

"Through the Looking Glass" by Lewis Carrol. I have recently heard several media reports

singing the praises of Lewis Carrol's books. The reports all commented that 'Alice in Wonderland' and 'Through the Looking Glass' were children's books, which in fact could be truly appreciated only by adults.

With these comments in mind I decided to re-read 'Through the Looking Glass'. I must say I did not enjoy the experience. I think I am a fairly practical and down-to-earth person and as such found the story just too nonsensical to be enjoyable. I did read the entire story to ensure I did not miss anything of importance, but I found nothing to change my perception of the story.

The book itself in its entirety I did find most interesting however. How can that be I imagine you are thinking right now? Wellthe copy I have includes a rather comprehensive report on the history of Harper Collins Publishers, another on the life and times of Lewis Carrol himself, and a brief report on the young girl who Alice was named after. All of these sections of the book I found extremely interesting, so yes I did enjoy the book even if it was not quite in the way expected.

Anne Buchanan

"The Story of Stone: in the Wolli Creek Valley" by Wolli Creek Preservation Society. Research and writing by George Morgan (1994).

Pick it up and follow the path between Bexley North and Tempe railway stations. The in-depth description of the 4 kms gives simple accurate information on the formation of the sandstone in the area and the soil negation particularly to sandstone habitats. It goes on to give as much history of the Darug and Eora peoples and the effects and activities of the first white settlers to give as good an account as possible without going into superfluous details. I found the early sandstone dwellings and the building of "Tempe House" equally fascinating. It describes the quarrymen and stonemasons' work, with modern examples of their buildings and statutory. A quick visit is made to the sandstone cottages of Jackson Place, followed by "The battle for Nanny Goat Hill". My children played there with their

school friends, who lived very close by. This flat top rock gives "an almost 360 degree view to Botany Bay, the city, along the valley to surrounding suburbs and across to Randwick ridge" (page 26). This 42 page booklet finishes up with cultural features, a study of river deposits and details of how sand becomes sandstone. Not bad for a local publication – an historical gem.

Maura Outterside

Fundraising

The **Trash N Treasure** event in November went well raising \$640.00 for the Association. As you can appreciate it is quite a physical effort to prepare for such a day and we particularly thank all those, who made this possible through their support.

Christmas stall at the luncheon raised \$260.20. Thanks to all.

Margaret Lee and **Yvonne Williams** kindly contributed \$1,100.00 into the Association's account – the result of their efforts in making a variety of goods for sale. Many thanks.

Grant

The Association would like to acknowledge and thank the **Australian Chinese Charity Foundation** for a Grant of \$500.00, which was presented to our President, Bob Tonazzi at their Annual Dinner in October.

Bob was made most welcome and enjoyed their hospitality. The Grant has purchased three lighter weight large tables, which can be moved around more easily when holding events outside the meeting room, and were 'christened' for our Trash N Treasure day.

Program Report

The **CHRISTMAS LUNCHEON** was once again a very enjoyable and successful day. Many thanks to –

- St. George Leagues Club for providing the Mahogany Room
- the staff for their assistance on the day
- the Wednesday Group for the table decorations

- Nancy Mapledoran for the lovely Christmas trees that decorated the tables, along with other stall goods
- Betty and Rhianna Alwin
- the fund raising team for the stall goods
- Jenny and Ross Chin for setting up the craft stall
- and all those, who assisted on the day.

A Certificate of Appreciation was presented to **Daphne Berger** in recognition of her many years of service to the Association.

Our President, Bob Tonazzi paid tribute and thanked all those who have assisted and supported the organisation throughout the year. So you can share the occasion following is his speech.

"It's great to see so many faces here today, enjoying another excellent Christmas luncheon. I hope you will bear with me for a few minutes as I am not used to standing up the front at functions like this, let alone making a speech.

On behalf of the Management Committee I officially welcome you all, and we hope you enjoy yourselves today.

Once again we want to implore all members to actively recruit new members to the St. George Association. Be they disabled or able bodied, young or young at heart I'm sure they will gain some level of satisfaction from their association with St. George. We have a few membership forms here today so you're welcome to obtain one from me, or you can call Patricia Byrne or me at a later date.

This year has been special for the Association with the inaugural presentation of the Kevin Byrne Achievement Award; this award went to **Daniel Walsh** from Sydney Institute TAFE Eora College.

Daniel and his mum Jackie were invited and accepted the invitation to be here with us today but unfortunately at a late date they received news of a death of a family member in the country and have apologised for not being here with us today. Once again, the Association offers congratulations to Daniel and best wishes for the future.

We extend our thanks to Oatley Lions Club and Five Dock RSL Sub-Branch for their continued support and friendship.

Many heartfelt thanks go to our fundraising team, in particular Betty Alwin, Yvonne Williams, Marge Lotty, Margaret Lee and Nancy Mapledoran and many others with their knitting, crocheting. They all work so hard throughout the year and are instrumental in no small way for today's and other fundraising success. Thank you so much ladies and your helpers for your support and friendship.

I would like to thank Yvonne Williams, Margaret Lee and the ladies for the generous deposit of \$1100.00 into the Association's fundraising bank account from this year's stalls.

Special thanks to Betty Alwin and her family David, Kerri, Nicholas, Chanelle, Luke, Brooke, Rhianna and Emily with assistance from Patricia Byrne manning the stall at the Oatley Fair this year helping to raise the \$1,282.00 on the day.

We also thank members' families and friends who have contributed to today's success in some way - it is much appreciated.

Thank you also to all our Honorary and Associate Members who help in various ways.

Special thanks go to all those who give their time freely to help with cleaning and maintenance on the Belgreen centre without this help the centre would find it hard to exist.

Once again our thanks to Peter Preneas for the work he has done in building and maintaining the Association's website. For those who have access to the internet I commend the site to you we are gradually getting the history of the association posted on the world wide web, there are quite a lot of old pictures from past years already there, if you have any old photos or stories of past years and you would like to share them you can forward them to me, originals will be returned if required.

We would like to thank all those who assisted with the trash and treasure day on the 12th November in helping to raise \$555.00, unsold pre loved goods that were left at the end of the day were passed on to the Salvation Army and St Vinnie's.

This year saw the retirement of one of our long time committee members Daphne Berger from the committee but not the association. I would like to take this opportunity to thank Daphne on behalf of the Association for the many years of service on the management committee, no matter the size of the task or the task she was always there, I have found since I have been associated with St George and a committee member that if I wanted to know anything about St George all I have to do is ask

Daphne and magically it appears. Once again thanks Daphne and I know that you will still be there working in the background.

We would like to thank the Australian Chinese Charity Foundation once again for allowing us to apply for a grant again this year. Our management committee decided to apply for a grant for purchasing some light weight tables to assist at functions at Belgreen. To our surprise we were one of the 13 successful recipients - we received a cheque for \$500.00.

Our thanks to Maude Chin for the support she has given the association over many years and her annual visit as guest speaker and presenter of Asian cooking.

I apologise if I have forgotten to thank anyone for their help and support during 2011 my thanks goes to all St George Association members.

Lastly, thanks to the St. George Leagues Club staff here today. Their willingness to accommodate us and our needs are much appreciated.

Today we would also like to acknowledge the International Day of Disability which is celebrated on Dec 3rd each year. It is an important day and highlights the triumphs and abilities of people with disability.

We wish to bring your attention to the Association's tradition of donating, to the Salvation Army, Christmas gifts for children. For those of you who wish to contribute gifts maybe still left at Belgreen, we suggest that the gift be marked whether the gift is suitable for a girl or boy and the age group, it helps for distribution.

Once again thank you for coming today and we hope you enjoy yourselves.

The Management Committee and I wish each and every one of you a Merry Christmas and good health and happiness for 2012."

Vale

Sadly I report the death of **Betty Hill** on the 11th December following a relatively short illness (although most of last year she was unwell). Betty had been a member of the Association for a number of years, a resident

at Belgreen, and also served as a member of the Management Committee.

Betty took an active interest in the Association, assisting in a variety of ways at Belgreen particularly caring for the property, and in more recent times helped with the photocopying of the newsletter. The Association appreciated and acknowledges her contribution.

Our sympathy is offered to her son Rod, and it is hoped with the assistance of family and friends he will gain peace and support to help him cope during this difficult time. Our thoughts are with you Rod.

Sadly another of our members died, **Malcolm Carter**, on the 15th December. Malcolm had been a member from the very early days of the Association when it was originally the St. George Fellowship. Whilst we have not had contact with him for a number of years, Malcolm had always enjoyed his association with St. George.

Further, I've only just heard news from Betty Alwin that her friend **Yvonne Leblond** died in November. For many years Yvonne was a member of the Association and whilst she was unable to join in activities she enjoyed her contact with St. George. Yvonne had not been well for quite some time – the last few years had been a difficult time for her. Sorry to her this news, Betty.

Personal Pars

A couple of members, who have had some health problems are **Jan Steinfurth**, who has been having treatment over the past year, and **Bob Carveth**, who had some time in hospital in November. Our thoughts and best wishes are with you.

Daphne Berger is home from her overseas trip. The first part of the tour went well, but unfortunately she hurt her ankle whilst in Morocco. Her friend had a fall and went to a clinic for a couple of days, so they missed a few days of the tour. "Communication" (language barriers) at times like this can be

an added difficulty. They also picked up nasty colds, which most of their fellow travellers had – all in all quite a journey and stories to tell. Hope you feel better soon, Daphne.

Jack Nolan's contribution as a founding member of Drummoyne Access Committee (now known as Canada Bay Access Committee) was recently acknowledged by Council – celebrating 30 years for the Committee. The Committee has made significant contributions to the area. Well done, Jack.

Peter and **Janet Meagher** had a few days break down the South Coast just after Christmas and enjoyed the time.

It was great to see **Iris Ramsey** at the last Embroidery Group and the Christmas luncheon, following her health battles. Keep up the good work, Iris.

Happy news for **Jenny** and **Ross Chin** – they now have a new granddaughter, Steffanie, born 29th December. Congratulations to all – we look forward to seeing some photos!!

We received a note from **Joy Green** and she wishes to be remembered to those she knows – nice to hear from you, Joy.

And a phone call from **Kevin Hollingworth**, who sends best wishes.

Sorry to hear **Shirleen Howard** is currently in intensive care at Westmead Hospital. Shirleen has problems with her tracheotomy and is awaiting equipment to come from overseas to rectify the problem. Our thoughts are with Shirleen, her husband Colin and family.

Pat Wynne had a fall at home recently, and is feeling rather sore at present. Hope you feel better soon, Pat.

We send our best wishes to **Janet** and **Carolyn Malone** – they now have a new abode in Ingleburn, having just returned from their trip to Perth. We look forward to hearing their stories.

Thanks to Coralie for some “*Did you Knows*”

Butterflies taste with their feet.

A duck's “quack” doesn't echo and no one knows why.

Elephants are the only animals that can't jump.

Management Committee 2011– 2012

All Correspondence: **Hon Secretary** **6a Oatley St., KINGSGROVE NSW 2208**
All Financial matters to: **Hon Treasurer** **2 Salerwong Place, RYDE NSW 2112**

President	Bob Tonazzi	02 9311 2555
Hon Secretary/Editor	Patricia Byrne OAM	02 9150 5512
Hon Treasurer	Jenny Chin	02 9888 5234
Vice President	Janet Malone	02 9829 8425
Asst Secretary	Rosemary Gray	02 9820 1308

Betty Alwin	02 9579 4600	Pat Wynne	02 9759 4975
Rod Kearns	02 9750 8461	Maura Outterside	02 9718 5803
Peter Meagher	02 9520 3521	Joseph Cheung	0420 277 738

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