



Beyond Disability Inc.

Magazine

Issue 2 May 2010

Welcome to Issue 2 of this magazine and we invite all BDI members and volunteers to send a non-copyright item of interest such as a short story, a poem, a special person or pet, a memorable holiday or experience, a favourite recipe, hobby etc. Where appropriate photographs could be included to illustrate the item.

If you have received excellent service at moderate cost by tradesman we would be pleased to include their details in this magazine.

Any articles submitted would best be typed in font 'Times New Roman 12 pt' or scanned and sent as an attachment to doug@bdi.org.au

Thank you to those who sent contributions for this issue.

Introducing Thomas (Tom) McGann

Tom is nearly 17 years of age and has been involved with BDI for nearly 11 years and was one of the original members of the Beyond Disability "Wheelie Kids".

Tom has a degenerative condition, cannot walk, uses a wheelchair and his general mobility is severely restricted.

His recreational and communication opportunities had been limited.



Thomas McGann, BDI Member

BDI provided Tom with a computer with internet access as the means to obtain information for his school work, expand his social, intellectual and interpersonal skills

The computer has been updated to enable voice activation.

Tom writes the newsletter for his wheelchair sports group and intends to train for a career in Information Technology

Tom's family is grateful to BDI for enhancing Tom's life.

Important News from Our CEO (BDI)

Did you know?

Beyond Disability has helped housebound physically disabled for over a decade. The purpose of BDI is to help our members get connected, and be part of the community. We do this from the safety of the members' own home, usually with the help of local volunteers. The buzzword is to be inclusive i.e. even though you are stuck at home, you can be part of your local community.

Broadband option

Since we started in 1997, the Internet has moved on. To go forward we now offer broadband. So once the committee finalises the terms we will also be offering as well as the necessary equipment (including speech activated laptops, P 4 desktops) all the home help needed (subject to availability of volunteers) and dial up at \$33 a quarter. We will be less restrictive on dial-up download from now on. If you want more than three hours a day dial-up then ask and we will see if our technical expert can reconfigure our server. To meet the need for broadband for those with a Telstra line we hope to recommend TADAust Connect which will cost those interested about \$30 a month. You will also need to pay the BDI program fee (currently \$33 a quarter in advance). Those with

an Optus owned phone line present a challenge.

If you want broadband then ask us first. We are aware of people who left the program when the family bought them a computer and connected them to broadband, gave them a little help and then left them on their own.

Wireless broadband - many like the transportability of wireless. Just remember you get less data per dollar and slower transfer speeds. Wireless broadband is very expensive.

Why we provide the equipment

Computers can be like children, some are good all the time and some not so good. If the hard drive fails, you call your volunteer and we replace it. Colin will try everything possible to try to recover your data. On the other hand if your family buy your computer we have found from feedback they will help initially but later you are on your own.

If your own computer “spits the dummy”, our volunteers should not be fixing it nor should you ask them. Do not put your volunteer in a position where you then blame the volunteer for further problems which may then fracture the relationship with your volunteer. You will need to visit the retail store that may or may not help. You may need to send the computer to the manufacturer, possibly interstate. When it eventually comes back you will need to reload all your software from scratch (takes many hours) and reconnect everything.

We believe that by supplying equipment and doing all this for

you makes for a better online experience.

Dust and damp. Moisture and dust are not good for computers. If the computer starts making strange noises it is most likely a fan is covered in dust. Never try to clear the dust and the computer yourself. The computer must come back to our workshop for cleaning by Colin Richmond. Simply pushing a vacuum cleaner head onto the delicate PC parts can destroy a computer in seconds.

CRT monitors-LCD monitors

The older CRT monitors are being phased out. We do have small widescreen LCD s available now for those with limited space.

E-mail scams

Any e-mail asking for personal details is a scam. Just delete them. Please do not on forward them as this is what the scammers want. 20 people in 1000 are caught by scammers so please think. Ring us if unsure but do not reply to the e-mail sender. Social networking sites also pose a hidden threat so be alert that young people and yourselves using the computer keep personal details brief and not public and for friends only.

Children

A fun way children to learn programming and can be used to develop games.

KODU for PC visit

<http://fuse.microsoft.com/kodu/> interesting websites.

www.instructibles.com -video on how to make almost anything.

www.penpalsnow.com

old-fashioned snail mail and a handwritten letter still have a place. Great way to say thank you.

Accessibility aids -we provide trackballs (various types), USB extension leads, wireless mice and a variety of technical ways to help our members to communicate online. Just ask. Where necessary in the past we have used COMTech to assess the needs of our members.

Wheelie Kids website

I'm very disappointed at the lack of response to my individual requests for feedback. We are still waiting on our Wheelie Kids for input on improving our website. To date a link to Facebook has been suggested. We have an IT person being paid by benefactor sitting on his hands waiting for input. He will eventually forget us. **So mums please help your children to send an e-mail to me with their thoughts.** What do they do when on the laptop? Facebook, games (be specific) name of the game and why. Schooling--would say a maths tutor be helpful.).

Note: members are expected to respond to reasonable requests such as this one which is for their benefit and in response to their comments.

So get going and we will have a prize for the best suggestions received within the next 14 days.

We were recently asked to provide an expensive touchscreen laptop to a child who is a member. This was not processed as the feedback we have is touchscreens which pivot are easily broken. Further the repetitive stretching to touch the screen could not be beneficial to a child with a neuromuscular disorder. This gross motor movement as the main form of

interaction is of concern to us. Before we could even consider such a request we would need an OT recommendation with ComTech to confirm this would work for the individual.

E-mail overload

For dial-up friends, **please do not send attachments over 500 kb (0.5 Mb)**. Even better is zip or PDF them first. Don't know how to zip or PDF? then ask your volunteer.

Broadband people usually will accept up to 5 Mb however I feel it is best to ask the intended receiver if it is okay to send such large e-mails. In my case I will always say no thanks. PS: you can send large e-mails to an online site and only send a link to your friend.

Sites:

You send

www.yousendit.com

2large2email

www.2large2email.com

File mail www.fileMail.com

Comment from choice magazine that these services had not been tested.

Acknowledgement to choice magazine 2010

If you can't get your e-mail to download.

Use our **web mail** option on our homepage. PS: you must keep www.bdi.org.au as the homepage on all BDI owned computers (no exceptions) PS: with webmail you can delete any large e-mails, stopping your e-mail from downloading plus any e-mails you do not want. Another benefit is if you are away interstate you can check your e-mail using our webmail option.

Passwords

It is suggested by IT people never to use the same password on different sites. To make it harder, try using a mix of at least eight alphabet characters and numbers all mixed up.

PS: try not to use your address or phone numbers in their usual sequence.

Never reveal personal information on social sites i.e. Facebook.

Visit www.ssoalertservice.net.au for further information on security.

Changes in your situation

If your disability/illness has changed and you need different equipment, and then please ask for our help.

If you can substantiate financial distress by completing a sponsorship form, we will try to help fund the program fee for those in Frankston, Casey and Mornington whilst those councils continue to support us. **You must keep us informed of your current address, telephone (plus mobile) and a second contact not at your address.**

Thank you

All too often we forget to say the simple words "thank you".

Beyond Disability says thank you to Vic health that has been the major funding partner for our drive to help housebound veterans. Do you know a veteran who we can help with our Vic health wellness 2010 project? www.vichealth.vic.gov.au

Children starting secondary College all received new laptops. Some were personally presented at Red Hill. A special thanks to the Yulgilbar foundation and the

Myer family. Without the long-term financial support of Dame Elisabeth Murdoch AC., BDI together with the Lord Mayor's fund, cities of Casey and Frankston and Mornington peninsula councils, we would have struggled to pay out \$6000 pa insurance Bill, \$6000 pa phone bill and train and reimburse our volunteers who cover over 1000 km² helping our members.

**Richard Stubbs OAM
CEO Beyond Disability**



Up the Centre (Part 1) by Doug Field, BDI Member and Volunteer

They said we wouldn't make it and they may have been right.

Inspired by a family of close friends who took a trip "Up the Centre" in 1971 from Melbourne- Port Augusta- Coober Pedy- Ayers Rock (Uluru)- Alice Springs to Darwin we decided to do the same.

After much planning and long service and annual leave arrangements, my wife Linda, our 3 children, Janet 10, Christine 9 and David 5 and I, set out from Noble Park on 06 May 1972 in our 1964 model VW 1200 sedan towing 750 kg of loaded campervan which was to be our home for 57 days and 14,700 km.

The van had a pull-out double bed at each end when erected and unfolded, gas cooking facilities and a sink. We carried canned and packaged food, 40 litres of extra petrol and 40 litres of water for personal use. The car didn't need water as the engine was air cooled.

Following are extracts from a diary kept during our long journey.

Days 1 & 2. Noble Park-Murray Bridge-.Port Augusta. No incidents.

Days 3 & 4 Port Augusta-Coober Pedy

"Road" bad to very bad with deep, sand filled potholes, red dust and continual vibrations from corrugations all the way to Alice Springs. Camped the night on roadside south of Kingoonya.

Next day we became alarmed when smoke came from under the back seat where our children were. We promptly stopped and evacuated the car. The continual corrugations had vibrated loose the steel battery cover producing an arcing between the active battery terminal and the earthed metal battery cover and clamp which burnt a hole in a can of grease enabling melted grease to ignite and spill onto a cork fish float which was smouldering.

We finally arrived at Coober Pedy and Linda cried when she opened the under seat storage in the campervan to find that red dust had spoilt all our clean clothes, towels and bedding.



Views of Underground Chapel Coober Pedy
(Try zooming photos at 200 or 500%)

Day 5. At Coober Pedy Bought treated water (smelt like rotten seaweed). Unsuccessfully noodled for opal. Visited underground chapel and home which were formed by removing clay and leaving pillars for support. The walls were roughly chiseled to give lovely textured finishes. Horizontal and vertical shafts provided natural cooling.

Day 6. Set out for Ayers Rock, tipped out bad water and filled with good water from a tank supplied by a windmill. Camped at the junction of the main 'highway' and the 'road' to Granite Downs and Oodnadatta.

Day 7. Completed the journey to Ayers Rock via Curtin Springs and Victory Downs.



Ayers Rock (Uluru)

Days 8 & 9 Walked partly around the rock, our 2 daughters and I climbed the rock. Later we all took a light aircraft flight over it. Joined the Ranger's guided tour of the far side of the rock and saw site of a recent corroboree. Went to and climbed parts of the Olgas, did some car maintenance prior to travelling to Alice Springs.

Day 10 Left Ayers Rock for Alice Springs with road conditions still terrible. About 70-80 km out of Alice Springs we were given hope of better roads due to a number of bitumen causeways but we were disappointed. Arrived at the Heavitree Gap Caravan Park, Alice Springs at 6.15 pm.

Days 11-16. Bought supplies for a few day's stay. Saw most popular tourist attractions such as Valley of the Eagles, Trephina Gorge, Standley Chasm, Hermansburg Mission, Jessie Gap, Anzac Hill, Simpsons Gap, Flynn's Grave and the Old Telegraph Station. Took son David to hospital due to a bad cough. Diagnosed URTI, dust inhalation. Maintenance on car's air cleaner, carburettor and accelerator cable.

Day 17. Refuelled and drew money at Alice Springs (the nearest regular bank from Port Augusta) On good bitumen road drove to Devils Marbles for overnight stop.

Days 18 and 19. Start of trouble
Some time after leaving Devils Marbles car engine developed a bad misfire due to carbon across spark plug gap. Replaced all four spark plugs. Engine running well again resumed journey and camped the night off road not far from Daly Waters. Next day after 4 hours driving reached Katherine. We had run over a large rock on a detour and our car engine sounded like a twin cylinder motor bike, (exhaust manifold gaskets or exhaust pipe damaged)?. Arrived at Katherine Gorge Caravan Park.

We were told by a local resident that the abrasive dust from unsealed roads in the area quickly ruins car engines, bearings etc

. Day 20 . Took boat trip up 1st and 2nd gorges and later fished and swam in the river (not as dangerous then because the crocodiles were not protected).

Day 21. Left Katherine Gorge and drove to Howard Springs (about 40 km south of Darwin). It featured a natural thermally heated pool with steam rising off its surface, an abundance of wild life including birds, reptiles, fish and insects, mosquito's mainly.

Days 22-26. Based at Howard Springs we made a number of day outings and trips to Darwin for supplies and a general look around the city, beach and pier. We saw the botanic gardens and Darwin before Cyclone Tracy demolished the city in 1974. Had car muffler repaired. I replaced spark plugs, distributor points and set distributor timing.

On 2 trips to the Mary River we passed the Humpty Doo experimental rice growing area and saw many swamps with an abundance of birds and many buffalo. Fishing the Mary River produced some catfish and a large tortoise. Our daughter Janet bought the book 'We of the Never Never' and we later visited the Elsey Cemetery (referred to in the book) near Mataranka Homestead.

To be continued as **Part 2, "Across the Top"** in Issue 3

From the Workshop by Colin Richmond Technical Development

My last list of tips covered "Defragmenting" the hard drive and discussed the reasons why defragmenting is important. This issue will cover another lot of important tips to help your machine work at its best. This is mainly for internet use but will also help with normal

running. When some machines come in for service, I find that some users have duplicated services that already exist in the machine, those that have been installed as part of the Windows installation. I refer particularly to the installation and use of so called "Search Bars", extra "Tool bars" used with the internet browsers, such as Internet Explorer and FireFox. Both these browsers are excellent and will do everything you need, without adding the extra search and other help bars.

Many of these are nothing but "spyware" and encourage other "spyware" to be installed, either by the search bar software itself or from scripting that is attracted by those bars.

If you want to do a search for something on the internet, then all you need to do is to open the Google page or use the Google search line at the top right corner of both the mentioned browsers, you don't need to add any other search or help bars. Some installations will want to install a Google search or help toolbar. This is really not necessary, the more things that are running, the more resources are being used, which in turn will slow the machine down.

Software writers are sneaky and when they make the installation program for their software, they add in some of these "search bars" and also links to other pages, so that when you install these softwares, if you are not quick enough, or don't read each of the pages of the installation program, you can miss these. Most of them are done as "tick boxes" where you could untick

them if you don't want those features. These are quite deceptive and while they may not present a security issue, they are still a nuisance as they are often difficult to remove after the installation has completed. Some of these offending softwares are printer installations and they often want to install a version of Adobe Acrobat Reader. This reader is quite a legitimate program and one we all need to have, but sometimes the version that may be installed is older than the version that has already been installed on your machine.

In the next issue I will discuss Antivirus software and the importance of keeping it up to date.

Hollywood Philosophy?

The old well known actor Mickey Rooney was married at least 8 times. He is quoted to have said "always marry early in the morning so that if it doesn't work out you haven't wasted the whole day".

Zsa Zsa Gabor, who followed a similar marriage pattern to Mickey Rooney, claimed to be a good housekeeper saying "every time I get a divorce I get to keep the house".

The Voice Activated PC Program 'Dragon'

By Tricia McGill,
BDI Team Leader



Tricia McGill with Lynn Roberts at her BDI Voice Activated Computer

Using Dragon:

I am constantly amazed by the things we can do on computers. I'm still a dunce when you consider how much the experts know. Of all the programs we use to enhance our computer enjoyment Dragon *Naturally Speaking* is the tops in my opinion.

When Richard first gave me a copy to install on my computer way back it was version 5, I believe. It took me about two hours or probably more to train it to recognise my odd English speech patterns.

The version we are using now is version 10. In my mind it's a miracle. It now takes about 10 minutes to train, but still sometimes gets a few words wrong. No problem; it's just a matter of training that individual word to recognise the right way it's supposed to print it.

For people like Lynn, who has trouble using her fingers to type and the mouse to manoeuvre around the desktop, it is a lifesaver. Lynn and other BDI

Dragon users can dictate their emails; do online surfing, banking etc if they wish—all by using their voice instead of their fingers.

Here's what it says in the Dragon user guide: "You can use Dragon to: Compose letters, memos, and send e-mail messages—cut and paste inside your documents as well as revise and format text. Work on the Web—search the Web, access information, and navigate Web pages."

In fact there is a voice command for every action you normally use on your computer. One of Dragon's wonders is the Mouse Grid. This opens a grid on your screen with numbered squares that enable you to access any part of your desktop.

I could go on and on about the phenomenon that is Dragon. If you are a member of BDI and have reached the stage when your hands grow easily tired or you have trouble manipulating the mouse or keyboard, please contact me on: tmcgill@bdi.org or PH: 5995 2080 and we will see about setting you up on Dragon.

Recipe

Lemon Delicious from Lorraine Ingram

Ingredients

- 3 tablespoons butter
- 1 cup of castor sugar
- Zest of 5 large lemons
- Juice of the 5 lemons
- 4 eggs
- 4 tablespoons self-raising flour
- 1 cup milk

- 1 tablespoon castor sugar (for egg whites)

Pre-heat oven to 170^o C

Tips: Do egg whites first in mixer and set aside.

Have all ingredients prepared before making.

Directions

- 1 Combine 3 tablespoons of butter with 1 cup of castor sugar-mix on high for 5 minutes until light and creamy
- 2 In a separate bowl collect the juice and zest of the 5 large lemons
- 3 Separate the 4 eggs with the egg whites in a separate large bowl. Put the egg yolks in with the lemon zest and juice.
- 4 Put the lemon zest-juice mix in with the butter- sugar and mix on high for 1 minute.
- 5 Fold into the 4 tablespoons of self raising flour and 1 cup of milk, beat to mix the ingredients
- 6 Hand beat or mix in separately with electric mixer the egg whites and 1 tablespoon of castor sugar. Mix until stiff white peaks, then fold into the lemon mix.
- 7 Coat baking dish with butter and a little sugar.
- 8 Fill bottom of large baking dish with water.
- 9 Pour lemon mix into butter coated dish then place into a tray filled with water.
10. Place into oven and Cook on 170^oC for 15 to 20 minutes.

Lemon delicious should break into top part cake layer, lower half sauce layer.

Serve with strawberries and cream

Speed and Accuracy Test

Do not use a pen or pencil but have someone read this to you. Answer quickly then record your answer:-Try this on someone else.

One thousand plus forty plus one thousand plus thirty plus one thousand plus twenty plus one thousand plus ten. Your answer?

Mary's father Ned has 5 daughters : Nana , Nena, Nina Nona -----who is the 5th ?

Answers on page 8.

Recommended Suppliers of Goods and services

Broadband Trial

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

Technical Aid to the Disabled (TADVIC)

TADVIC 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.tadvic.asn.au

Dawn 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**

Lorraine Ingram recommends for Washing Machine and Refrigerator Repairs, **A-Tech**, Telephone **9773 5950 and ask for Mark**, "he really does an excellent Job".

Additional photos to article "Up the Centre" on page 3.



Camping out



Where are we?
(Distances in miles)



Howard Springs
South of Darwin



Coober Pedy 1972

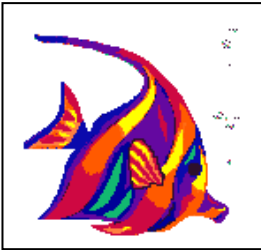


Ayers Rock

Deep Sea Poetry by Bob Thornhill

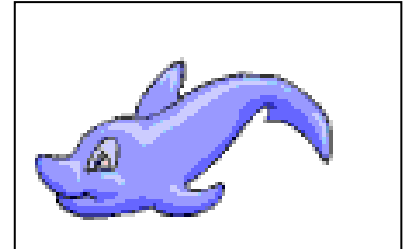
I fin around each coral shelf
As every diver wishes.
I've got this whole reef to myself –
Myself, and all the fishes.

The little damsels flit and wheel
Enchanting in their rainbow hues
A feather star like a downy wheel
Entrances, as blue dolphins cruise.



What's this? A moray eel looks out
And issues a stern warning
Above, a manta flits about
Resplendent in the light of morning.

I'd love to stay down here and play
'til I reach an age antiquarian
I hope and pray I'll long feel that way –
And that shark over there's vegetarian.



Useful and/or Interesting Links

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.acc.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.angeleyes2.com/>

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

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

Greypath <http://greypath.com/>

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

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

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

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

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

Answers to questions on page 7 4100, Mary.