

The Buddy Organisation

www.tasc.org.nz

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President's Report

Welcome readers,

End of summer is close and as cricket competes with rugby, things have been and still are busy for TASC.

Thanks to Anita and her team for a great Show Off Day. Thank you to the sponsors and the stallholders for your time, goods and sponsorship which allowed us to run Show Off Day successfully. Thanks to our helpers who set up beforehand and dismantled everything afterwards, as well as assisting during the day. The weather gods were kind to us this year even though the previous day's weather was dreadful. Next year we would like to see a few more people, not only us guys with disabilities and our supporters, but I think we have plenty to show the general public as well.

TASC is working on, still covering our normal activities and this includes keeping the office open at the Auckland Spinal Unit between 9 a.m. and 4 p.m.. This in an endeavour to be available if anybody rings up to seek information about TASC or something to do with disability in general. If we can't help you we should be able to refer you to somebody or a web site that can assist. When Ann and Anita both need to be out of the office, our third part-time coordinator, Kim Hudson, who also happens to be in a wheelchair, should be able to answer your calls.

As you all know times are tough at the moment, raising finance for organisation like ours is a struggle both now and will be in the next few years. Paying subscriptions when they become due is much appreciated especially seeing it's a very small amount. Also, TASC is a charitable trust and therefore there are tax incentives if you wish to pay us a donation. Any monies are thankfully received.

The TASC Art group is having a lot of fun. Based in the O.T. department at the spinal unit, we meet for two hours every Tuesday afternoon, paint and brushes provided. Our artists are paraplegics and tetraplegics and some paint with their mouths and others use their hands. Just before Show Off Day we completed a scenic mural on three large canvases which will be pushed together as one picture and placed in the outpatient department at the spinal unit. This was a very interesting exercise with up to seven or eight artists working on the one project. It was presented to Maryanne on Show Off Day. If anyone wishes to participate in the Art group, please contact the TASC office. We are always looking for new artists.

Member contact is a priority for us at the moment, as our office ladies will mention later in the newsletter. We wish to update People's details whether in Auckland or in outlying districts. We also would like to visit as many people as we can in the zone covered by the Auckland Spinal Rehabilitation Unit. We would like up to date phone numbers and e-mail addresses plus other information to update our database. Thanks to everyone in advance.

Regards

Murray Cohen

From the office

March 2009 all ready—time really does just fly by.

We have started another busy year in the TASC office with the updating of our data base and increasing our profile.

So expect a phone call from one of us in the office, just to see how things are going and to ask you a few questions as to how you feel we can improve what TASC can do for you and your family.

We have got a few more sexuality workshops coming up this year so check on page 4 to get the details about them. Show Off Day has been and gone for another year— Thanks for everybody who was involved and helped with the day.

On a more personal note Ann got a name change—she got married last month to Don—she has gone from Phillips to Main—Congratulations Ann and Don.

As always if you have any stories or articles about yourself and what you're up to that you would like to include in the upcoming newsletters please just drop us a line.

Our office is always open for a chat and a coffee and if you're lucky maybe even a chocolate biscuit.

Keep in touch and take care

Anita, Ann and Kim

TASC Membership

There are still a lot of outstanding fees out there so please fill in & post your \$5 membership into the TASC office so that we can keep up with our funding & continue to provide our services.

Post to: TASC
PO Box 236 35
Hunters Corner
Papatoetoe

Name:

Address:.....
.....
.....

Phone:

Mobile:

Email:

Postural (Orthostatic) Hypotension

Postural hypotension, also known as orthostatic hypotension, is a condition which results in a decrease in blood pressure when you sit or stand which can be a distressing and troublesome disorder particularly after spinal cord injury (SCI). This can cause "light-headedness" or "fainting". It occurs more commonly when you are first injured, when you are tired, or after an illness. There is an increased tendency for postural hypotension if the level of injury is at T-6 or above, but it can occur in all spinal cord injured individuals.



Postural hypotension after SCI occurs since the blood vessels do not decrease in size, in response to lowered blood pressure, due to the altered function of the autonomic nervous system which normally controls this. Consequently, blood pools in the pelvic region or legs while you are sitting or standing with poor venous return due to the inability of the calf muscles to pump blood back to the heart from weakness as a result of SCI. Postural hypotension usually occurs when you are initially placed in your wheelchair or on the tilt table.

The mechanisms underlying postural hypotension following SCI are unclear, but are likely to be multifactorial. Some possible contributing factors are lack of tonic sympathetic control (particularly in those with high level lesions), impaired baroreceptor regulation, lack of skeletal muscle pumping activity in the dependant limbs of paralysed individuals as mentioned earlier, cardiovascular deconditioning following prolonged periods of bed rest and hyponatremia (low sodium in blood) with the resultant hypovolemia (low fluid levels in the body).

Wearing stockings and an abdominal support along with changing to sitting or standing positions gradually helps. Increasing the tilt on a tilt table gradually can also overcome symptoms. If postural hypotension occurs tilting backwards in a chair to a nearly horizontal position improves symptoms. This increases blood pressure and the "fainting" soon improves. An adequate fluid intake is also essential. Sometimes for troublesome postural hypotension medications such as steroids and ephedrine are required.

Another problem that may occur as a result of the lowered blood pressure is a decrease in the amount of urine produced by the kidneys. One may notice that there is little or no urine in the urine bag. After achieving a near horizontal position the leg bag may fill quickly. This is a result of the increase in your blood pressure that occurs when one lies down. It is important to watch the drainage bag closely after changing positions to make sure it does not get too full.

It usually settles over time following SCI and is generally common only in the early stages. However it is an important entity that needs to be addressed and should be brought to the attention of your GP or spinal physician particularly if it lingers on and becomes a chronic problem.

Dr Sridhar Atresh

Medical Director

Some more interesting web sites relating to SCI

www.wheelchairlife.com

www.sci.rutgers.edu

www.christopherreeve.org

www.krisannpiazza.com

ACC/MOH— is it fair?

Objective—to achieve some parity between ACC and the Ministry of health in respect to the long term care of people with permanent physical disabilities.

Background— ACC was established in 1974 to prevent the courts from being clogged with injured people suing for compensation.

Up to that point, people with physical disabilities were either cared for at home by their families, institutionalised (sometimes in appalling conditions) or struggled to live independently at great physical and financial cost to themselves

Acc recognised the right of the permanently disabled to live independently with as much paid support as required.

In 1992 ACC itself was “sued” by a group representing people with cervical spinal cord injuries (tetraplegics). The argument was that ACC had put these peoples lives at risk by failing to fund 24/7 Attendant Care. ACC did not contest and even, when pressured . Paid out millions of dollars in back pay to individuals who had not received 24/7 care since the time of their injury.

ACC recognised that parents, spouses and families had provided vital care and support and should be paid accordingly. Furthermore ACC maintains it’s ‘no-fault’ ethos and provides full compensation for clients who acquired their disability whilst committing a crime.

Meanwhile, MoH funded disabled—those who’s injuries pre-dated ACC; those born with disability; and those who became disabled as a result of a medical condition, were treated with comparative contempt. Please refer to attached chart

Attempts to get the Government to redress these gross imbalances have been meet with the response that it “IS A JUSTIFIED LIMITATION ON THE RIGHTS TO BE FREE FROM DISCRIMINATION”.

In other words, it is OK for someone to be discriminated against if it is the Government doing the discriminating.

We are seriously considering a hikoi

We are not asking for equality with similarly ACC clients.

We feel that that would be excessive and unrealistic.

What we are requesting is :

1.Some middle ground achieved between ACC funding up to 168 hours per week of paid care and the MoH funding a maximum of 30 hours per week.

2.MoH recognise, as ACC has done, the vital care and support that parents, spouses and families provide the disabled person and pay then accordingly.

3.Give non ACC disabled equal access to medical treatment and equipment.

WE ARE NOT SEEKING DONATIONS FOR OUR “CAUSE”

We are asking you to think about this issue and discuss it with your family and friends.

If you agree that this disparity constitutes a breach of human rights ... Lobby your Member of Parliament and demand that it is made a policy issue in the next election.

Peter Ray and Rosemary McDonald
Ph 07 8298170 or 027 3758261

ACC/MoH PARITY _ A HUMAN RIGHTS ISSUE

The usual arguments against parity between ACC and MoH funding is that you have to compare apples with apples. They argue that the needs and rights of a person who acquires a disability through injury are different from the needs and rights of a person who is born with a disability or becomes disabled through illness.

Lets compare an apple to an apple.

C4 Tetraplegic (Asia B)	Peter Ray MoH funded	John Doe ACC funded
Date of injury	1970	2007
Lump sum payment	No	Yes \$\$\$???
Rehabilitation	Public hospital	Specialist Spinal Unit
Return to fulltime work	Yes, worked fulltime until 2001	Unlikely, only 18% return to fulltime work
Vehicle funded/ modified	Only if in fulltime work or education up to \$12,900	Unconditionally supplied and funded to at least \$100,000
Home modifications	Essential only, asset tested, capped	Full home modifications, not asset tested
Attendant care	30 hours per week maximum	24 hours per day, 7 days a week
Choice of paid caregivers incl. spouse/ resident family member	No	Yes
Medical supplies and mobility equipment	Absolute bare essentials only, equipment for inside the home only	All requirements supplied promptly. Equipment supplied to facilitate maximum mobility inside and outside home
Prompt access to private specialised medical treatment for conditions pertaining to dis-	No	Yes

Same injury, different date. Note that Peter returned to fulltime work, as did many of the pre ACC tetraplegics.

His reward for 32 years of fulltime, mainstream work with a profound disability? \$136.00 per week on the Invalid’s Benefit. Rosemary , his partner, has been Peter’s unpaid caregiver for over ten years. If Peter was covered by ACC this would have amounted to over \$1.3 million

Both ACC and MoH are funded through compulsory taxes and levies that we all have to pay. The disparities between them are unfair, unjust and a clear breach of human rights.



The Robert McIsaac Memorial Photo Competition



Murray presenting mural to Marianne, the Spinal Units Operations Manager

Show Off Day 2009

Sponsors & Supporters

Auckland Spinal Unit
 DB Breweries
 McIsaac Caregivers
 Cairnwood Hire
 Hinuera Stone Specialists
 1st Party Hire & Events
 Rainbows End
 Poppin Florist
 Derek Wight
 Drury Rotary Club
 Auckland Drum Company
 Simuvich Olive Estate
 The Sign Formula Ltd
 Bundaberg Ginger Beer
 Cadbury Confectionery
 Invacare
 Action international
 Marketing Ltd

Show Off Day 2009—the weather was once again kind to us after terrible downpours on the Friday.

We were able to showcase more exhibitors , displays and competitions.

Rodney Bell and his partner Olivia put on a moving display of dancing in a chair.

The obstacle course, which this year included our first female entrant was won by Steve Hei. Highlight for the race had to be young 4year old Jaden Movold who also entertained us with a break dance in the gym later. The art class’ s mural that they have all been working on was presented to the Spinal Unit . It will be displayed on the wall outside the Out patients doctors room. The Bruce Hopkins award was won by Raymond Hickey with his

“Stillwater” painting. This year the Robert McIsaacs Memorial took the form of a photo competition, which we hope to enlarge on next year. The prize money of \$300 1st prize \$200 2nd and \$100 3rd was well received. The winning entry was Tropical Sunset taken by Gayleen Mackereth.

The day concluded as usual with the popular wheelchair rugby game in the gym with our popular celebrities—Andrew Blowers, Ben Atiga, Eroni Clarke, Karl Te Nana, Paul Thom—son, Peter Fattialofa and Steve Devine

Thanks to the sponsors and supporters for once again making this day possible—we really appreciate your support



Rodney and Olivia performing their dance



The Auckland Wheelchair Rugby team with the Rugby Legends and mascot Jaden Movold



Poly Blues providing some of the continues music during the day

Profile—Rose Murphy



Rose Murphy worked as a nurse at the Auckland Spinal Unit from 1986—2008

Here are a few words from Rose herself about the time she spent at the unit.

Well hello there, far and wide to all the people that I have come in contact with over the many years that I have worked at the Spinal Unit. I finally decided that my years of working had better come to an end as I had allowed myself to put on the weight. And, Oh in saying that I so eloquently passed onto you patients “If you don’t use it, you will lose it”, well now it has come back to bite me on the tush. Mind I have got older, greyer and grumpier.

I now carry a back pack so that I have all the things I need for the day. It’s hard trying to use crutches plus carry everything especially a cuppa.

I now drop the back of the seat to lift the old legs into the car. An old patient told me I should get hand controls. I don’t want to yet but if I have to ..well hei aha.

I remember going to Auckland Hospital with Barbara McNeil, the Staff Nurse, to pick up a 19 year old navy boy (tetra). He was flat on his back with weights hanging of his head via skull tongs and he asks “Have you got any young nurses there?”

Barb and I lent over either side of him and I replied “Your looking at it boy”

He let out a very loud swear word. I cracked up and told him, “Us oldies know all the tricks of the trade, Boy”. I was a young 30 plus then.

Oh, I had a few patients yell at me, but I soon learnt from my mistakes. Only have to do it once or twice and you soon learnt after cleaning up the messes.

I never got an induction period. I was just told “You’ll get the hang of it all” So I put gumboots and an apron on and refused to come out of the shower for my first 2-3 weeks.

One young pakeha Howick boy said he had a headache all day, apparently from my GENTLE thorough washing techque. I know you fellas will crack up but at least you were sparkling spotlessly clean eh.

Remember how all the staff used to paint this picture of this gentle Maori girl called Rose and you poor patients and family nearly passed out when I arrived.

I remember standing on a seat, hanging onto the curtain rail and sing to this patient called James. “James, James hold the ladder steady, repeat 3x then I’m coming down into your arms” and the I’d act like I’m going to fall onto him. Well he freaked out

Remember the time when I used to sit on your laps? At least when that happened you didn’t lose any breath, if

anything you all well and truly yelled quite loud and you poor people were all freaking out because you were all newly injured and feeling so fragile. I did this on purpose to show you and family that you wouldn’t break in half.

I remember a patient was on the commode in the loo, he was feeling a little faint. Well I sat on his lap. He became the loudest person in the ward saying sweet words of wisdom but guess what... he never passed out again.

I don’t know but for some unknown reason you patients used to love telling me what mischief you were getting up to. Remember my reply? “ I hear nothing, see nothing therefore I know nothing” That kept me sort of out of trouble although I managed to get myself hung with other things.

The group of staff i.e.Peter, Salome, Anna , JT, Peka, Uma, Perry, Marsh, Barbara, David, Fiona, Jenz, Paul but to name a few, took a lot of patients out to the local and had some merry ‘ole times. Especially at the St George, which is now a big parking area.

I thought this was excellent because you got to know the person and not only the hospital patient and they got to know us. I remember taking quite a few people out and one night this young fella wanted to come. This fella was right trouble in the ward, in fact he went over to the breweries and thumbed a lift to Henderson. He told the DB man his ride never came to pick him up. I pleaded with Denise, who was the PM charge, for his case. I put my neck on the line. I then went to him and laid down the law in no uncertain terms. That night he was a piece of cake, in fact the 19 year old Navy boy ended up being a little to tiddly so between Anna and I , we threw (transferred) him into my car. It took about 10 minutes to undress, check skin, turn on side with a bowl handy, equipment all in place and back to the others. Actually my Austin 1800, HQ Holden and Berlina did a lot of transporting all over the country.

Remember all the big feeds we used to have for \$5 a head, mainly boil ups.

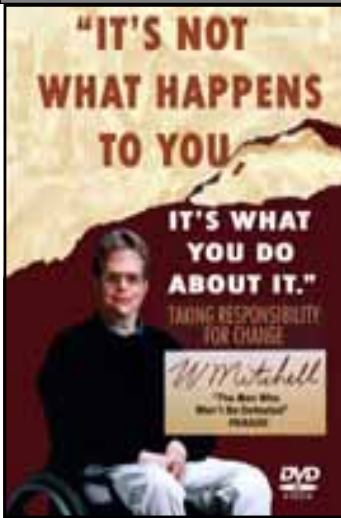
The night before I finished at the Spinal Unit, it was about 2130 hours. All the lights were off and I was sitting in the self care double room looking up the corridor, thinking if these walls could talk.

Thank you, you lot, for putting up with me (happy and grumpy) and allowing me into your family space, helping me to grow as a person, teaching me the tricks of the trade in and out of hospital. For giving me a bed when I went roaming the NZ roads. Gosh, if I did a hikoi around the North Island, it would take me a year to get to see you all.

I love you all.

Thanks a million for a lot of fond memories.

Book Review



"Before I was paralyzed there were 10,000 things I could do. Now there are 9,000. I can either dwell on the 1,00 I've lost or focus on the 9,000 I have left." - **W Mitchell**

W Mitchell is an American award-winning keynote speaker who was recently in NZ for a motivational tour. During his life he

has had to face many challenges. He has had to cope with a motorcycle accident which left him with devastating burns to 65% of his body. Then four years later he had a plane accident that left him paralyzed and confined to a wheelchair.

TASC member Judith McCarthy reviewed his book

W Mitchell's book recaptured my belief that yet again the power of the human spirit to survive under extreme conditions truly is like 'spinning straw into gold'.

W Mitchell's refined conglomerate of words; of historical context; descriptive relational paths with significant others over time; and in depth accounts of his experiences profoundly riveted and awakened what empathy I had inherited that had laid within and dormant until now.

This book also opened my eyes to the meaning of taking 'responsibility' when trauma strikes; and while I appreciated Mitchell's truth from his perspective I have seen that taking responsibility surely transpires; has many layers and meanings from individual to individual through their course of journeying to a suitable healing realm space, be that in the here and now or future related.

As others have mentioned Mitchell uniquely inspires and is an aspiration to live up to, with those 'physically, spiritually, psychologically, communally challenged' in today's chaotic world.

I am eternally thankful to W Mitchell for his teachings in grief and loss and survival. I believe that as a student I have learnt from one of the best. What indeed have I learnt? This much, never give up on hope, nor faith, even if they seem so far removed like thin threads from one's reality. Know that what happens always happens for a reason. . . allow for growth from each step that life places before us.



W Mitchell during his NZ tour



Integrated Adventures

Back Up NZ are holding a couple of Mixed Ability Multi-Activity Courses at National Park

30th August—5th September 2009

28th September—2nd October 2009

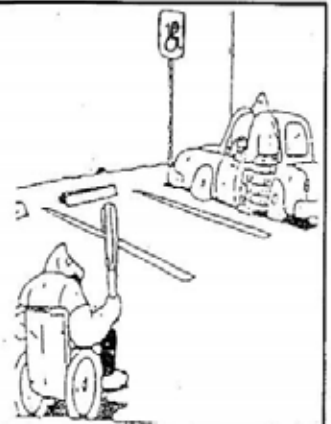
If you are interested please contact the Back Up office
Ph: 0800 503 095
www.backup.org.nz
info@backup.org.nz

Any thing interesting you want to tell us about and put in the next newsletter ?

Give us a call at the office

Al was not disabled, prior to parking, but with a little help, he would soon meet the necessary requirements

Please be considerate



Congratulation to the Forsyth Family

We have all been following the fortunes of TASC member James Forsyth and his family on TV1's Close Up programme.



James was injured in a hit and run car accident in 2006 and sustained an C6 SCI . As his father is also confined to a wheelchair James has had to live in motel accommodation for the last 2 1/2 years due their family home not being able to accommodate both the wheelchairs .

A large group of friends and strangers have over the last 3 months worked tirelessly to modify a modest house into a welcoming home suitable for two wheelchairs .

Not only was the house rebuilt but also due to the generosity of many people and organisations completely furnished and fitted out with all that was needed for this family to be able to live together again.

We wish James and his family all the very best and hope that they will be very happy in their new home.

Sex, Intimacy & Spinal Cord injury

TASC & the Auckland Spinal Unit invite you to an informative evening to discuss topics surrounding sex, intimacy and SCI.

The workshop includes a formal presentation , sharing of personal experiences from our panel, an opportunity to ask questions and gather resources.

The evenings are open to both singles and couples

Time: 6.30pm—9.00 pm

Cost: No charge

Health Professionals/Caregivers Workshops

Same venue and date as the evening workshop

Time: 2.30pm—5.00pm

Cost: \$50.00 pp Attendance certificates issued

Target Audience :caregivers, counsellors, physios, nurses, OTs

Dates & How to Book

Mount Maunganui	30th April 2009 Synergistics Wellness Centre 14B Hocking Street—Mt Maunganui
Auckland	15th July 2009 Auckland Spinal Unit 30 Bairds Rd - Otara
Northland	29th October 2009 We are still to decide on the venue

More information or to book email tasc@woosh.co.nz
Telephone TASC on (09) 270 9033 or (09) 270 9071
R.S.V.P 2 weeks before due date of workshop

ACC Clients: Transport and accommodation may be available
MOH Clients: Contact TASC re transport, they may be able to assist

Wheelchair Tennis

Come and learn how to play wheelchair tennis.

Free coaching available at Scarbo Tennis

Courts— 69 Merton Rd—Glenn Innes

Every Saturday night from 6pm to 8pm

Tennis chairs available

Any tennis inquires please phone
Robert (09) 278 7140
027 278 7140

Tanya Black

—Our Roving Reporter



Hi, Tanya from Attitude here. On March 8th we screened the first episode of our 5th Season! Some of our team have recently travelled to Boise, Idaho to cheer on the NZ team at the Winter Special Olympics. We've also been busy behind the scenes to bring you a great collection of stories about and for people with disabilities. This year we've

changed the format slightly and it will allow us to really get to the heart of the story.

Determined to try some new things this year, we started with new opening titles. We invited some old friends and family, people we've interviewed and been inspired by over the last four years. We got everyone in a (very hot!) studio, we played, danced, painted and generally caused a ruckus – lot's of energy and smiles and we love the new look.

Last year I tried a few new things myself including kayaking and hand cycling the Otago Rail Trail. I decided to carry on that theme and try dancing.

I've always been fascinated by dance but I'm usually quite happy to spend my time as an enthusiastic spectator. I danced as a youngster and never imagined that I'd be trying it again as an adult, especially once I'd lost the ability to walk!

Well life's full of surprises and last week I found myself learning some contemporary dance moves from dancer/choreographer Suzanne Cowan. Suzanne won both the Attitude Art and Supreme Awards at the inaugural Attitude Awards in December last year. Creative and talented with a fierce intellect I felt incredibly privileged to be taught some of the sequences from her dance *Grotteschi*.

Grotteschi is an intricate tale of seduction and power play between 'Ava the Spider Woman' played by Suzanne and 'Mantis Man' aka Adrian Smith. Many themes are explored including the classical and the grotesque body and the carnival freak show. Suzanne is keen to create new pathways for our understanding of disability and dance. She's asking what happens if, instead of minimising difference we actually make a feature of it, celebrating the diversity. Hence her costume for Ava the Spider Woman comprises of four extra legs, quite indiscernible from her own legs that don't move.

We talked through the themes while Adrian and Suzanne showed me some of the sequences. Of course they made the complex hand movements and startling

'fight' scenes look easy and I was a little worried about making a complete fool of myself.

It was soon time for me to try on the legs on for size and take my turn with Mantis Man. I needn't of worried, I was soon having a great time and it was an exhilarating experience. I was able to move more freely than I have in a long time, there's a certain amount of trust involved but I quite quickly learnt to use Adrian as my anchor and push the boundaries. I was surprised at how much strength was needed to complete the small sequences and I was certainly feeling it the next day.

Just a few days later and I was again being moved by an amazing performance this time by Rodney Bell. Rodney is another wheelchair dancer and the way he moves is quite extraordinary – the chair ends up looking like an extension of his body. He performed a moving piece with his partner Olivia at the TASC Show Off Day. It involved Maori and Chinese mythology and sent shivers down my spine. Rodney, like Suzanne started with the mixed ability dance group Touch Compass. And like Suzanne has worked overseas with a world-renowned dance troupe. In Rodney's case he has been dancing with Axis who are based in San Francisco. He's only back in town for a few weeks and we were fortunate enough to grab him for a few hours to do an interview and more dancing for an Attitude story.

If you want to see this novice's attempts and the talented professionals dancing in and out of their wheelchairs, watch *Attitude* on Sundays, TV One at 9.30am, any episodes you miss you can catch on our web-site www.disabilitytv.com.

Maybe you're interested in learning dance? If so, contact Touch Compass, they offer workshops and inspiring performances.

If you have an interesting story to share, you can contact me at tanya@attitudetv.co.nz

Until then, take care of yourselves. Tanya



Spinal Cord Repair Trials on the Way!

Courtney Edmonds is a C6 tetra and has been in a chair since 2005

The Spinal Cord Society of New Zealand has obtained conditional approval to start actual spinal cord repair trials in New Zealand

In late April the society confidently expects to meet all conditions required by a Multi Region Ethics Committee.

This will clear the way to invite New Zealanders with spinal cord injuries to take part in the trials.

The procedure has been completed overseas in countries such as Portugal and China on well over 100 people with virtually no negative side-effects and varying degrees of improvement for each patient – from bowel and bladder re-function, to extra feeling and movement.

The trials are the first crucial step towards repair operations being available to all New Zealanders in wheelchairs – over 5000 people and on average, and new one to join us every five days.

The procedure is also free of any controversy. It involves using each patient's own olfactory (in the upper nose) cells and bone marrow cells and injecting them directly into the injured area of the spinal cord.

No embryonic cells are used, avoiding the international controversy which surrounds their use.

Noela Vallis, founder and chair of the Spinal Cord Society, said that while overseas countries are ahead of us in actual operations, New Zealand's research into the behaviour of olfactory and bone marrow cells is possibly the most advanced in the World.

"We are bringing new knowledge to the eventual cure of spinal cord injuries and the medical World is very interested to see how we progress," she said.

Noela has begged and borrowed for funds since 1991 to pay for the society's research lab at Otago Medical school.

"I am so pleased that we have now reached the stage where we can start to help kiwis in wheelchairs," she said.

"I believe I will see the day when a person goes into hospital with a spinal cord injury and and walks out a few weeks later as though it was a broken leg or some other repairable injury."

\$2 Million needed

But the society needs funds over the next two years – at least \$2 million. While some charitable trusts have confirmed their support, all wheelchair New Zealanders and their families are invited to assist. There are three ways we can all help:

1. Make a donation to the Society at any Westpac branch
2. Go to the "We Will Walk Again" website and make a donation on-line
3. Call 0900 SPINE (0900 77463) and a \$20 donation will paid via your monthly telephone bill



<>Phone: 09 2390234

Mob: 0211180838

Email: tripleexpansion@gmail.com

Web: <http://tripleexpansion.com>

Mobility Vehicle Hire

This business is for providing rental transport services for wheel chair and other disabled clients in the Northern region.

Objective

The objective of this service is to provide a local rental transport solution for those Northland clients that require transport suitable for clients limited to wheelchairs for their primary means of mobility.

The service provides a wheelchair certified transport vehicle that is hired out at very affordable rates;

- **\$60 plus GST per day on a minimum of one week hire**
- **\$80 plus GST for casual one day hire**

The service only provides the transport and DOES NOT provide the driver. The driver and vehicle rental would be subject to normal terms and conditions of rental vehicle hire from JAY-C HOLDINGS LTD trading as Mobility Vehicle Hire. Vans have 4 plus passenger seats and 1 or 2 wheelchair spaces.

Delivery arranged throughout the North Island

JAY-C HOLDINGS LTD has a current and valid LTSA Rental service Licence - number 87232 and is a member of the NZ Rental Vehicle Assoc

Please contact me for more information if required

John Callaghan

25 Kauika Rd

Whangarei 0110

Ph - 09 438 4873

Mobile—021 173 2501



Wanted to Rent

3—4 bedroom modified house in South Auckland

Call Pen

Ph: (09) 277 6695

Car For sale

1998 Toyota Corsa

57,000Kms

One New Zealand Owner

Has handcontrols and wheelchair hoist fitted

The car has had regular services and has been garaged



\$5,000 ONO

Phone: Pam 09 576 8257

Mobile: 021 0266 6306

E mail: pamela.f@xtra.co.nz

For Sale

Typing Sticks \$20.00

Paint Brush

Mouth Pieces \$10.00

Call the TASC office

Ph(09) 270 9033

Donated Computers

TASC still has a number of donated computers to give to our financial members.

Do you know any TASC members who would benefit from this offer.

Please contact to office to see if you are eligible

ART CLASSES

THERE IS STILL ROOM FOR NEW ARTISTS

COME AND TRY OUT YOUR TALENTS

YOU MIGHT BE SURPRISED AS TO HOW GOOD YOU ARE



Car for Sale

1993 Fairmount Station Wagon

212,000 kms

Fully modified / 1 owner

Tidy condition / Well maintained

\$2,700.00

Ph: Ross (09) 627 9658

Jokes & Funnies

To Maintain a Healthy Level of Insanity

1. At lunchtime, sit in your parked car with sunglasses on and point a hairdryer at passing cars. See if they slow down.
2. Page yourself over the intercom. Don't disguise your voice!
3. Every time someone asks you to do something, ask if they want fries with that.
4. Order a diet water whenever you go out to eat, with a serious face.
5. Specify that your drive thru order is 'To go'.
6. When the money come out of the ATM, scream "I won! I won!"
7. Five days in advance, tell your friends that you can't attend their party because you have a headache.
8. Tell your children over dinner, "Due to the economy, we are going to have to let one of you go."
9. Pick up a box of condoms at the chemist, go to the counter ask were the fitting room is.



Ripley—Believe it or Not by Robert Courtney

My last 10 years in the States I lived in Fresno, California. While working for Quickie I was offered two tortoises which I named Stephen and Carrick after my brothers. Stephen was the smaller of the two who somehow managed to roll onto his back in the middle of summer in the front garden and the heat killed him. When I made the decision to come back to NZ I had to find a home for Carrick and left him with a fellow workmate. She just emailed me with an update on him. Below is her update

I don't know if you remember me, but I'm Ripley's mom. I thought I would tell you a little about him.

First off he turned out to be a boy. When they're babies it's very hard to tell. I thought he was a girl for many years, apparently the girls are friendlier and Ripley has always been very friendly. He loves to follow the dogs around. As he has matured, I discovered he was a boy.

I had given him the name Ripley after the Sigourney Weaver character Lieutenant Ripley in the Alien movies. He has always fearless going right up to any dog I've ever had. The dogs are usually more afraid of him when they first meet.

I was going to draw an outline of Ripley on a piece of paper so you would know how big he is. That didn't work as it turns out that he is bigger than a piece of paper. He's about 12 inches front to back, not including his head, which he likes to stick out and receive a nice head rub. He's about 8 inches across. I think he was about the size of my palm when you let me have him. That was probably 3 to 4 inches long

He has spent most of his life in my house, but last year I found him outside quite a bit. It turns out he wanted to be outside and figured out how to use the doggie door. (Picture attached). He stays outside most of the time now and only comes in when the gardener does the yard. It's beginning to cool off here and he's looking for places to keep warm. I've found him in the dog house a few times in the morning. He's kind of like a little dog. If I'm outside and he sees me, he starts heading my way and he likes to follow me around.

He won a "funniest" animal photo contest this year with his picture going out the doggie door. So now he's famous as well.

I hope I'm taking good care of him. I need to try to find him a girlfriend next year. I feel bad for him.

I hope things are going well for you.

