

# APHASIA

Talkback Newsletter

[www.aphasia.asn.au](http://www.aphasia.asn.au)

MARCH/APRIL 2016

**MARTIAL ARTS  
&  
APHASIA**

**MOVIE  
FUNDRAISING  
EVENT**

**AAA NATIONAL  
APHASIA CONFERENCE  
ADELAIDE - OCTOBER  
2016**



**Talkback  
Association  
for Aphasia Inc**

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# CHAIRPERSON'S REPORT



**Chairperson:**  
Bev Dodd

I hope you all had a relaxing and enjoyable break over Christmas.

**Committee** took a bit of time off, but is now active again. Coralie and Vin joined the Committee at the AGM and since then,

Michael has also joined the Committee, so we now have a Committee of **twelve**, which is working well.

The new Committee has met several times and has decided to concentrate most of our efforts into **planning** the **Australian Aphasia Association (AAA) Conference**. We have co-opted two additional people, Lucy, a Speech Pathologist and Jill a

Carer and AAA member to help with the conference planning.

Committee has spent a long time looking at various venues and debating the pros and cons. I am delighted to let you know that we have now booked the **Eagles Function Centre** in **Woodville** for **Monday 17** and **Tuesday 18th October**. The centre is used for lots of government and other workshops and is well set up, without being too expensive. Put the **date** in your **diaries** now.

Committee has also firmed up on the conference **title**. The **Australian Aphasia Association Conference 2016** title will be "**Aphasia - Finding the Words**". We are working on the **logo** which should be finalized soon.

**Josie** our **Secretary**, has volunteered to be the **new Convenor**. Thanks to Stephen

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### Cover picture:

Autumn at  
Mount Lofty Ranges SA



# CHAIRPERSON'S REPORT

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and Anne for the work they did before leaving the Committee. Josie and the Committee are about to send out the **Call for Papers** and some other information about the conference. We have also Barry, the CEO of the AAA is in close contact with the Committee to provide any support needed.

Last year we had the **pasta dinner and auction** which was a terrific **fundraiser**. We are hoping that this will mean that we do not have to do much more fundraising. We held a movie afternoon at the end of February and about 50 of us watched a very quirky **movie – Hail Caesar**. I personally enjoyed catching up with members over pastries and the sailors tap dancing on tables and the Ethel Merman type scene in the movie.

We are again selling tickets for the **credit union raffle** as well as tickets online. You can get tickets from any Committee member and we will let you know how to get tickets online for those who are computer savvy. You will be interested to hear that one of our members was a winner last year and will soon be heading off on a holiday to the Whitsundays as her prize.

Groups run by the Talkback Association have continued to function. The computer club is again meeting regularly as is the choir. If you are interested in joining either of these groups, please contact the office or me.

We have also recently learnt that **ECH** is interested in setting up **2 new Talkback Groups**. They are likely to be at **Oakden** and in the **western suburbs**. We will have information about these new groups soon and will have this at the office, so if you are interested contact the office,

We are always interested in hearing from members. If you have any ideas you would like to share please contact the office via e mail **talkback@aphasia.asn.au** or phone on a Thursday. Alternatively you can contact me at work on 8222 1463.

**Bev Dodd**  
**Co-Chair**

# TALKBACK NEWS

Hi All!

It's that time of year again - **online ticket sales for the 2016 People's Choice Community Lottery** are now open.

All proceeds from ticket sales go to the **Talkback Association for Aphasia Inc** to help support people living with **aphasia**, their **family members** and **carers**. Last year one of our Talkback Association members **won** a \$6000 domestic travel voucher from Corporate Traveller! It is definitely worth participating!

This year there are again many great prizes on offer in a \$360,000 prize pool, including a Hyundai Accent Petrol Auto valued at \$18,296, a Hyundai Tuscon Elite 1.6 Turbo Petrol\ AWD Auto valued at \$40,454, and a \$35,000 Harvey Norman Shopping Spree.

Please visit the link below to purchase your online tickets to support the Talkback Association for Aphasia Inc., and share the link with your family and friends.

**<https://www.peopleschoicecu.com.au/talkback-association-for-aphasia>**

Thank you, we really appreciate all your support!

Kind regards,

**Josie Kemp,  
Secretary, Talkback  
Association for Aphasia Inc.**

**people's choice**  
COMMUNITY LOTTERY

**Get in early to win!**  
Buy a ticket at [communitylottery.com.au](http://communitylottery.com.au) today!

**\$2**  
per ticket

**Adrian Brien**  
BY HYUNDAI

**EARLY BIRD PRIZE**  
Hyundai Accent valued at \$18,296!  
Tickets must be purchased online by 31 March 2016.

**people's choice**  
COMMUNITY LOTTERY

# MOVIE FUNDRAISING EVENT

The **Talkback Association for Aphasia Inc** held a **movie fundraising event** on **Saturday February 27th**. This involved a



screening of the movie, **'Hail, Caesar!'** at **Mitcham Cinema**. It was lovely to see **57** of our **members**, their **families** and **friends** there. Thank you to all who attended. The purpose of this event was to connect our members in a **social setting**. We were also aiming to raise funds for the **2016 Australian Aphasia Association (AAA) Conference** which will be hosted by the **Talkback Association** in **Adelaide** later this year.

The staff at the cinema were fantastic in helping us to arrange this event. They arranged a **private space** in the cinema foyer for us. We enjoyed afternoon tea

including tea, coffee and delicious pastries. We also had the chance to chat with all who attended. It was lovely to catch up with so many of our members there. There were **lucky door prizes** and **raffle prizes**. Congratulations to all of the prize winners! The Talkback Association would like to thank **Haighs Chocolates**, **Cibo Espresso Henley Square** and **Wallis Cinemas** for donating the prizes. Thanks also to Lucy, and Vic and Kate for helping to organise the prizes for us. Coralie Hayley did a fantastic job of selling raffle tickets on the day. Thank you Coralie!

Thank you to **Romeos** too. Romeos donated **chips** for everyone to enjoy during the movie. Romeos have been a fantastic supporter of the Talkback Association. We really appreciate



# MOVIE FUNDRAISING EVENT



their help with donations over the years. Thank you to Danny and Mary for arranging for Romeos to donate the chips.

The movie screening started at 4pm. The movie had some **famous actors** in it. These included George Clooney, Channing Tatum, Scarlett Johansson, Josh Brolin, and Ralph Fiennes. The movie was interesting. It was about a manager at a Hollywood production studio. His job was to fix any problems that happened on movie sets. This included dealing with difficult actors and directors. There were a lot of funny parts in the movie.

We really enjoyed the afternoon. We hope everyone who attended did too. The Talkback Association for Aphasia Inc appreciates the



support of our members as we work toward the AAA Conference. Registration details and more information about the conference will be available very soon!

**Josie Kemp,**  
**Secretary, Talkback**  
**Association for Aphasia Inc.**



# KNOW YOUR COMMITTEE



Michael  
Cronin

Hi,

My name is **Michael Cronin**, and this is **my story** of how my **martial arts** helped me in **my recovery**.

My martial arts journey began in the early

**seventies** with **Go Ju Kai Karate**. From there I trained with **International Taekwondo Federation** under General Choi, who was the **founder** of **Taekwondo**. In the late seventies I trained and Instructed with Rhee Taekwondo.

The early nineties saw me as an original Instructor for World Taekwondo in Australia. At the same time I began training in the ancient style of **Hapkido**, introduced to Australia by the late Grand Master Cha Sok Park. Ever since that time I have been training and instructing with the World Hapkido and have attended several training workshops for Hapkido and Tae Kwondo in **Korea**.

Just over two years ago I had a **major heart attack**, a **stroke** and other medical complications; somehow I managed to pull through. The **strength** I developed through my Martial Arts training and instructing over many years helped me in my **recovery**.

One of the greatest challenges I have faced, is the effect the stroke had on my **language**

**centre**. At the time I had trouble with my speech and I have since learned that I had

**Aphasia**. Also I could **not read, write** or **understand** simple instructions. After I was released from hospital I was sent to undergo rehabilitation at The Memorial Hospital North Adelaide. This went on until the start of last year where I was required to do **intense speech therapy** and **occupational therapy**.

The other thing I did to improve my **coordination, balance** and **speech** was to go through my **martial arts techniques**, over and over, and when I made a **mistake** I would **go back** and **start all over again**. Martial arts' training uses the left and **right brain** and takes **focus** and **concentration**. Going over the martial art patterns helped me **retrain my brain** and intern increased my **coordination, balance** and **speech**.

With the help of my wife Vasilka, we started **Oriental Martial Arts Academy**, in August last year and are teaching classes for people over 50 at Semaphore. I believe being a martial arts student and instructor has helped me deal with **challenges** that have presented themselves; and hopefully I will pass some of these skills onto the students.

**Master Michael Cronin**  
**Talkback Committee**

# Martial Arts for 50 Plus

## Oriental Martial Arts Academy SA

**Martial arts tailored for 50 Plus is the ideal activity for a number of reasons:**

- It allows people to work at their own pace. There is never pressure to keep up
- Exercises are a low impact activity that works every muscle and bone in the body
- Movements train both the body and mind
- We believe there is always a reason for every person to learn self-defence

It is claimed that it is never too late to gain the benefits of exercise whether you are looking for muscle tone or joint loosening. Exercise increases emotional benefits at any age and includes feeling better from the release of stress and tension, decrease in depression and increase in self-confidence.



### WHY CHOOSE MARTIAL ARTS

**Improvements that students often describe about martial arts training are:**

- an increase in: self-esteem, self-confidence, assertiveness, and stress relief
- left/right brain hemisphere integration
- increased: balance, coordination, fitness, strength, flexibility and stamina
- firm and tone your body
- enhanced abilities in all other activities
- mind/body unity and harmony

These changes will enhance your abilities in all your activities in your broader lifestyle

Oriental Martial arts training is perfect for all those who want to try something new or reacquaint themselves with martial arts and have some fun

Uniting Church Hall  
146 Semaphore Road  
Mondays 6 pm  
Fridays 11.00am  
Phone 0417892411



# CHIT CHAT

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## Another Year

Christmas is all done and finished and another year has begun.

Do you **think**, as I do, that the days are going so quickly? Is that it, or is it because we're getting older (and older and older!!). Sometimes though, I don't have enough time in the day. There are a lot of things I can see to do, but maybe now I'm getting a bit slower as well – not a lot, just a little bit!!

Maybe I'll do a lot of the "thinking" instead of the "doing", as I sit under the pergola with my cup of tea (maybe a Moscato!) listening to the water trickling softly on the fountain.

So I don't have to do anything really, but just thinking. It's not a bad life.

After Christmas and New Year, which was pretty good, we went to **Middleton** for 6 days. Middleton is always great and we often stay there on holiday at the same beach house each time.

The Saturday was one of those sorts of days when we just thought we would spend the day driving around to see the sights. Aldinga, wow, Sellicks, wow, the big Buddha Temple, wow and then there's **Myponga**. Many, many years ago we had seen Myponga. Not much has changed since then. Myponga is quite a small town and is at the centre of rich grazing and dairy country. The **scenery** nearby make a very pretty picture.

We had a walk around in the town and saw the "Myponga Market" and "Smiling Samoyed Brewery". At the Market we saw all sorts of stalls like homemade produce, old records, bric-a-brac, jewellery and local art. Lunch time - we discovered the best pies, pasties and cakes at The Country Picnic Bakery in Myponga.

Perhaps people could just drive through some of these little towns in the Adelaide Hills, just as we did, stop and walk around to see the towns. Myponga is one of those towns.

After a while we went to **Inman Valley**. We saw a sign saying "Devonshire Tea". When we saw that, of course we stopped – immediately did a U-turn and went back. To our surprise the locally baked scones with delicious homemade jam and "real" cream, with a "cuppa", were "yummy". The Café owners were so hospitable and were happy to have a little "chit chat".

Now the coast -

Have you seen the **coast** in **South Australia**?! Wow, that's a double Wow!! Look around – it's beautiful, stunning. The rest of Australia is pretty good too! You really don't have to go to the other side of the world to see the sights – just go to our most amazing and unique place - Australia. But that's another story....

**Coralie Pearce**  
**Talkback Member**

# CHIT CHAT

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Just a little story by a family friend of **Eloise Gatto, Speech Pathologist.**

## SKIP ALONG

I have a **dog**, I have a little brown and white dog.

He has fluffy hair and his face looks like a teddy bear.

I like to give him kisses and cuddles and hold him very tight.

He likes to play with his favourite toy, a squeaky ball.

If you take it away from him he doesn't like it at all.

Sometimes he barks but he never bites.

He's my favourite little brown and white dog.

**By Olivia**

**7 years old.**

**IF** you have a **Chit Chat** story you can email it to -  
**coral.pearce.@bigpond.com.au**

**OR** post it to – **Talkback Association for  
Aphasia Inc 302 South Road, Hilton SA 5033**

**We would love to read your short stories in the Chit Chat Newsletter**

**WHAT DO YOU WANT TO “CHIT CHAT” ABOUT?**

# TALKBACK GROUPS

## Hendon Talkback Group

Talkback started on the **8th January 2016** after the holidays. Almost everyone was there - yay - except for two people who had an extended break.

A couple of the girls had a birthday so **Jessica** (our **speech pathologist**) took a photo of our group as we were having few jokes with the balloons. Just thought you might have a giggle, we did.

Let's go – I hope this year will be a good year

The Acacia Court Talkback Group meets on **Fridays 9.30 - 11.30 am** at 81 Tapleys Hill Road, Hendon. Have a break at 10.30am to have tea & coffee with biscuits and/or cake. So far we have – **9 people** (with varying degrees of **Aphasia**), **1 speech pathologist** & **2 - 3 volunteers**.

Any new members, please enquire with the Co-ordinator on **8243 1844** for more information above our Group.



Group Members - Left to right: Coralie Pearce, Ruth Simmonds, Dean Mitropoulos, Evelyn Bolzon, Paul Johnson and sitting down Carol Bravington.

# TALKBACK GROUPS

## HOVE TALKBACK GROUP

The Hove Group is currently meeting from **10am - 11.30am** on **Tuesday** at Alwyndor, 52 Dunrobin Rd, Hove. During School Terms

For further information, contact **Coralie Hayley, Speech Pathologist** on **8177 3277**



## MORPHETT VALE TALKBACK GROUP

The Morphett Vale Group meets from **9.45am - 11am** on **Thursday** at **126 Pimpala Rd, Morphett Vale**. During School Terms

Please contact **Coralie Hayley** at **Southern Therapy Service, ECH**, on **8322 5700** for further details.



## REPAT TALKBACK GROUP

The group has been run by speech pathologists **Amy Muir** and **Krissy Ferber** and also our volunteers John and Desiree. The group runs every **Tuesday** from **10am - 11:15pm**. For those interested in attending, please contact Amy Muir, Speech Pathologist, on **8276 9666**.



## MT BARKER TALKBACK GROUP

There is no current Mt Barker group running but Anna Cameron is requesting referrals of clients living in our catchment area who might be interested. We have the potential to run a TB therapy group for eligible, registered clients but there need at least 5 clients who are able to travel to Mt Barker and willing to participate in the group.

Contact Anna Cameron, Speech Pathologist on **8393 1833**, or by email to me: **anna.cameron@health.sa.gov.au**.



## MURRAY MALLEE TALKBACK GROUP

The Murray Bridge group meets at the Murray Mallee Community Health Service. They have just organised to run our Adult Communication Group at Murray Mallee Community Health starting this **Monday** from **11.00-12.00am**. This will be open to individuals in our region with communication difficulties.

Contact: Kristen Brown (Speech Pathologist) about this group on **8535 6800**.



# SPECIAL GROUPS

## COMPUTER CLUB

The computer club meets every **Monday** at **1pm** at the Burnside Library. Coffee and chat follows after each session. The computer club will continue to be largely run by student volunteers.

If anyone is interested on joining the group, please ring me on **8222 1463** (work)



## MARDEN COFFEE CLUB

If you are in the area, call in and have a decent cup of coffee. We have 6 - 10 people who meet every **Tuesday** from **11 - 12pm**.

Ring me, David on **8336 8550** about the **Marden Coffee Club**.



## HENDON GROUP COFFEE CLUB

The **Hendon Group Coffee Club** meets every **Thursday** morning at **10.00am** for approximately one hour at *Cinos Cafe*, West Lakes.

Anybody wanting more information or to go along and have a chat, please ring the Talkback office on **8443 5555**.



## COMMUNICATION GROUP

The group meets at **Paradise & Eastern Community Services**, 61 Silkes Road, Paradise South Australia 5075.

You can contact **Marianne Newberry** on **8337 4371** for more information and sessions times.

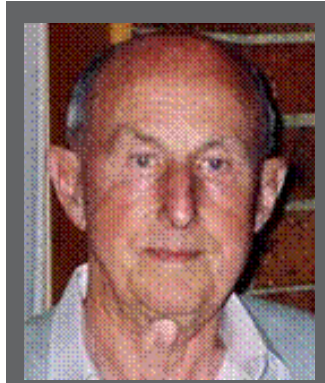


# ALBIE'S SNIPPETS

## “ LOOK AND SEE “

Viv & I have had a very good life.

1952 I have worked in **Singapore** for nearly 3 years, but, after administration I got **TB (tuberculosis)** and I flight to Royal Adelaide Hospital, I had operation and removed 2 sections of the RH lung. Luckily I was OK, and then worked again.



**Albie Carter**  
Talkback Member

Then Viv and I **married** in 1956. Viv was born in **Penong** 1933. Penong is 70km west of Ceduna, then after a few years she lived to Port Augusta, and later, Viv went to Adelaide. But, Viv still loves the **rural outback** - (the good times and the bad times). Now our children are adult and are OK. So, Viv and I like to see the people, the life, food, and places. We has seen many **places** and **countries**.

Overseas - Singapore, Malaysia, Thailand, Philippines, Borneo, Sri Lanka, Hong Kong, New Zealand, Tasmania, Fiji, Bali. But, Viv and I are now getting old to go overseas, but there are plenty of places to see in **Australia**.

But NOW.

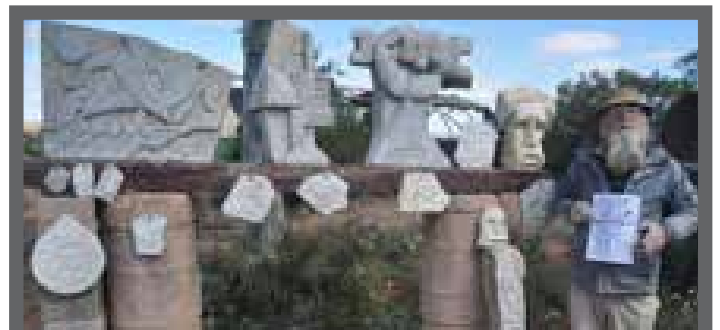
Tour — **Day 1**. Started at 8.30am. Later we arrived at **Kapunda**, and for a walk and a drink. Then to Marrabel, Saddlework, and to **Burra** for lunch. Burra is often referred to as “ **Little Cornwall** “. Then to Hawker for our overnight.

**Day 2. Hawker**, and enjoying breakfast. Now the driver information, the **Flinders Ranges**, the

Wilpena area, and then to Blinman. Blinman is a historic copper mining town in 1859. At the time, the town population was around 1,500. Then to Parachilna and lunch. Now to see the **Lyndhurst** town at the **Talc Alfs Outback Sculpture Gallery**. We continue to the township of Marree for overnight.

**Day 3**. After departing Marree we continue to William Creek, and had lunch. There are different places in a special area. Now we set out along the remote outback wilderness passing Anna Creek and later crossing the Range before crossing the old Dingo fence and through the “Breakaways” Range of **Coober Pedy**. Dinner and overnight at The **Opal Inn**.

**Day 4 - 5**. Coober Pedy is the world unique old and new town. Some population live in **underground dugouts** and to be insulated from the intense summer heat. We had a good chance to see visitors and shops and in the **Opel Interpretive Centre and Museum**. Opal shops, etc, and seeing the brilliant colours of the opal. A tour which include the unique underground church, and inside the church has colour, quiet, clean, and wonderful. Today we used crossing cattle stations to see the “ Painted Desert”.



Talc Alfs Outback Sculpture Gallery in Lyndhurst

# ALBIE'S SNIPPETS

## “ LOOK AND SEE “ (continued)

**Day 6. Coober Pedy – Port Augusta.** Breakfast we begin in a leisurely day touring, and as the tour takes us between the Simpson and Great Victoria Desert and in Glendambo. We had a food and drinks at Pimba, and then we had a tour around the town Woomera. Then we receive Port Augusta for tonight at the Standpipe Inn.

**Day 7.** After breakfast we toured among the west of the town. Then we went to see the **Arid Lands Botanic Gardens** which is situated on 250 hectares of native bushland. Here you can view planting of native plants that will survive and thrive in are hash climate. Then is we visit the **Wadlata Outback Museum** and then toured back to Adelaide.



The gardens in Arid Lands Botanic Gardens at Port Augusta

Note - Day 3. We received at Williams Creek, and some us saw of **ROCKET** bits at the special area.

**Albie Carter**  
**Talkback Member**

The first State of the BRITISH AIRCRAFT CORPORATION.

“BLACK ARROW R3 “ Three State Rocket.

R3 was fired from Woomera S.A. At 1.39pm on 28 October 1971. The last one to be launched Into a Pola Elliptical (Apogee 1582km. Perigee 547 km. Inclined 82.1 degrees to be Equator )

In 1990 Stuart Nunn of Anna Creek Station found the “ Rocket “ parts at Flint Mound.



# COMING EVENTS

Australian Aphasia Association Conference

“Aphasia - Finding the Words”

Adelaide October 17 - 18 2016

**SAVE THE DATE!!!**

The 11th Australian Aphasia Association (AAA) Conference will be held in Adelaide, South Australia on Tuesday 17th and Wednesday 18th of October 2016

**WHERE!!!**

**Eagles Function Centre**

**Oval Ave, Woodville South SA 5011**



The next **Talkback Newsletter** will be published in  
**MAY 2016**

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

**Please send articles to us by 26<sup>th</sup> of MAY 2016** (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.