



BushChatter

Newsletter

Volume 27, December 2010

Multicultural Disability Advocacy Association of NSW

Inside this Issue



Welcome	1
An Aussie Bush Tale	2
The Great Truths	3
Have Your Say!	4
The Four Stages of Life	5
Tech Talk	6
Traditional Aussie Damper Recipe	8
Dampers	9
Bargains and Bartering	10
The Poll	11

Seasons Greetings, Rural Disability Network members!

This issue marks the end of my first year with the Rural Disability Network (RDN). In the past twelve months I have had the pleasure of getting to know a few of you, whether it be through the odd phone call, scheduled teleconference, meeting or a lovely hand-written letter.



I hope you have all had a good year and are looking forward to the coming year ahead.

Enjoy this festive season, find time to relax, party hard, enjoy family and friends, holidays and whatever else is customary for you at this time of year.

I look forward to another year with RDN and assisting (however way I can!) in levelling the playing field for all people with disability, regardless of where one is, within NSW.

~Ace

Ace's Email: ace.boncato@mdaa.org.au

Mail to: Ace Boncato
C/- MDA
PO Box 9381
HARRIS PARK NSW 2150



Your feedback is important to us.

If you have any comments about this Newsletter or if you'd like to make your contribution, give us a call on:



Freecall: 1800 629 072

Or send us an email to:

ace.boncato@mdaa.org.au



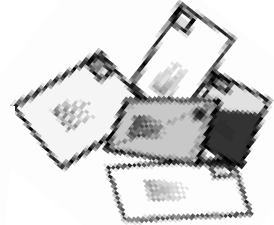
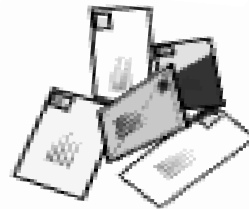
Or write to us at:

Advocacy in Action

C/- MDAA

PO Box 9381

Harris Park NSW 2150



An Aussie Bush Tale

Doggy Tom

'Doggy Tom' was known to every man and woman on the South Coast of New South Wales. He always had at least a dozen dogs with him, and he camped with them at night and tramped the roads with them by day. Doggy Tom was found dead one day with his dogs guarding his body.



Sources: http://www.ourpacificocean.com/australia_bush_tales/index.htm

http://www.bealsstudios.com/newblog/files/dogs_at_the_park.php

The Great Truths

GREAT TRUTHS THAT LITTLE CHILDREN HAVE LEARNT:

- 1) No matter how hard you try, you can't baptise cats..
- 2) When your Mom is mad at your Dad, don't let her brush your hair.
- 3) If your sister hits you, don't hit her back. They always catch the second person.
- 4) Never ask your 3-year old brother to hold a tomato.
- 5) You can't trust dogs to watch your food..
- 6) Don't sneeze when someone is cutting your hair..
- 7) Never hold a Dust-Buster and a cat at the same time.
- 8) You can't hide a piece of broccoli in a glass of milk.
- 9) Don't wear polka-dot underwear under white shorts.
- 10) The best place to be when you're sad is Grandma's lap.

GREAT TRUTHS THAT ADULTS HAVE LEARNT:

- 1) Raising teenagers is like nailing jelly to a tree.
- 2) Wrinkles don't hurt.
- 3) Families are like fudge...mostly sweet, with a few nuts
- 4) Today's mighty oak is just yesterday's nut that held its ground...
- 5) Laughing is good exercise. It's like jogging on the inside.
- 6) Middle age is when you choose your cereal for the fibre, not the toy...

GREAT TRUTHS ABOUT GROWING OLD:

- 1) Growing old is mandatory; growing up is optional...
- 2) Forget the health food. I need all the preservatives I can get.
- 3) When you fall down, you wonder what else you can do while you're down there.
- 4) You're getting old when you get the same sensation from a rocking chair that you once got from a roller coaster.
- 5) It's frustrating when you know all the answers but nobody bothers to ask you the questions...
- 6) Time may be a great healer, but it's a lousy beautician
- 7) Wisdom comes with age, but sometimes age comes alone.



Sent in to us by Lori Grovenor

(Rural Disability Network Working Group Member)

Picture Source: <http://www.animaltalk.us/great-truths-that-little-children-have-learned/>

Have Your Say!

In the past few weeks, we have been receiving some concerning feedback from members regarding EnableNSW, the body that is responsible for the administration of various NSW Health disability support programs.

One of these members has been Joanne. Jo has received supplies from PADP for approximately 10 years. She's been receiving incontinence supplies and other equipment. Jo experienced a car accident 35 years ago and as a result has quadriplegia and uses a manual wheelchair, and receives an Attendant Care package.

Below is an excerpt from her letter:

“My first contact with Enable seemed positive, if a little disorganized on their part. That was ok, I understood that they were just beginning their full administration of this new entity and I would be patient. I explained my needs to them and was of the understanding that the usual three month supply, I had been receiving under PADP, would shortly be delivered. That was not to be.

After a few weeks of waiting, I contacted PADP to ask as to the status of my order. I spoke to someone who appeared to know nothing of the order or it's supply. Someone did however ring me back who apologized for the delay, I was out of some necessary items by this time, and the person assured me the order would arrive in a couple of days. It did. I was pleased...for about five minutes. (At this point I will explain what I receive. I receive 90 overnight urine bags and 4 boxes of gloves for the three-month supply cycle.) I opened the box and counted 36 overnight urine bags and 1 box of gloves. Supposing that they had rushed me a order to 'see me over' I rang to ask when the rest of the order would be sent.

The person I spoke to informed me that that *was* the order. I had received those bags as my *entire year's* supply and a complimentary box of gloves. Needless to say I was very upset. I questioned the person further, but when it became apparent that he neither knew or cared about my particular enquiries or plight, I asked to speak to his superior. That was worse. My hope about people who staff and administer such an important body as Enable, is that they would be well informed, understanding, sensitive and enabling of and to the people that access this service for the necessary maintenance of their health and everyday existence.

This person was none of those things. I was quite emotional at this point and I was horrified that I was expected to use and reuse urine bags and receive no further supplies of gloves at all. I have not got the financial resources to supply these items myself. I attempted to explain that there had been no indication that usual supplies and/or equipment that people had been receiving on an on-going basis, would be stopped or refused. It was my understanding that the creation of enable was not to take-away, but to give simplified access and streamline services. I told her of the fact that I had already applied to PADP many years ago for the items I had been receiving for 10 years. An attempt was made to explain that without these items, my health would suffer considerably, and indeed could cost the government more in the long-run because of hospitalizations etc that would occur because my health would be compromised. The person would not listen and was amazed that I had asked for more bags. She informed me that I would have to apply to Enable to get these 'extras'.

That was a very distressing and stressful encounter. I was left with the conclusion that perhaps Enable was created not to enable, but to dis-enable people with disabilities who are asking for nothing more than vital, necessary supplies that allow health and functioning in everyday life. These 'simple' things have already been fought for - we should not have to fight for the basics that allow us our everyday lives again. Staff should have some basic understanding at least of the clients who are accessing this **service**, and have some sensitivity - not an experience that feels like one has just called a disgruntled aunty asking for money. PWD need these supplies - they are not a privilege, but a basic human right. Please, allow us our right.”

After looking into a process of giving feedback to EnableNSW, we have been informed that you can send your concerns to the EnableNSW Customer Liaison Officer on: **enable@hss.health.nsw.gov.au**

Share your experiences and issues. Write/email/call in.
We'd love to hear from you.

THE FOUR STAGES OF LIFE:

- 1) You believe in Santa Claus.
- 2) You don't believe in Santa Claus.
- 3) You are Santa Claus..
- 4) You look like Santa Claus.



SUCCESS:

At age 4 success is Not piddling in your pants.
At age 12 success is Having friends.
At age 17 success is . . . Having a driver's license.
At age 35 success ishaving money.
At age 50 success is . . . Having money...
At age 70 success is Having a drivers license.
At age 75 success is Having friends.
At age 80 success is Not piddling in your pants.

Always remember to forget the troubles that pass your way;
BUT NEVER forget the blessings that come each day.
Have a wonderful day with many *smiles*
Take the time to live!!!
Life is too short.
Whoo-hoo !

Have a nice day.

Sent in to us by Lori Grovenor

(Rural Disability Network Working Group Member)

Picture Source: <http://tlc.howstuffworks.com/family/find-santa-claus.htm>

Tech Talk

Hi Folks! Just a few handy devices that we have come across and would like to share with you. We hope you find them useful. If you have any equipment/devices you would like to share. Let us know!

SensoCard Plus "talking" blood glucose monitor

An audio BG monitor with instructions in three different accessible formats.

Self testing has become easier for vision impaired people with the SensoCard Plus "talking" blood glucose monitor. It is fast, accurate and easy to use and the audio component can help those who are unable to see their result when self-testing.

Some examples of voice instructions from the SensoCard Plus:-

- "Insert the reagent strip"
- "Apply a drop of blood"
- "Five - point - four mmol/L"

Other features of the SensoCard Plus include:-

- Tiny blood sample - 0.51J1.
- 500 test memory and 7-14-28 day averages.
- Lifetime Warranty.
- Large display.



For an independent review on the SensoCard Plus blood glucose monitor:-

[http://www.dl.org.au/road- tests/ glucometer -road- test.html](http://www.dl.org.au/road-tests/glucometer-road-test.html)

If you would like further information, or a demonstration of the SensoCard Plus, you can send an email to gkyprianou@pocd.com.au or on call 1800 640 075.

Sent in to us by Lori Grovenor

(Rural Disability Network Working Group Member)

Apple iPhone

a touchpad mobile phone with VoiceOver for people who have visual impairment

Features:

- Touch anywhere on the screen and hear it
- Text messaging (send and receive)

Apps that can allow you to:

- Check the weather
- Read stock prices and analyse stock charts
- Get special information about something.
- Get email
- Twitter mentions
- Listen to the radio
- Do research and obtain medical information with WebMD
- Identify colour with Color Identifier (this app uses the iPhone's camera, and speaks names of colours, light and colour perception; enhancing visual experience)

Things to think about:

- The iTunes software featured in the iPhone is pretty inaccessible
- You will need the internet (which means you will need to investigate the best rate plan for you; this can be quite time consuming)



Aussie Damper

Normally made in a camp oven which is a cast pot and lid. The mix is placed inside, lid put on and entire covered in hot wood coals till baked. Camp oven sometimes placed in a hole dug in the ground and surrounded in hot wood coals till cooked.

Ingredients

2 cups self raising flour

8 oz milk (normally powdered)

1 / 2 tsp salt

Home Method

Mix flour and salt.

Make well in the centre and add milk, mixing with a knife to form a moist dough.

Turn into a greased 7" tin.

Bake in a hot oven for 25 minutes, then turn onto wire cooling tray.

Variations can be the addition of either sultanas, dried fruit, herbs, sugar, 2oz butter, lemon, sugar, etc.



Dampers by Keith Garvey

Knew a bloke once called Damper Dan
Remember the bludger well I can
And his dampers
Bottomless moleskins hangin' slack
Tin of treacle, sticky and black,
Heap of flour in a dirty sack
For dampers

Always camped by a bore—drains flow
Whiskery and greasy and foul and low
Eatin' dampers
Never would buy a loaf of bread
'Too bloody dear' he always said
Cooked every day like lumps of lead
Heavy dampers

Down he'd sit with a toothless grin
Mixin' the dough in a gallon tin
For dampers
Over his bulgin' bottom lip
Nicotine and slobber would slip
Run down his pipe and slowly drip
In the damper (to top)
Bore—drain water and weevily flour
Welded into a mixture sour
For damper

Stick to yer ribs and clog yer pipes
Give the goes as well as the gripes
And he'd say, 'She's a lovely feed, by
cripes
Bonzer damper'

Beef or mutton he wouldn't touch
Brownie or cake he didn't like much
Only damper
'Nothin' he'd say, 'like good clean flour
Never gets stale or mouldy or sour
Nothin' gives yer muscular power
Like damper'

Follered his funeral without regret
Went where there's plenty of heat, I'll
bet
For dampers
And it's safe to bet the devil could tell
How he sits all day by the hearth of
hell
With his sack of flour and his evil
smell
Cookin' dampers.....Soddy bloody
dampers

Source (pages 8–9):
Old Australian Food Recipes
(<http://www.oldaussierecipes.com>)
Yesterday's Australia

Bargains and Bartering



A new regular feature to our newsletter! If you have something you would like to give away, barter, buy or sell for cheap, let us know!

Item	Description
<i>Brother printer</i>	Inkjet colour printer
<i>HP printer</i>	Inkjet colour printer
<i>Wheelchair Cushion</i>	Hardly used Black cover Contoured Dimensions: Depth/length: 44.5cm Width: 44.5cm Thickness: (thickest part: 8cm thinnest part: 7cm)

All Items Listed Are
FREE!!

If you are interested on any of the above items, or have something to give away, barter, buy or sell for cheap, contact us at the office.

Phone: (02) 9891 6400 Freecall: 1800 629 072

Email: ace.boncato@mdaa.org.au

The Poll

Are you happy with the access you have to information on issues of disability and services/support available to you?

Tell us what you think!

Email:

ace.boncato@mdaa.org.au

or

Freecall: 1800 629 072



Let us know!

Results of the poll will be published in the next issue of BushChatter



Results of last issue's poll:

Are you happy with the public transport in your area?

60%

Yes

40%

No

Out of those who emailed, called and wrote in:

What you said:

"There is not much accessible public transport in my area and there are only very few accessible taxis"

"Public transport is getting better. We have more buses now"

If you do not understand this document, please ring the Telephone Interpreter Service (131 450) and ask them to contact the MDAA on 1800 629 072.

ARABIC

إذا لم تستطع فهم هذه الوثيقة، الرجاء الاتصال بخدمة الترجمة الهاتفية على رقم ١٣١ ٤٥٠ وأسألهم أن يتصلوا بـ MDAA على رقم ١٨٠٠ ٦٢٩ ٠٧٢.

CHINESE

如您看不懂此文件，請打電話給「電話翻譯服務台」(131 450) 請他們聯絡 MDAA 電話 1800 629 072。

CROATIAN

Ako ne razumijete ovaj dokument, molimo nazovite Službu prevoditelja i tumača (Translating and Interpreting Service) na 131 450 i zamolite da nazovu MDAA na 1800 629 072.

GREEK

Αν δεν καταλαβαίνετε αυτό το έγγραφο, σας παρακαλούμε να τηλεφωνήσετε την Τηλεφωνική Υπηρεσία Διερμηνέων (131 450) και να τους ζητήσετε να επικοινωνήσουν με το MDAA στο 1800 629 072.

HINDI

अगर आप इस कागज़ात को पढ़कर समझ नहीं पा रहे हैं तो कृपया टेलीफोन संवाद-सहायक सेवा (१३१ ४५०) को फ़ोन करें और उनसे एम डी ए ए (MDAA) को १८०० ६२९ ०७२ पर संपर्क करने को कहें।

ITALIAN

Se non comprendi questo documento, telefona al Servizio telefonico interpreti (131 450) chiedendo di essere messo in contatto con il MDAA al 1800 629 072.

KOREAN

만일 이 문서를 이해하지 못하시면, 전화 통역 서비스(131 450)에 전화하여 MDAA 1800 629 072에 연락해 달라고 부탁드립니다.

MALTESE

Jekk ma tifhimx dan id-dokument, jekk jog`bok jempel lis-Servizz ta' l-Interpretu (131 450) u itlobhom jikkuntattjaw lill-MDAA fuq 1800 629 072.

POLISH

Jeśli nie rozumiesz treści niniejszego dokumentu, zadzwoń do Telefonicznego Biura Tłumaczy (Telephone Interpreter Service) pod numer 131 450 i poproś o telefoniczne skontaktowanie się w Twoim imieniu z MDAA pod numerem 1800 629 072.

SPANISH

Si usted no entiende este documento, sírvase llamar al Servicio Telefónico de Intérpretes (131 450) y pedir que llamen a MDAA al 1800 629 072.

TURKISH

Bu belgeyi anlayamazsanız, lütfen Telefonla Tercüme Servisi'ne (131 450) telefon ederek, 1800 629 072'den MDAA ile iliflkiye geçmelerini isteyiniz.

VIETNAMESE

Nếu quý vị không hiểu tài liệu này, xin điện thoại đến Dịch vụ Thông ngôn qua Điện thoại (Telephone Interpreter Service) ở số 131 450 và nhờ họ liên lạc MDAA qua số 1800 629 072.