

Talkback

Talkback Newsletter

www.aphasia.asn.au

September 2009

**CITY TO BAY
FUN RUN**

**PASTA &
AUCTION
NIGHT**

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**CHERYL'S
BANANA
CAKE**



Talkback
Association
for Aphasia Inc

302 South Road, Hilton, S.A. 5033

Ph: 08 8443 5555

talkback@aphasia.asn.au

CHAIRPERSON'S REPORT

September Newsletter 2009

Welcome to our September newsletter.

This is the first newsletter after our 2009 AGM and, as I did not stand again as Chairperson, it is also an opportunity for me to **thank the committee** of the 2008/9 and wish the new committee well. Bev Dodd has, again, been generous in her support of Talkback to take the Chair for this year.

Following the AGM, **Albie Carter, David Schwier** and **Bob Sen** have elected to stand down from the committee but will still be involved in subcommittee work. I would like to thank them for their valued support over the years and I hope we will still see them in other capacities.

We would like to welcome David Bajjali and Meri Karschimkus who will join the committee in January. Thank you for offering your time and energy this year.

I would also like to thank Sandy Nash for all her hard work in preparing for the AGM and to Maggie McNab for setting up the displays.



Cover
'The Restored Palm House'
Adelaide Botanic Gardens
Photo Danny Dichiera



CHAIRPERSON'S REPORT

A quick summary of our news is as follows:

We will have the next **National Aphasia Awareness Day – “Wednesday without Words”**. It is going to be on **Wednesday 16th September, 2009**. This date is within Stroke Week.

We have planned a **dinner and auction night** to be held at the Marche Club on Saturday 14th November. More details are to follow.



August 2009 AGM

We are also looking for involvement in the **City to Bay Fun Run on Sunday September 20th**. We would encourage people to start training for this event and this includes speech pathologists! We are having **T-shirts** printed especially for the occasion and we hope you will all be wearing them to help spread the word about aphasia!

This year promises to be an exciting one with developments for our strategic planning, website, relationship with the AAA, continuing links with students, awareness-raising activities and much more.



August 2009 AGM

Enjoy this newsletter and be involved in your Association!

Deborah Hersh
Ex-Chairperson

MANAGEMENT COMMITTEE

2009-2010



Chair:
Bev Dodd



Vice Chair:
Jeff Bull



Secretary:
Margaret Manning



Treasurer:
Kate Handscombe

COMMITTEE



David Bajjali



Victor Benefield



Anne Bunning



Tom Bunning



Jackie Gouldhurst



Coralie Hayley



Deb Hersh



Meri Karschimkus
(January 2010)



Newsletter Editor:
Danny Dichiera



Office Volunteer:
Sandy Nash

KNOW YOUR COMMITTEE

Jeff Bull, Vice Chairperson

Born in **Wellington New Zealand**, my Father was a soldier in the Army and Mother a Commercial Cleaner. I had a wonderful childhood, full of family warmth and fun.

My early childhood concentrated on **schooling** and **sport**. Indoor Basketball, Rugby, Gymnastics, Softball and Cricket were my main sports but I dabbled in a lot of others as well. As a very fit but skinny **18 year old**, I experienced **two strokes**, the second, more significant, **causing most of the damage**. I was **unable to speak**, had **little use** of my **right side** and according to the Doctors and my Mum, was **given less** than a **10%** chance of **survival**.



After long stints in **hospital** it was found I had a **very rare** heart complaint called **Myxoma** and using open-heart surgery, was the **first patient** in the **world** to have the problem **successfully treated** before death. There was a long difficult period of **rehabilitation** within which I had an **English Speech Therapist** from whom I acquired an English accent. I am often considered a Pom but I'm a **true blue Kiwi**. Come on the All Blacks !!!

Following very successful rehabilitation I became seriously involved in representative Indoor Basketball and Softball again whilst studying and obtaining qualifications in **Business** and **International Marketing**. I was fortunate to receive very good management training within my very first employment opportunity, which eventually led to my career in International Marketing, **traveling** the world having wonderful experiences and being involved in a large number of high level negotiations and diplomacy.

After a number of positions with Company's within New Zealand, in 1981, I was asked by Safcol if I would join their International Marketing Team, hence my living in **Adelaide** Australia. It was supposed to be a three year stay in Adelaide, but here I am **28 years** later still enjoying beautiful Adelaide, much to my New Zealand Family's disgust.

I have enjoyed various International Marketing positions within Adelaide, **owned** my own **International Transport/Removals, Customs** and **Quarantine Company, semi-retired**, but now working as a **DIY Presenter** at **Bunning's Woodville** to keep me busy.

KNOW YOUR COMMITTEE

Jeff Bull, Vice Chairperson

My Partner **Shamira** owns her own very successful **Dance Studio** business, which tends to keep me busy with any maintenance issues and helping with the shows she conducts throughout the year. Shamira and I both have children from previous marriages and between us we have five grand children. Unfortunately only one of the grandchildren lives in Adelaide so he is spoilt rotten. We have two lovely dogs that keep us semi fit walking them and enjoying their company.

In **2007** I experienced a **further stroke**, which fortunately caused **very little physical impairment**, but I'm **left with some Aphasia**. Thanks to my partner and some very good and timely **speech therapy**, I am now feeling quite fluent with my speech but still have **memory problems**, which I am fervently working on.

I have become **involved** with **'The Talkback Association for Aphasia'** to help those who experience Aphasia, with the hope I might be able to improve their lives in some meaningful way.



Jeff Bull
Vice Chairperson



Bunnings Christmas Day

My life is **very busy** but hey I wouldn't have it any other way. My motto in life is "Live Life to death" after all, you only have one.

Happiness is Working Hard, Playing Hard, and when the dreaded time arrives, I'll have a glass of champagne in one hand, and my beautiful partner in the other hand and I'll whisper, "**man what a ride**".

TALKBACK GROUPS

Disability Services SA Fullarton Group

The Talkback Groups meets on **Wednesday** from **1.30pm - 3.00pm** at **22nd July – 9th September, 2009.**

Anne Walter on **ph: 8272 1988** & contact email is anne.walter@dfc.sa.gov.au. The address is **Highgate Park, 103 Fisher St , Fullarton.**

Hendon Group

Cheryl Mason recently celebrated her **birthday** with the Hendon Group.

She said that the family made her favourite **banana cake** for her. This is Cheryl's banana cake recipe:

Cheryl and Dean's Banana Cake Recipe

For Cake

- 125g Butter
- 3 medium bananas
- 3/4 cup sugar
- 2 cups self-raising flour
- 2 eggs
- 2 tsp milk

Cream butter and sugar until fluffy. Add eggs one at a time; beat well after each addition. Peel and mash bananas and add to creamed mix, mix well. Fold in the sifted flour alternately. With the milk. Bake in 180c oven for 30-40 min.



Cheryl Mason
(Member)

For Icing

- 60gms cream cheese
- :30 gms margarine or butter
- 1 ½ cups of icing sugar or more
- :1 teaspoon of lemon juice or vanilla

Mix well softened cream cheese and other ingredients. Until suitable to go on cake.

ENJOY!

The Talkback Group at **Acacia Court** is 81 Tapleys Hill Road, Hendon.

The Acacia Court Talkback Group is meeting on **Tuesdays** from **9.45 - 11.30am** for the rest of the year. Will have a break from **22 September** and will resume on **13 October.**

Enquiries to **Bev Dodd** (Tuesday), Speech Pathologist or **Chris Degioia** at other times on **8243 1844.**

TALKBACK GROUPS

Hove Group

The Talkback Group meets at **Alwyndor Rehabilitation and Support Services** at **Hove** on **Tuesday 10.00 - 11.30am**. (Break 29th Sept and 6th Oct). The current block will conclude **8th December**.

For information please contact **Coralie Hayley, Speech Pathologist** on **ph: 8298 8849**.

Morphett Vale Group

The group meets at **Southern Therapy Service** on **Pimpala Road** at **Morphett Vale** on **Monday 10.00 - 11.30am**. (Break 28th Sept and 5th Oct). The current block will conclude **7th December**.

For information please contact **Coralie Hayley, Speech Pathologist** on **ph: 8322 5700**.

Murray Bridge Group

The Talkback in Murray Bridge will start again on **Wednesday 14th October** & finishes **16th December at 10.00 - 11.30am** at the Murray Mallee Community Health Service. We plan to go to **Monarto Zoo** on **Wednesday 28th October** as part of our program. We were planning to invite others in Talkback if they were interested.

Contact **Sarah Puust, Speech Pathologist** on **8595 6000** for session times.

Resthaven Paradise Group

Here at Paradise and Eastern Community Services we have had a successful block with good attendance. We are having our **break up** lunch at the Paradise Hotel and almost everyone is coming, about 22 clients. We have two clients who have recently joined as well.

The dates for the next block are **7 October** to **9 December** from **Wednesday** at **1.30pm to 3.30pm** for **10 weeks**.

The Speech Pathologist is **Tammy Morrison** on **8337 4371**.

WORD PUZZLE

Spring Events Word Search



AUCTION
FLOWERS
GARDEN
RAFFLES
STUDENTS
WATER

COFFEE
PLANTS
MARATHON
READING
TICKETS
PICNIC

COMMITTEE
FRIENDS
NEWSLETTER
RUNNING
TREES
SUNGLASSES

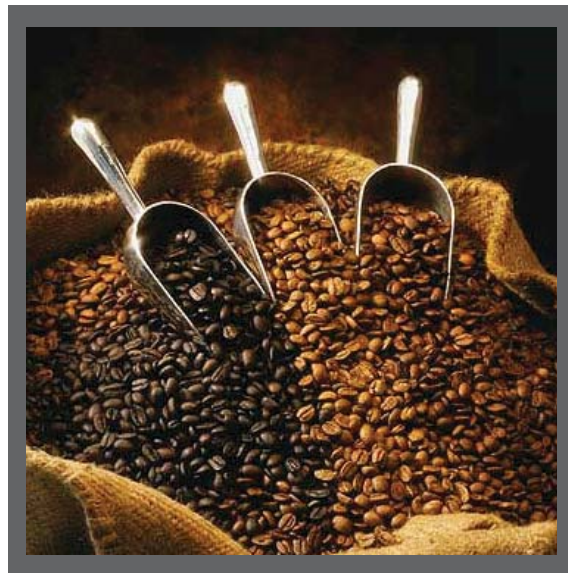
COMPUTER
FUNDRAISING
PASTA
SPONSOR
WALKING
SUNSHINE

SPECIAL GROUPS

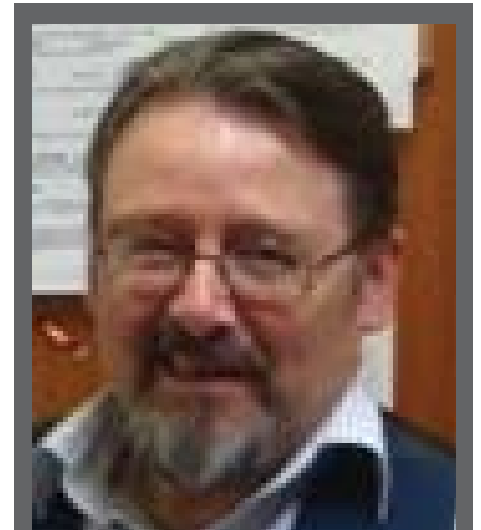
Marden Coffee Club

Coffee is a “brewed beverage” made from roasted seeds, commonly called ‘**coffee beans**’ of the coffee plant. Coffee has a stimulating effect in us. Today, coffee is one of the most popular drink’s around the world.

It is **winter** time and for the last couple of week’s it has been raining of and on every day but you can have still have a decent



cup of coffee at Marden between **11am to 12pm** every Tuesday at the Fish Café. Ring me, David on **8363 3914** about the **Marden Coffee Club**.



David Schwier
(Member)

David Schwier
Member

Hendon Group Coffee Club

The **Hendon Group Coffee Club** meets every **Thursday** morning at **10.00am** for approximately one hour at Cino’s Caffè, West Lakes.

Anybody wanting more information or to go along and have a chat, please ring **Jeff Bull** on **0416 307 210**.



SPECIAL GROUPS

Computer Club

Third and **fourth** year **Speech Pathology** students have continued to help run the computer group over the last **three months**. Sessions have covered **'rock stars'**, **'heritage buildings around South Australia'** and **'Aussie Rules'**. We have had several **new members** start. Pictured are Speech Pathology students **Hui Juine, Emma** and **Sarah** with **Vic** and new members, **Bob, Jaime** and **Sheila**



From left standing: Hui Juine, Emma & Sarah Speech Pathology students; **Sitting:** Shiela, Jaime, Vic (Computer Club Member Committee) & Bob

Bev Dodd
Chairperson

Word Puzzle Answers



TALKBACK NEWS

Official Opening

The **Honorable Jennifer Rankine MP Minister for Disability** officially opened the new building at 302 South Road which has the Talkback office on **Tuesday 23 June 2009**.

I went to the opening. I met the Minister. She spoke **slow**, unveiled the **plaque** and she looked you in the eye. She told stories about her dad who had a stroke. She said he never swore before his stroke **but** he did all the time after his stroke. One day he took apart the airconditioner but then couldn't put it back together, so he had to **buy** a new airconditioner.

I gave her assistant a copy of the Talkback Newsletter, brochures etc about aphasia. She was very nice and we all had afternoon tea in the boardroom.

Danny Dichiera
Editor

Sharing Ideas Booklet

The booklet '**Sharing ideas about Aphasia in the Community**' is the result of one of the **OT student** projects. This is now available for individuals at **\$2.00** plus postage and handling of **\$1.50**.


The booklet provides some ideas about how to make **communicating easier** and talks about how people with aphasia can raise **awareness** of aphasia every time they talk to others.

Bev Dodd
Chairperson



Left: Danny Dichiera (Talkback Newsletter Editor) & Honorable **Jennifer Rankine MP** Minister for Disability

**Sharing ideas about
Aphasia in the
Community**



*When people meet you,
you are raising awareness
of aphasia*

Developed by Amanda Carter & Joanna Thomas
(4th year Occupational Therapy Students, 2007)
in collaboration with the Talkback Association for Aphasia Inc.

**Talkback
Association
for Aphasia Inc**

302 South Road
HILTON SA 5033
Phone 08 8443 5555
Fax 08 8443 5556
Email talkback@aphasia.asn.au

TALKBACK NEWS

Spreading The Word About Aphasia

Speech Pathology Week

was held from the **23-29 August**. The theme of the week was Communicate to participate. As part of this **Jeff** agreed to be interviewed by **three radio stations**. He told his story and helped to raise community awareness about **aphasia** as well as the benefit of having therapy. Well done Jeff.

Bev Dodd
Chairperson

Membership

Membership goes up to \$20 at the beginning of July 2009.

International News

The National Aphasia Association (USA) Celebrates Awareness Month June 2009



Ring the Opening Bell at the New York Stock Exchange (NYSE) on 16 June, 2009. National Aphasia Association Board Members, Staff & friends were included in the very special event.

To read more about this special day go to www.aphasia.org

TALKBACK NEWS

Tell Your Story

The 1000 Voices: Disability Life Stories project is seeking participants

Griffith University has undertaken the **1000 Voices: Disability life stories** project and is currently seeking participants.

The aim of the project is to collect and display **1000** life narratives from **people with disability** from around the **world**.

With this collection of narratives, Griffith hopes to:

- Open eyes and ears to the lived **experiences** of people with disability;
- To provide opportunities for people with disability to have their **own voice** in determining how their lives are seen and heard; and
- To make sure that these voices become part of ongoing **research, service, and policy development** activity in Australia and beyond.

The project will centre on a public interactive website that will **display** and **catalogue** a minimum of 1000 life narratives from participants in Australia and participating countries.

These life **narratives** will be presented in a number of multimedia and textual formats to accommodate our participating narrators' communication abilities and needs.

If you would like to support the project please contact the Project Director, Professor Lesley Chenoweth via email (l.chenoweth@griffith.edu.au) or Research Fellow, Dr Naomi Sunderland (n.sunderland@griffith.edu.au).

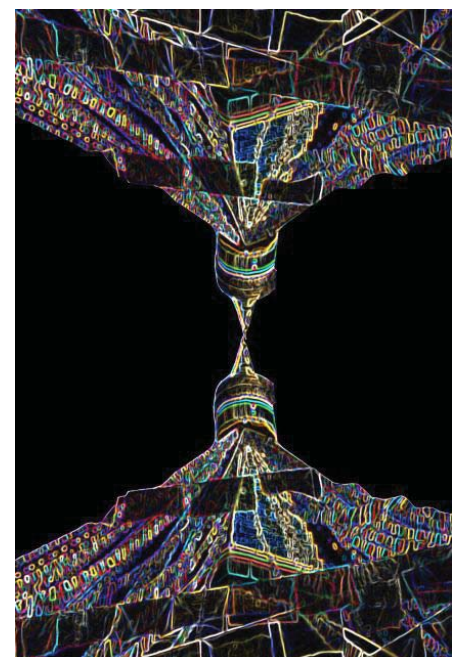
For more information, please visit www.1000voices.edu.au

It would be good for some people with aphasia to tell their stories. How about it?

'Temples' by Emma Gaffy
Emma Gaffy photography



**promoting the development
of quality services and life
opportunities for Australians
with disabilities**

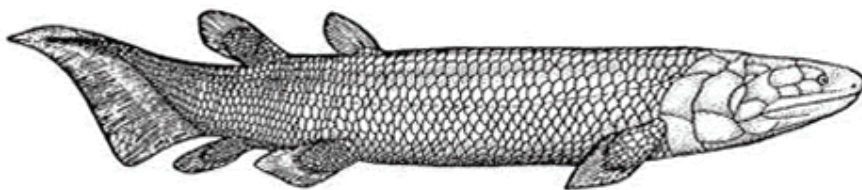
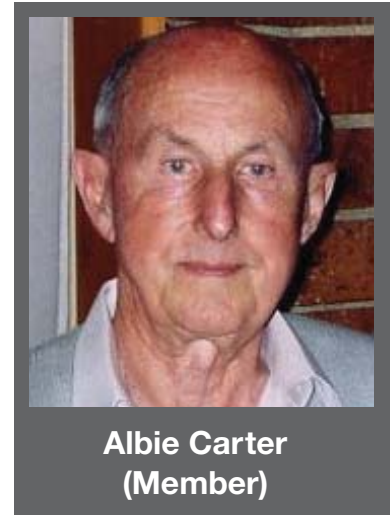


ALBIE'S SNIPPETS

On The Road Again

We left Cowra, left the highways to see different places. In a short time we arrived at **Canowindra** (pronounced 'Ca-noun-dra'). Looking for the museum at "information book" the book says Main St. We found the "**Age of Fishes Museum**". Actually the "Main St." is "Gaskill St." and is the main street.

A country road-worker in **1956** led to one of world's great **fossil discoveries**. The fossils were found near Canowindra in NSW, about 300Km west of Sydney. When a bulldozer driver turned over a **rockslab**, saw strange marking on its under-surface.



AGE OF FISHES MUSEUM



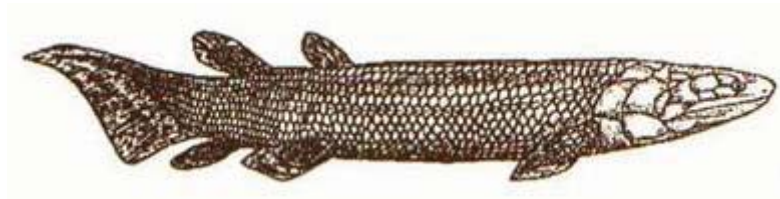
A local recognised its scientific significance, and informed the Australian Museum in Sydney. Harold Fletcher, the Museum's palaeontologist and Ted Rayner, of NSW Dept. of Mines visited the sites and removed the slab to Sydney. The slab, one of the most **important fossil** find ever made in Australia.

The 1956 find provided dramatic evidence of a mass mortality event which took place some **360 millions years ago** in "**Late Devonian**" times - often called the "**Age of Fishes**". The Canowindra slab bears detailed impressions or natural moulds of more than **100 Late Devonian fish**, most of them complete.

Four different types of fish are present on the original slab. Near the middle of the slab there is a single well-preserved specimen of an air-breathing, **lobe-finned fish**, a sarcopterygian.

ALBIE'S SNIPPETS

In **1973** this specimen was described and reconstructed by Dr. Keith Thompson, then of Yale University. He named it **Canowindra grossi** after the nearest town and Dr. Walter Gross, a German fossil fish expert.



**Canowindra
Grossi**

Other different fishes, **Bothriolepis** and **Remigolepis** had paired fins which were enclosed in bony plates and hinges to the trunk armour.

Imagine a world ruled by fish. Long before the dinosaurs, the mighty rivers of the Central West teemed with bizarre ancient fishes—**fish with armour shells**, **fish with lungs**, and **huge predators** with jaws like crocodiles’.

Thousands of their fossils were found at Canowindra and give us a unique glimpse into life during the Devonian Period, the Age of Fishes.

Canowindra and the fish were very interesting.

Moving again, then through **little towns**— Barrogon, Cudal, Boree and then onto the highway from Molong to Wellington, then more small areas, Bodangora, Two Mile Flat, Gulgong and on to Ulan (very small town but a bigger and expanding coal area). Short time and we will back on the highway to go onto Denman to stay that night.

The road **Denman to Singleton** is also interests— the **dairy** areas, **breeding** and **racing thoroughbred horses**, huge **coal** areas and a **military museum**.

Although we have seen different towns and interesting places, our special trip to Nelson Bay is to mainly see our son and his family.

Albie Carter
Member

COMING EVENTS

Wednesday Without Words

This will be on **16th September** in national **Stroke Week**. **AAA** will provide standard publicity. The theme will be **"Stroke causes aphasia"**. We do not plan to do a huge organised event as we did last year. Instead we will have a **morning tea** from **10.30 – 12.00pm** in the Board Room of our new office area at 302 South Road, Hilton and **some people with aphasia will tell their stories**. This will give members the opportunity of seeing our office space and meeting with some of the committee members in an informal atmosphere.

Bev Dodd
Chairperson



16th September 2009
10.30am — 12 noon
302 South Road Hilton SA 5033

Morning tea provided	Interesting speakers sharing experiences on living with aphasia	RSVP to Talkback Office by 9th Sept on 8443 5555 or email talkback@aphasia.asn.au
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COMING EVENTS

City to Bay Fun Run

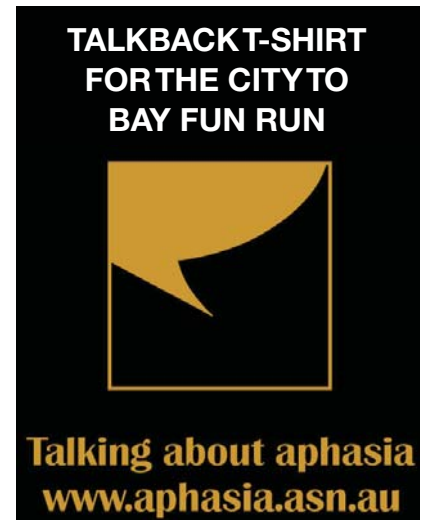
The **Talkback Association for Aphasia Inc** is doing the **City to Bay Fun Run** on **Sept 20th** this year.

Please walk with us and help us raise funds for the Talkback Association, community awareness of **aphasia**.

More information can be found in the flyer attached or call the office and we will give you the forms you need. A **sponsorship form** for collecting sponsorship or donations is also included.

Please help us by forwarding this or giving a copy of the flyer to all your friends and family.

If you would like to order a T-shirt for the Fun Run please contact **Margaret Manning** on **8242 9111**.



 **Talkback Association for Aphasia Inc**

TALKBACK ASSOC FOR APHASIA INC
Fundraiser event

Join us & help raise awareness for people with Aphasia
OR
SPONSOR US NOW
Sunday
20th september 2009
Run or walk the 12km, 6km or 3km event

Contact **Margaret Manning**
on **8242 9111(w)** or **8341 8383(h)**
or **Talkback** on **8443 5555**

COMING EVENTS

Pasta & Auction Night

Come and join us for a fun night out and help raise awareness of Aphasia.

Organise a table of friends, enjoy lots of pasta and meet new people.

There will be a live auction, raffles and a silent auction.

If you want any further information or want to organise tickets please call the Talkback office on 8443 5555.

SEE YOU THERE!



FUNDRAISER EVENT



Pasta Night

DINNER INCLUDES

3 DIFFERENT PASTAS — per person
CHEESE & GREENS
COFFEE & DESSERT

AUCTION EVENT

Sporting Memorabilia
Wine

14TH NOVEMBER 2009 @ 7pm

\$30 per person



Marche Club
Cnr Darley Rd & Gorge Rd
PARADISE SA 5075



2009 - 2010 COMMITTEE



The next **Talkback Newsletter** will be published in
EARLY DECEMBER 2009

This is **YOUR** newsletter and we want to hear from you !!

Please send articles to us
by 19th of November 2009 (at the very latest)

Opinions contained in this newsletter are those of the individual writers, and are not sanctioned by the Talkback Association. Please consult your medical practitioner for any health advice required.