



Beyond Disability Inc. Magazine

Issue 1 Nov 2009

The history of the formation of Beyond Disability Inc.

1991 was a good year for Richard Stubbs and life held all the best of promise. As an executive in the Commonwealth Bank he had a great career and great expectations for a promising future. He was also an active member of his community. It takes little time to blight such a future as we all know. One day another car collided with the rear of his car and life is suddenly never the same again. This resulted in Richard becoming near paraplegic, (46% impaired- as against 48% for paraplegia) without a job and seemingly without a future.

In spite of having numerous operations since that time, often encompassing barely tolerable pain he now runs a thriving, award winning organisation devoted to helping others who have physical disabilities.

Beyond Disability, located on the Mornington Peninsula, runs a self-help program to connect house-bound disabled people with their families and their communities by using computer and internet technology.

Participants are provided with affordable computers which for many are lifelines to the outside world.



Richard Stubbs OAM
Founder of Beyond Disability

Beyond Disability relies particularly on local community support to help the organisation survive and indeed thrive.

Major supporters including Dame Elisabeth Murdoch AC DBE (10 years support), Yulgilbar Foundation, Community Support Fund, Cities of Casey, Frankston and Mornington Peninsula, The Lord Mayor's Fund, Rotary, Capital Security Solutions, Bendigo Bank Community Enterprise Foundation, Calvert-Jones Foundation and special thanks to Microsoft Community Initiatives (now called DonorTec), and others have enabled the organisation

to support an increasing number of people over the years.

Volunteers play an enormous role in the success of the organisation by transporting equipment and training people to use the internet, email and chat forums.

Since 1997 the organisation has assisted more than 250 families and individuals and is now calling on community groups and individuals to help expand into other areas of Victoria.

Beyond Disability is proud to have provided over 85,000 volunteer hours to people in need and contributed over 2 million dollars to the community.

So what now for Richard Stubbs? He has built a new, successful and fulfilling life and in the process has been awarded the Rotary

International and Tattersall's Enterprise Awards for assisting people with disabilities.

To become involved with Beyond Disability, call our secretary on (03) 9577 6547 or email : tmcgill@bdi.org.au

Find out more by visiting our website: www.bdi.org.au

Message from our CEO

Welcome to this first issue of our magazine which is designed to convey interesting Beyond Disability Inc. (BDI) news items, hints on the operation and maintenance of your PC's ancillary hardware.

We are compiling a list of recommended suppliers of goods and services who our members have found to do a good job. We invite you to tell us of any new suppliers you could commend for adding to our list.

Please note that, where necessary, it is the responsibility of the user to ascertain that a tradesman is licensed to perform the work

This magazine will provide opportunities to have circulated, original items such as poems, prose, true short stories, fiction and short accounts of memorable holidays with maybe two or three photographs. We welcome your input.

My Best Mate

Jake was 6 weeks old when he was gently dropped on my bed 13 years ago.

I had been bedridden for sometime after my accident and was feeling sorry for myself.

Jake is a kelpie. Kelpies were original Australian sheep dogs, bred over generations to be working dogs. Kelpies are active and alert with a remarkable degree of intelligence,.

They may look fierce but are really very gentle.

They make excellent guard dogs.

Jake knows when I am having a bad day and will gently nuzzle for my attention; this diverts me.



Jake

Jake has for many years moved my sheep around without ever getting it wrong. He is more forceful when moving the cows and calves though.

He always lets me know when somebody turns up.

He detests rabbits after I was in bed for 4 days incapacitated and rabbits ate 160 bluegum saplings I had grown for a neighbour who helps me.

He has never told me a lie, borrowed money and not repaid it, or let me down, ever.

Jake is getting old now is a bit deaf and has lost a lot of his sight.

I look forward to repaying all his years of loyal devotion and being the best medicine I could have.

Richard Stubbs OAM

Message from our Secretary

Are you moving, or going away?

Recently, a member moved address without informing us. It took many hours of effort to get the new phone number and address. You are reminded that it is a condition of being in the program to keep us advised of your current address and phone number at all times. We do have a procedure where, if we lose touch, to reclaim our equipment after a certain period. This has come about because many years ago a volunteer was abused and left frightened. Then, a year later, a family took our equipment and basically dared us to do anything about it. Following this, we contacted the authorities, who helped us with their procedure to make sure our volunteers were not faced with this again. It is easy to tell us what is happening, just an email to the Secretary:

lewie@bdi.org.au or call and leave a message at (03)59776547

PS. Some people have had our equipment over 1 year, and have not sent a single email, despite this request being in the front of the manual. Please keep in touch.

Amanda Lewis, Secretary

An Item of Philosophy

If you can keep your cool while all others around you are losing theirs, it is obvious that you do not understand the situation.

‘Sunny’ the dolphin

It is well known that dolphins are highly intelligent beings who feel a special bond towards humans.

Their strong smooth body with gentle curves glides with grace through the water and air. Their smiley face brings such joy and happiness to children’s hearts.

Dolphins have telepathic abilities and somehow this emotional creature senses the need to look over ill children and gently approach them as a mother looking over its child. We have experienced this with Adrian at Sea World when Adrian was first diagnosed with muscular dystrophy.

Away from the crowd by the lagoon while Adrian was gazing at the water, a dolphin approached him and lifted his smiley face from the water as if to say “hi Adrian”.

We watched as Adrian started talking to the dolphin and we were amazed how it kept its head out of the water listening to Adrian.

The dolphin came in as close as it could as they communicated in their own special ways.

As we were leaving it followed Adrian as far as the water would let it go.

Several years later we visited Sea World again where Adrian had a one on one experience with a dolphin in the water.

They splashed each other, sang and the smile on their faces is something that cannot be described.

Like a ray of sunshine it brought happiness to Adrian’s heart and as he said it was the happiest day of his life.

The dolphin’s name was Sunny



“Sunny” with Adrian. Key rings with dolphin logos were organised by Adrian’s dad, Roland Karinja, as a way of saying thank you to Beyond Disability.

Thank you Roland.

From the Workshop by Colin Richmond

I will endeavour to bring some new topics for each of our magazines. Hopefully these topics or tips will be of some help. Many of us that have been using computers for a while, tend to forget the little things that do and will make a difference to how our computers perform, regardless of which type, how fast it is, or how much hard drive space it has.

Probably one of the most important (and very easy) things we can do is to perform a regular Defragment of the hard drive. How often we do a Defragment really depends on how much we use our computer. Perhaps explaining exactly what this does, will help to understand why it is important.

A computer hard drive or as it is also known, HDD or Hard Disc Drive, is really only a very sophisticated filing cabinet, and if you had a filing cabinet that had been knocked over and the files spilt and if all the files were put back in the wrong places, it would take a long time to find files that were more than one page, they would all be mixed up. This is what does happen to a HDD. By adding or removing files, documents, photos etc, gaps appear between where those files used to be, and when you add more files, the computer (they aren’t very smart) will just start to fill those gaps, and if one gap isn’t large enough to put a particular file, it will place it somewhere else on the HDD. Now, when you go looking for that file it has become scattered over the HDD and can take the computer a little while to find it. You may think that is not very important, but when the Central Processing Unit or CPU has to find many 1000s of files, this can take quite some time, this may only be seconds, but for a computer this can be a long time, resulting in slowing down the whole computer. What do we need to do? We need to re-sort all those files and bits of files. One way to get to the Defragment software, is via the Start button, then Programs, then Accessories, then System Tools, and select Disk Defragmenter. You could do a Disk Defragment perhaps once a month. There are other ways to get to this software, this is just one. Stay tuned for more helpful tips.

Ten Year Service Awards

Ten Year Service awards were presented to Volunteers at the Beyond Disability Inc. Annual General Meeting on Saturday 14 November 2009 at the Baxter Community Hall.



*Cindy Reed
Assistant Treasurer
Fundraising*



*Richard Stubbs OAM
CEO and BDI Founder*



*Amanda Lewis
Secretary*



*Alan Blackburn
Treasurer*



*Cindy & Jason Stubbs, Geoff Milne, Alan Blackburn
Cindy & Simon Reed, Amanda Lewis. Some of the original BDI team.*



*Angelina McGann
Volunteer*



*Gerry Schulz
Volunteer*



*Simon Reed
Deputy Treasurer*



*Sam Varghese
Volunteer—Website*

*****CONGRATULATIONS***
10 YEARS**

An Old Car

In 1946 my grandfather bought a 1926 "Chandler 6" motor car which had been stored on blocks and not used during World War 2 (1939-1945). It had been 're-duced'.

In the early 1920's, although hardly known in Australia, the Chandler was the best seller of all cars produced in Cleveland, Ohio, US and ranked 13th in sales of the many cars manufactured in the US. It was a quality car in the middle of the price range. It had a powerful, long stroke motor with 6 cylinders in line but had a relatively low acceleration and top speed.

It had 21 inch wheels, cable operated foot brakes and parking brakes on the rear wheels only. The old car featured an electric starter motor which was necessary because you needed to be very strong and patient to start it with the crank handle. It was a soft top tourer weighing 32 cwt with no luggage boot but had a spare wheel mounted on the back. It had a 20 gallon petrol tank at the rear and a one gallon gravity tank under the bonnet above the engine, leather upholstery. It could ideally seat 2 adults in the front and 3 adults at the back but also had 2 seats that folded up out of the floor between the front and back seats. There were no heaters or air conditioners in cars then.

My grandfather, a veteran of World War 1, could not drive so he commissioned my father to drive and garage the car with a stipulation that he would regularly take our family on Sunday outings.

In 1946 in our street in Benteleigh there were few cars and we had one. A few years later, and starting to recover from the war, new cars being built made our car obsolete.

The Trip

Early in 1947 we set out on an adventurous trip to Sydney in the old car towing a trailer containing all the luggage and the car carrying 8 people (5 adults and 3 children). My grandfather had looked forward to this trip but unfortunately had died sometime before.

We left Benteleigh at about 6.00 am and after picking up 4 passengers we travelled slowly up the Hume Highway, had rests at Seymour, Euroa and Wangaratta and stopped at Albury at 6.30 pm for the night. The second day we travelled to Canberra, stayed a few days and finally arrived in Sydney. Narrabeen beach camping ground was a pleasant base from which to go and see the sights of Sydney, its harbour and beaches.



. 'Chandler 6' in 1947 at the NSW / Vic border

We were regularly delayed during the whole trip when the car's radiator boiled. We endured a terrifying time when a trailer wheel came off while descending the very steep Bulli Pass. Even in first gear the old car's brakes were smoking and the brake linings almost burnt out. We were so close to a tragic ending.

We camped at some of the lovely New South Wales coastal towns on the way home. Our last stay was at Lakes Entrance (Vic) for about 4 days concluding a very memorable trip.

I was 10 years old at the time but can now appreciate the vast improvements made in automobile technology.



'Chandler 6' and Trailer
Side View showing some luggage carried on the running board

Note:- Although the Chandler was virtually unknown in Australia, the lyrics of the song *Dearie* contained the verse:-
"My Dearie do you recall when Henry Ford couldn't even fix the running board under a "Chandler 6"?"

Doug Field
BDI Magazine Writer
Email dougfield@tadaust.org.au

POET'S CORNER

Hope by Tricia McGill

I hope I'll go back, I heard her say;
I hope to return to my homeland one day. We
all hope for things, both large and small. I
hope that my kids grow up fine and tall.
Gran hopes that she'll die in her bed of old age
And I hope for peace in the world at some stage.

My daughter hopes Greg will ask for a date,
and I hope he doesn't bring her home late.
I hope my son doesn't get mixed up with drugs,
or ever gets friendly with muggers or thugs.
I hope that my washing gets dry on the line,
it will if the weather stays hot and fine.

My husband hopes that the horses he backs,
will race home like wildfire and eat up the tracks.
We all hope to own our own house one day,
and hope we won't have a large mortgage to pay.
Our aims and our dreams help keep faith alive.
But hope, firm and strong, is what helps us
survive.

Mothers' Day, a sonnet by Stan Goldsworthy, deceased

A fitting day for her each Mothers' Day,
in recognition of her love and care.
What child who loves her does not feel a ray
of warmth when she is there, her love to share?
And what adult, who knew her long ago,
does not recall her kindly presence, when
her warm unselfishness and loving glow,
in fondest memory, relive again?

What is her greatest gift to you and me?
Is it some article we fondly keep,
A family treasure for posterity?
Is love the prize, the harvest that we reap?
Yet though she loved through troubled times and
strife,
her greatest gift to us is surely, life!

Possum by Bob Thornhill

I love it out here in the studio fine
But there's one thing that gives me a fright
It's the slither and thump, the crash and the clump
Of the possum at three in the night.

I've tried wrapping my head up in blankets and
sheets
And stuffed both my ears with a sock
But still here it comes yes it rattles and drums
That possum at three of the clock
Birdsong, laughter, crash of surf
As sounds it's hard to toss „em
But there's one much worse and it makes me curse
It's the clump of the three o'clock possum.

If I can't get my sleep tonight
I'm giving it fair warning:
I'll get out of bed and box its head
That possum at three in the morning.



NEWS

Thanks to Paul Newman's foundation, Newman's Own, we have some money to grow the program! If you see any articles, our ads, please forward the whole page to Richard, or pass it to your volunteer.



RACV

RACV Wheelchair assist provides roadside assistance for motorised scooters and electric wheelchairs

For information on cost and entitlements for wheelchairs and scooter care, refer to: www.racv.com.au or call 137228. If they are unable to get the vehicle going, they will supply a taxi to get you home.

We will publish all wheelchair friendly establishments as they come to hand.

The Muscular Dystrophy Association has a self-contained holiday house for rent in Phillip Island which sleeps 12 and is wheelchair friendly. Two hours from Melbourne, 10 minutes to Penguin Parade Seal Rocks and Cowes and beach access. The details are:

Wheelies Rest
12 Smith Beach Road
Phillip Island 3922
Tel:93209550

Photos may be viewed by visiting the MDA website at:

www.mda.org.au

MORE NEWS

We are trialling Broadband for one of our Motor Neurone Disease people.

If you can afford \$29.95 (price at the moment), then contact us to discuss your needs.

Set-up costs may be up to \$200+

You may need to wait while we raise funding for a better computer.

ACHIEVABLE CONCEPTS

Provides adapted recreational and sporting equipment.

Phone☎03)9873 0182

Internet: www.achievableconcepts.com.au

TECHNICAL AID TO THE DISABLED (TAVDIC)

TAVDIC designs, constructs or modifies equipment for people with disabilities provided no commercially available product or service will meet their needs.

Phone: (03) 9853 8655

Internet: www.tavdic.asn.au

ASSOCIATION FOR CHILDREN WITH DISABILITIES:

Provides info, support and advocacy to families who have a child or young adult with any type of disability or developmental delay in Victoria. A non-profit organisation, it is run by parents who know what it means to have a child with a disability. A bi-monthly magazine, called Noticeboard, full of interesting info, parent stories and Classifieds is mailed directly to you.

Phone (03)9500 1232

RECOMMENDED SUPPLIERS OF GOODS AND SERVICES

From Gerry: www.ratecity.com.au

And this one from Dawn:

She recommends electrician **Peter Murphy "The Grey Army"** (He was efficient and not expensive. I have no hesitation in recommending him.

His mobile no. is **0419 840 496**)

From Gerry Schulz

- 1) <http://www.freelegal.com.au/vic/index.html>
- (2) <http://www.legalaid.vic.gov.au/legaladvice.htm>
- (3) [http://www.armstronglegal.com.au/web/page/Family law free legal advice](http://www.armstronglegal.com.au/web/page/Family%20law%20free%20legal%20advice)
- (4) <http://www.consumeraction.org.au/legal-assistance/free-legal-advice.php>
- (5) <http://www.consumer.vic.gov.au/CA256EB5000644CE/HomePage?ReadForm&1=Home~&2=~&3=~>
- (6) <http://www.accc.gov.au/content/index.phtml/itemId/142>
- (7) <http://www.asic.gov.au/asic/asic.nsf>
- (8) <http://www.choice.com.au/>
- (9) www.ratecity.com.au

From Tricia McGill:

For over 50s <http://www.aboutmyage.com/home/>

ABC <http://www.australiansonline.net.au/>

DHS <http://www.dhs.vic.gov.au/home>

Telstra Access for everyone

<http://www.telstra.com.au/abouttelstra/commitments/accessforeveryone/index.cfm>

Cards <http://www.angeeyes2.com/>

Verses http://www.imag-e-nation.com/sympathy_verses_poems_quotes.htm

Radio station guide <http://www.windowmedia.com/radioui/home.aspx>

Channel nine <http://channelnine.ninemsn.com.au/>

Google Maps Australia <http://maps.google.com.au/maps>

Greypath <http://greypath.com/>

Vista Print <http://www.vistaprint.com.au>

Trading Post <http://www.tradingpost.com.au/Sell/How-to-sell/LandingPage?intref=sg052>

Puzzle games <http://hus.parkingspa.com/hc3.asp>

Bored.com <http://www.bored.com/greatfacts/index.htm>

Answers <http://www.answers.com.au/>

White Pages <http://www.whitepages.com.au/wp/>

Better Health channel <http://www.betterhealthchannel.vic.gov.au/bhcv2/bhcsite.nsf>

World Clock <http://www.timeanddate.com/worldclock/>

Casey Council <http://www.casey.vic.gov.au/index.asp>

Herald Sun <http://www.heraldsun.com.au/>

The Age <http://www.theage.com.au/>



**Sincere thanks to Doug Field who
has taken on the task of producing
this magazine for
Beyond Disability.
(Richard Stubbs OAM)**