

# get about

issue 60

term 3



My Mobility

Meet the CAC

Planes Trains & Automobiles

Guide Dogs  
VICTORIA



## Note From the Editor 🍌

Dear CMS'ers,

Can you believe we are half way through 2015? In this edition of Get About you will notice that the majority of stories are written by parents and students of the Children's Mobility Service. Isn't it fantastic?!

In this edition we find out about the latest CMS Mobility Camp called, 'Planes Trains and Automobiles'. We had so much fun finding out about all types of transport including going to Lindsay Foxe's private hanger to sit in his private jet and helicopter! Read all about this and so much more in the CMS Camp article.

Don't forget to send in your articles as we love hearing about what you are doing. We encourage any student (or parent) that would like to contribute to Get About, to contact us via e-mail or phone so that you can share your story.

Happy reading,

Paula Foote



## Dates for Diary

'The Voice' Junior Mobility Camp  
21-23 September 2015

Get Real – Job Ready  
(Students in years  
10, 11 & 12 only):  
7 - 9 December 2015

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## FORMAT REMINDER

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# Gippy Travellers

By Alicia San Martin

After the great success of our 1st Masterchef Challenge, the students were keen to have another go at travelling, shopping and cooking up a delicious range of dishes.

The Gippy Travellers caught the Vline train from a variety of stations to meet at Drouin Station. From there it was just a short walk to the local supermarket.

At Coles the students had the task of purchasing the ingredients for their chosen dishes. Working in small groups they navigated their way through the different sections of the supermarket, such as the bakery, dairy, deli and fruit and veg sections before scanning the shelves carefully in the aisles to locate the ingredients they needed.



Some of the planned dishes included chicken enchiladas, Mexican lasagne, fruit smoothies, sausage rolls, ginger bread men and mint slice. It was then onto Drouin Secondary College

to make use of their kitchens to prepare our dishes.

Once we had sorted out the groceries there was an excited frenzy of chopping, mixing, beating, measuring, pouring, frying, slicing, dicing and of course tasting along the way! The students loved trying each other's dishes and learning about the different cooking techniques each used. A big thank-you to Emma Todaro at Drouin Secondary College for organising the use of the kitchens and Visiting Teachers Karina Adam and Sharon Saunders for their help organising and participating in the program. 🍌



# My Mobility

By Aiden Quilty

On the 16 of June 2015 a My Mobility excursion was held. The excursion involved learning how to catch Public Transport safely and learn how to cross roads safely when there are no lights or zebra crossings. We visited the PTV (Public Transport Victoria) hub in Geelong, went to Ocean Grove. The Guide Dogs Victoria shouted all students a medium hot chocolate from Gloria Jeans. We used trains and buses to reach our destinations. We experienced using Myki cards with \$10 credit. At the bus and at the train station we practised touching on and touching off. Some students learnt and liked talking to people with similar vision impairment and learnt how to talk to the bus driver to know when to get off.

I, along with all other students, would like to thank Simon and the guide dog instructors for organising the My Mobility and thank the sponsors for making this financially possible.



## CAC

At Guide Dogs Victoria we have a Consumer Advisory Council made up of representatives from each of the client service areas including Children's Mobility Services.

The role of this advisory council is to provide advice and recommendations to the client services teams at Guide Dogs Victoria. The advisory council is made up from representatives of each client service area, our volunteer and puppy raising programs, a staff representative, a representative of the board and our CEO, Karen Hayes. The council meets four times each year on a Saturday at Guide Dogs in Kew.

The two Children's Mobility Service representatives are Kelle Reid (parent of a client) and Daniel Pritchard, a recent CMS student. Kelle and Daniel are the representatives for your voice

so please feel free to contact them.

Kelle and Daniel would love to hear from parents and students with ideas and feedback on any CMS issue that is important to you. Their contact details are:

Kelle - [kelle.reid@reidgroup.com.au](mailto:kelle.reid@reidgroup.com.au)

Daniel - [siren\\_guy@hotmail.com](mailto:siren_guy@hotmail.com)



## Sporting Stars!

### Congratulations Jaryd Clifford!

Jaryd is currently competing for the Diamond Valley Athletics club in the Athletics Victoria cross country competition over winter and for his school in the school sport Victoria cross country championships. In the under 18 age group 10km Albert park road race he won by 39 seconds. This is a state championship race as part of the Athletics Victoria cross country/road racing competition. He ran a very fast 32.25! This is an amazing win. Jaryd will turn sixteen next week and is the bottom age for this race.

Jaryd will find out at the end of August if he will be selected to represent Australia at the International Paralympic Committee Athletic World Championships in Doha, Qatar in October this year in the 5000m, t12 race. He has ran two B qualifying times, which allows him to be eligible for selection in the Australian team. We are keeping our fingers crossed for you Jaryd!

There is now a specialist schools cross country run by School Sport Victoria and about 400 or more kids ran in this event. This was the first year it was run. This is such an inclusive sport and it would be great to see more vision impaired kids running it in the future.

Jaryd recently wrote into the 'Soap Box' (a readers feedback segment) in 'Run For Your Life' magazine. He also has a blog page with another para-athlete from his Athletics Australia junior high performance squad. (check it out)

[www.teamtdj.blogspot.com](http://www.teamtdj.blogspot.com)

You can also find him on Instagram page [@teamjumpdistance](https://www.instagram.com/teamjumpdistance)

A very big congratulations on all your success Jaryd we can't wait to see what's next! 🍌



## On the grapevine...

### Congratulations Konna Seccull!

It was reported that a certain student named Konna Seccull has been successful in receiving a Performing Arts Scholarship for high school in 2016, as his first loves are singing, performing, song writing and dancing.

Congratulations Konna, fantastic news! 🍌

# Ella's Autobiography – Grade 5

By Ella Edwards

I was born on 1.7.03 in the Bendigo Base Hospital. My parents named me Ella Jade Edwards. The name Ella was Dad's idea, I think my mum wanted Kate Louise.

When I was six months old, my parents took me to the doctor where they found out I couldn't see. Mum and Dad were heart broken when they found out.

When I was two years old, my brother Jake was born. Gran says I used to want to put him up in the cupboard. Now I love Jake with a red hot love, and I have to beg him to give me cuddles. In 2007, I started three year old kinder at Axedale. Mum says I didn't like it very much. Then in my second year of four year old kinder at Golden Square, my youngest brother Ashley was born. I wouldn't stop cuddling him. Now in 2015 when he won't give me any cuddles, I remind him of when he was a baby and how I

used to give him cuddles all the time.

In 2010, I started at Saint Monica's School. My Prep teacher's name was Mrs Pawsey, she was a lovely Prep teacher.

When I started school, I had to learn to use my cane. My cane is a long stick that helps me get around. My mobility teacher at that time was Luke, he was from Vision Australia. He used to visit me at school and at home. I had to learn all the different cane techniques, so that I could learn to walk around with my cane.

When I started school, I learnt to play the piano. I thought I would never be as good as Poppy, but now I am learning waltz music that Poppy plays for me to record and learn.

In September, I started singing at the Bendigo Country Music Talent Club. Now, every time I go I sing. It is a pleasure to sing up there and know that if I make a mistake, nobody will mind. My favourite food for a special treat is KFC. I love potato and gravy. When I was a baby, Dad used to feed it to me. It was my favourite part of the KFC and it still is.

Here are some of my hobbies that I like to do. I like to play bop it. Jake used to be the best at bop it. But as the bop it was mine, I made up my mind to beat him and I did. I clocked the bop it on two hundred and fifty. Nobody could beat me. Another hobby of mine is country music. I'm mad about country music. But my brothers hate it. So my best weapon to annoy my brother, Jake, is to sing Carol County Accident at the top of my voice. Then he usually stops doing whatever it is to annoy me. My final hobby is knitting. Gran



taught me to knit. I am now working on a rug. It's lots of fun to knit.

Some holidays I have enjoyed are going to Queensland, especially the time Gran and Auntie Jo came half way through our holiday. Going to Gran's house is like a holiday for me too. Every visit I've had has been unique. They have all been fantastic and special times. On my most recent stay at Grans, Gran had to go home and get Ashly's pyjamas.

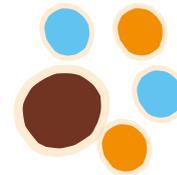
Some future goals I would like to achieve are to become a country singer, become a pianist and finish my schooling and become a school teacher. I would like to make money and help children

learn. I would like other children to have the opportunities that I have had. I would like them to do as much with their lives as possible. I feel like I am doing the very best I can with my life, and I am looking forward to the good things that will be ahead.

Ed: Ella has been receiving O&M services from Guide Dogs Victoria since 2011. Ella travels independently all around her school and playground. Recently Ella has learnt the travel route to the local bakery and can travel to this destination on her own. It has been reported that Ella has been given the task of getting coffees for certain teachers when she is practicing her mobility. 🌟

## 5 ways to stay safe on trams

By Ella, Jessica, Shana



5 Things that we learnt about on the tram on camp.

**Ella:** Find a seat or find something to hang on to.

**Shana:** If there is no one on the tram you can knock on the driver's window to talk to the driver to let him know where you want to get off

**Jessica:** If you get on the tram you can ask someone to give you their seat

**Ella:** If you want the tram to stop you can put your cane out in front of you so the tram will see you and stop

**Shana, Ella, Jessica:** Getting on and off a tram, listen for cars 🌟



# Planes, Trains and Automobiles

By the camp students

On the Monday morning we made cars out of different material. We got boxes and painted the wheels. We added a special feature to the cars and I put in a hot chocolate maker in my car and Rory put a teleportation feature in as well. Some students painted the wheels red and some painted the wheels black, Tylah's feature was a microphone. Other special features of the cars were balloon decorations, a chimney and fire place and a unicorn horn.

Monday afternoon we went by car to Lindsay Fox's hanger at Essendon Airport. We got to look at Lindsay Fox's private jet and we got to go in the cock pit. Mark was the pilot and he showed us around the hanger.

In the plane there was a nav button where you type in which country you want to go to and it makes a map to get you there.

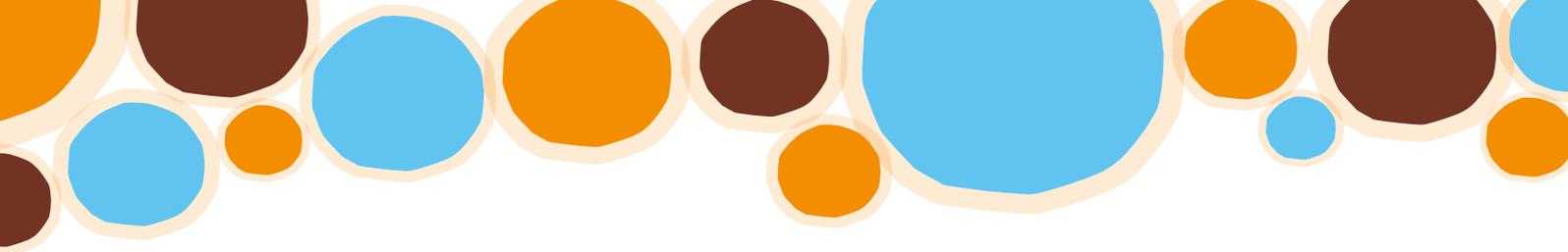
At Lindsay Fox's hanger we saw a helicopter, a fire truck, a racing car and the private jet and we got to sit in the truck that pulls the planes and helicopter out of the hanger.



On Monday night we went to the pub for dinner. We walked in the dark and ate dinner at a big table with all the kids.

On Tuesday we went on Puffing Billy. We drove to Box Hill by car and caught the metro train to Belgrave Station and then we walked to Puffing Billy station. The train ride went for an hour, and we all put our feet out of the windows including the instructors. We had a picnic at Lakeside where we made our own rolls and then we got to play in the playground. We climbed the spider web and went on the wizzy dizzy. This was fun. When we were waiting to go back to Belgrave Station we got to talk to the Puffing Billy train driver and conductor.





On Wednesday morning we went in a stretch limo to the Kew tram depot. The limo was fun, there were lights in it and loud music. There were 11 seats in the limo and it cost \$250,000. We drank lemonade out of champagne glasses and ate lollie snakes. Adrian our driver turned up the music loud.

We got a ride in the limo to Kew tram depot and we got to have look all over two different trams. We learnt 5 rules about taking a tram. When we got back to Guide Dogs we got to cuddle some cute puppies. There were two yellow puppies and two black puppies. Then our parents arrived and we had a barbeque lunch. Camp was fun!

**Comments from kids:**

I loved the experiences.  
 I've never been on Puffing Billy where you can stick your feet out.  
 I've never been in a jet before.  
 Being in the limo was my best experience.  
 I didn't feel like the odd one out.

**Comments from Parents**

I think camp is good as it actually makes the kids realise what they are capable of doing and

they realise that they can actually do it without mum and dad. Sometimes we think they need help but really they don't.

It's great for the other kids to see kids with canes and feel that it's quite normal to have a cane and also to go on public transport and give things a try.

Also from my experience it makes my son realise that he's not alone, he's not the only one with vision impairment. 🌈



# Pupdate

By Guide Dog Zoron

Hi Everyone,

In this edition of Get About we have learnt about trains, planes and automobiles. Did you know that Guide Dogs can travel on all forms of public transport, even aeroplanes!

When I was a puppy my Puppy Raiser helped me get used to travelling on public transport by showing me how to behave on trams trains and buses. Sometimes lots of Guide Dog puppies and Puppy Raisers went in a group together to catch a train or a tram. We learnt how to get on and off trains, where to sit, and how to lie down quietly beside our Puppy Raiser.

When I was in Guide Dog training, my trainer also showed me how to guide him safely on to trams trains and buses. I felt very important wearing my harness on public transport and I can remember people looking at me and smiling. Some people tried to pat me but my trainer had to remind them that patting me would make me distracted and that as a Guide Dog I may put my handler's safety at risk.

My favorite form of transport now, is the car. I LOVE travelling with Paula in the car and we travel around Western Victoria teaching students about Guide Dog mobility. I am so happy to be able to work with school students and teach them how to be Guide Dog handlers. I love my job. 🌈



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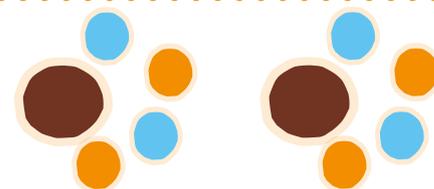
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If you wish to contact the CMS team or would like to ask about our programs, please ring the phone number of the instructor you wish to speak to, or alternatively, you can email: [cms@guidedogsvictoria.com.au](mailto:cms@guidedogsvictoria.com.au)

If you are ever in need of some encouragement...

I AM TOO POSITIVE  
TO BE DOUBTFUL  
TOO OPTIMISTIC  
TO BE FEARFUL  
AND TOO DETERMINED  
TO BE DEFEATED



## FEEDBACK?

If you have anything to contribute to this newsletter, please feel free to contact us with your piece. We welcome all contributions from anyone.

Please either contact or email our referrals officer with your contributions as below:  
[referrals@guidedogsvictoria.com.au](mailto:referrals@guidedogsvictoria.com.au)  
or Phone: 03 9854 4467



Zeynep and Chloe trying out a truck!



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