

## **PAW PRINTS**

**Winter edition, July 2008**

### **Do you want to discover our secret?**

Sssssh!

Do you want to discover our secret?

Reserve October 18 for a night of glamour and discovery.

Register your interest for your journey of discovery to begin!

For further information about our event contact Christina Angus, Events, Sponsorship and Promotions Manager, Guide Dogs SA.NT, 251 Morphett St, Adelaide, SA 5000. cangus @guide dogs.org.au

Telephone: 8203 8309.

### **CEO's MESSAGE**

Our Guide Dog Instructors get to stretch their legs with their four-footed friends on a regular basis, but the rest of us often spend far too much time behind a desk glued to the computer screen.

Workplace health and fitness is a significant part of occupational health, safety and welfare, and indeed community health, and we've taken some steps at Guide Dogs SA.NT in recent months to encourage our staff to get more active.

First there was the BRW "The Ultimate" Corporate Triathlon in February, in which our two Top Dogs Triathlon Teams acquitted themselves extremely well. But not everyone is a triathlete! So when the opportunity arose to participate, with a greater number of staff, in the Global Corporate Challenge, we jumped at the chance.

The GCC is a global health and well-being walking event, where each participant records the number of steps taken each day and competes as part of a team to see how far they can walk around the globe. For 125 days, the daily step count is entered on the GCC website, which converts the steps to distance and takes you on a virtual 'tour of the world', learning about the countries through which you travel as you go.

The event has proved so popular that, in addition to the two "official" teams we have entered, Guide Dogs SA.NT staff have formed four unofficial teams who are competing internally. As this edition of "Paw Prints" goes to print, we have walked so far from Valparaiso in Chile to Venezuela, heading for North America, although Carolyn Hamilton, our sole staff member in Alice Springs, has tried to calculate how many steps it will take to walk to Uluru.

The event has triggered some healthy competition between teams, (and a few attempts to sabotage pedometers) and has certainly created a heightened

awareness of the merits of exercise and active living, and what it can contribute to a better work environment.

Winnie Pelz  
CEO, Guide Dogs SA.NT

### **Inspirational boy**

Guide Dogs SA.NT PR dog Bella met up with one of our youngest clients in Mount Gambier in May.

Bella, the beautiful black Lab who was in Mount Gambier for the annual Guide Dogs SA.NT badge day took time out to meet three-year-old Shane Fretwell, of Allendale East, who has cone rod retinal dystrophy, and is already legally blind. Shane's mother Shelley Fretwell says that every morning that Shane wakes up and can still see anything at all is a bonus.

"It's possible that Shane will wake up tomorrow and see nothing; or his vision could deteriorate gradually over the next 40 years," says Shelley.

Shane is already receiving assistance from Guide Dogs SA.NT Orientation and Mobility Instructor Mark Battista.

Mark has been training Shane to use a white cane and while it's still a toy when he's at home, he is already starting to use the cane on outings.

Shelley said she knew Shane's eyes were not right almost as soon as he was born.

"He just looked right through me."

Today Shane is a typical three-year-old boy. This bright, articulate boy loves toy cars, trucks and tractors, enjoys swimming and going to kindy.

Shane, a confident and happy boy, shakes off any schoolyard teasing, saying "I may not see, but I can do other things".

### **City to Bay - Make it a fund run**

You can make your 2008 City to Bay Fun Run count for Guide Dogs.

With a little help from our friends at Everyday Hero, you can now choose to help Guide Dogs SA.NT by creating your own online fundraising page for the September 21 event.

In just minutes, you can select us as your charity of choice, upload images and motivating words and build your own page so you can raise funds to help Guide Dogs SA.NT.

Each donation is recorded on your page along with messages of support from your donors.

Go to [www.city-bay.org.au](http://www.city-bay.org.au) and follow the links to make your run count for Guide Dogs SA.NT today.

### **Gift of love**

Marie Pamment has fallen in love again, but knows it will never last.

Marie just loves Hero, a Guide Dog SA.NT training pup, and knows from experience it will be heartbreaking to say goodbye.

Marie, who has raised four puppies previously, says she resisted becoming a volunteer for many years because she was worried about “giving them back.” However, upon learning that Guide Dogs SA.NT was short of volunteers, she put her hand up, knowing just how important a guide dog can be for someone who is vision impaired.

Marie’s husband Bob, who lost his vision about 40 years ago, has been using guide dogs for the past 20 years.

“I can see what a guide dog has done for Bob.”

Hero also has the added advantage of having a wonderful mentor, Declan, Bob’s 10-year-old guide dog.

Hero will leave Bob and Marie when he is 12 months old to begin more intensive training.

Please contact Guide Dogs SA.NT today to find out more about puppy raising.

### **PROFILE: REX ALEXANDER**

Rex Alexander has great admiration for the volunteer “army” which supports Guide Dogs SA.NT.

“Our volunteers are such a passionate and committed group of people,” says Rex, our Volunteer and Membership Manager.

“Our costs would be exorbitant without their valuable input.”

Rex is responsible for recruiting our volunteers and also for finding them suitable roles, such as picking up collection dogs, mailroom operations and clerical duties.

Originally from the Riverland, he has been with Guide Dogs SA.NT for the past year, and is also studying externally for a marketing degree. Rex comes from a management background, successfully developing his own small business which he sold before taking on his current role.

Rex also has an unofficial job as the organisation’s “keep fit guru”, encouraging staff members to enter fitness events and also writing a fitness column for the staff newsletter.

### **All eyes on Yasmin**

Our Puppy Love dogs are like celebrities and we have the proof.

Cameras clicked and flashed constantly and there were tears of joy when supporters recently had the opportunity to meet their girl Yasmin.

We sent out invitations to sponsors for Yasmin’s recent graduation as a guide dog and were overwhelmed by the response.

When Guide Dog Mobility Instructor Greer Gerson spoke about Yasmin's new career and guide dog training in general, all eyes were on Yasmin.

Puppy Love Program Manager Christina Angus said this was the first time sponsors had been invited to a graduation.

"We'll certainly be doing this for all our other Puppy Love dogs who graduate.

"To see the tears of joy when people met Yasmin was so touching.

"We are so fortunate to have supporters who care so much about our dogs and organisation."

Yasmin was supported throughout her training through the Puppy Love program. It costs just \$10 a month to sponsor a guide dog puppy. Sponsors receive regular letters and a photograph from their furry friend.

### **Join Puppy Love today**

Help Joel, our latest star recruit, to become a guide dog

It takes just \$10 a month

1800 738 855 [cangus@guidedogs.org.au](mailto:cangus@guidedogs.org.au)

### **Flame shines brightly for Justin**

Justin Van Boxtel describes his guide dog Flame as a "great companion".

"She keeps me out of trouble," laughs Justin.

Justin (31), who has had this beautiful Labrador cross golden retriever for the past two years, inherited a degenerative eye disease, retinitis pigmentosa. He is a third-generation guide dog user, with his mother and grandfather also losing their sight in their thirties.

Justin, who works as a switchboard operator at CSG in Darwin, says Flame is a special member of the switchboard team, with the six other operators very much in love with him.

"They're always going on about who's going to take her home," says Justin.

Flame is Justin's first guide dog, and is his constant companion. However, there is one activity that Flame cannot assist with. Justin does tandem cycling, so Flame has learnt to sit and watch. This is part of the unique and lasting bond formed.

Guide Dogs like Flame are trained to guide people who are blind or vision impaired, to lead them along a street and to avoid obstacles in their path, including overhead obstacles.

Flame was trained by Guide Dogs SA.NT in Adelaide and staff have regular contact with Justin regarding his needs and requirements. Often lighter coloured dogs are selected for the NT because they are less likely to suffer heat stress.

### **Grant assists student**

TAFE student Sonja Veitinger was delighted when Sensory Directions staff recently assisted her to obtain a grant to buy some much-needed equipment. Sonja, who has a guide dog named Rowen, is studying medical terminology at TAFE, and needed a special program, TALKS, to enable her to better access her mobile phone.

Sonja says she can now use her mobile phone and feels more confident and safe. Sonja believes the phone program will help her with her studies and independent living

Sensory Directions was successful in obtaining a one-off grant to finance this through the Wyatt Benevolent Institution Inc, a South Australian charitable trust, which assists people on low incomes to obtain education and employment outcomes.

Sensory Directions works with people whose main disability is vision or hearing loss or both, who also have complex needs.

Services offered include:

- A full assessment of each person's needs
- Tailored individual programs
- Assistance with accessing community services
- Support with independent living
- Help to minimise social isolation.

### **Jabiru Golf Day**

Jabiru Golf Club will host the tenth annual Darrin Andrew Dunstan Memorial and Guide Dogs SA.NT fundraising golf weekend on August 9-10.

The weekend is organised annually by Gary Dunstan, of Darwin, in memory of his late son Darrin.

All money raised from the weekend will go towards funding our services for Territorians with vision loss.

For further details please contact Gary Dunstan on 0417 192 308.

### **Better services for Territorians**

Territorians with vision and hearing loss should benefit from a recent initiative by Non-Government Organisations.

The five organisations held a workshop to look at how they could work together to improve services for people with vision and hearing loss throughout the Northern Territory.

- Agencies participating in the inaugural workshop included:
- Guide Dogs SA.NT
- Vision Australia
- Deaf NT
- National Auslan Booking and Interpreting Service (NABS)
- Fred Hollows Foundation.

All of the agencies provide services to people with vision or hearing loss and also visit remote communities.

NT Manager for Guide Dogs SA, NT Lesley Currie says that the initiative will result in considerable cost savings and will also benefit clients.

“By having a greater understanding of what each agency does, workers are in a better position to identify people in communities who would benefit from services and link people in where possible.

“Staff are all very excited about the possibilities such collaboration can bring to consumers of all our services in the Northern Territory.”

Workers also benefited from a later workshop, focusing on how to:

- Assist a person with vision loss
- Communicate with a deaf person
- Build trusting relationships with indigenous people who may benefit from services.

For further information about this initiative please contact Lesley Currie on 8203 8333 or any of the agency managers.

### **City march honours Guide Dogs**

Our clients and their faithful guide dogs came out in force for the recent annual International Guide Dog Day march in Adelaide.

Volunteers, including puppy raisers with training dogs, staff members and supporters, also marched to honour the work of guide dogs throughout the world and the difference they make to the lives of people who are blind or vision impaired.

Larger-than-life mascots Buddy and Milly travelled in a vintage car throughout the parade, which included a North Terrace route for the first time. Traditionally the parade route has included King William St, but this is no longer possible with the inception of the trams.

A private luncheon at Adelaide Oval for clients, volunteers and supporters, hosted by 891ABC's roving reporter Tim Noonan, included the presentation of Open Access Awards for businesses that excelled in welcoming guide dogs.

The event included a special ceremony to honour guide dogs who have graduated in the past 12 months, as well as those who have retired after years of loyal service.

We also celebrated International Guide Dog Day in Darwin with a luncheon for our clients, staff and volunteers.

Awards –

#### **Open Access Award**

##### **South Australia**

St Peter's Cathedral North Adelaide

Desert Sky Tours, West Beach

##### **Northern Territory**

Darwin Bus Service

## **Guide Dogs SA.NT Association Award Winner**

German Shepherd Dog Club of SA Inc.

### **GUIDE DOG GRADUATES SA**

Patrick Hughes	Nappa
Susan Beal	Nixon
Milly'anna Cleland	Jay
Rene Kalweit	Leroy
Lynette Kennedy	Parker

### **PROFILE: SUE MERRIGAN**

Volunteering has added a new dimension to Sue Merrigan's life.

Sue (55), one of our administration volunteers, says she finds the work worthwhile and rewarding.

"It's such a great thing to do and I've made some wonderful friends."

A former teacher and computer programmer, Sue applied to volunteer at Guide Dogs SA.NT five years ago.

Her duties include sorting and dispatching internal and external mail and packaging goods for Guide Dogs Shop @ Home.

She also maintains our collection dogs, cleaning them and touching up paintwork when required; as well as counting the money collected from them.

Sue, who has three adult children, also enjoys playing golf, the theatre and gardening.

Please contact Guide Dogs SA.NT to find out more about volunteering.

### **50 years of service**

Guide Dogs SA.NT was in celebration mode last December.

We celebrated our fiftieth birthday on December 5, with a cocktail party for sponsors and supporters at our Adelaide headquarters.

Our patron, the Governor of South Australia, His Excellency Rear Admiral Kevin Scarce AC CSC RANR attended, along with a host of other major sponsors and supporters.

Whilst His Excellency took time out to greet all those attending and to perform official functions, his wife Liz made an immediate beeline for our adorable PR dog Bella and her trainee guide dog friends, who were also special guests at the function.

Later in the evening His Excellency and his Honorary ADC found time to get to know Bella and her friends.

Special thanks must go to volunteers from Rabobank, who provided background support for our guests, including serving drinks and kitchen duties.

### **Supporters to be honoured**

The establishment of a benefactors' society was recently announced by Guide Dogs SA.NT to formally acknowledge major financial supporters.

Bequest and Donor Relations Officer Simon Blight said the Frank Beauchamp Benefactors' Society was established to thank key supporters from corporate, community, direct mail, telemarketing and bequest programs.

The society has been named in honour of Mr Frank Beauchamp, the first President of Guide Dogs SA.NT when formed in 1957.

"We are thrilled that Mr Beauchamp has agreed to both have the benefactors' society named in his honour and also to attend functions when he is able," Mr Blight said.

Those invited to join will receive a certificate, lapel pin or similar gift and be invited to attend two special functions a year to foster closer ties between Guide Dogs SA.NT and key supporters.

Mr Blight said the benefactors society was a great way for Guide Dogs SA.NT to acknowledge and to personally thank major financial supporters from across all fundraising programs.

### **One in six with hearing loss**

Having problems hearing in groups and in background noise is often an indicator that you are experiencing hearing loss.

Perhaps one of the following complaints applies to you?

- "I turn up the TV, but I still can't follow "The Bill"
- "I can hear the voice but can't distinguish the words"
- "The grandchildren are hard to understand"
- "Young people talk so quickly these days"
- "Public places are too noisy – I can't hear myself think".

Maureen McGrotty, of Hearing Solutions, a program of Guide Dogs SA.NT, says these type of comments are commonly made by people with hearing loss.

She is hopeful that anyone fitting the above criteria would take advantage of the free hearing screenings being offered by Hearing Solutions in Adelaide during Hearing Awareness Week which starts on August 25.

The week's theme is "One in six, it's more common that you think," which reflects the statistics which show that about 3.5m Australians have some form of hearing impairment.

Maureen says that many South Australians with hearing loss have found help through Effective Management of Hearing Loss courses conducted by Hearing Solutions.

The free course covers a range of communications strategies, the causes of hearing loss and details on associated conditions, such as tinnitus and vertigo. It involves attending a session for two hours a week for five weeks at Guide Dog SA.NT's Morphett St offices. Courses are also offered in regional areas. Please contact Hearing Solutions on 8203 8394 should you require any further information.

### **PROFILE: MILLY CLELAND**

Guide Dog client Milly Cleland is working towards having a career in law.

This is a daunting ambition for any 20-year-old woman, but particularly so for Milly, who is blind.

She studies quietly at home on a specially adapted computer, with her beloved guide dog at her side – a beautiful black Lab named Jay.

“He’s pretty much my best friend. We clicked straight away,” says Milly.

Born blind as a result of retinitis pigmentosa, a degenerative and incurable eye disease, Milly has always faced adversity.

However, losing nearly all her hearing about two years ago was a particularly bitter blow and meant that Milly could no longer cope in a classroom situation.

Milly is booked in for a cochlear implant which should help to reduce her isolation. She could possibly have had this operation by the time this newsletter goes to print.

In the meantime, Milly is getting on with her life, with Jay alongside her every step of the way.

### **I need somebody to love me**

I need someone living in the Adelaide area to take me into their home and heart for about one year while I'm on the Guide Dog Development Program.

I don't mean to be fussy, but I need someone who:

- Works part-time or less
- Has a secure yard
- Any children should be school age or above
- Time to spend with me.

Please contact Guide Dogs SA.NT today if you can help me or perhaps one of my friends. 8203 8333 [info@guidedogs.org.au](mailto:info@guidedogs.org.au)

### **Help for migrants**

Guide Dogs SA.NT has made big inroads into assisting people who have difficulty communicating in English to better access our services.

CALD (Culturally and Linguistically Diverse) Coordinator Mujahid Ahmed says many migrants, who are part of the ageing baby boomer generation, are now experiencing vision and hearing loss, yet are not able to access vision and hearing rehabilitation services due to language difficulties.

Services being promoted to people from non-English speaking backgrounds include free interpreting for clients; and service brochures being translated into Greek, Italian, German, Polish, Chinese and Vietnamese.

### **When glasses just aren't enough**

Are you having problems reading, watching TV or threading a needle, yet you are already wearing glasses?

The staff at Low Vision Services, Orthoptist Jenny Smits and Occupational Therapist Lindy Carr, can provide practical help, advice and equipment to assist you with daily living.

Jenny Smits says her clients are often amazed at how simple strategies and inexpensive equipment can make such a difference to their lives.

"I would advise anyone with vision issues who wants to maintain their independence to make a free appointment to see us."

Low Vision Services, located at 251 Morphett St, Adelaide, has a good range of assistive equipment, including:

- A range of magnifiers
- Large print and tactile daily living aids
- Talking clocks and watches
- Large print playing cards
- Needle threaders
- Liquid level indicators (useful for making hot drinks safely).

Low Vision Services is a new program of Guide Dogs SA.NT.

Call 1800 738 855 to make an appointment.

### **We say thank you**

We could not provide our services if it wasn't for the generosity of the many groups and organisations which support us. We feature below just a few examples of the wonderful ways people get behind Guide Dogs.

### **AUSTRALIA POST –**

We were recently presented with two cheques by Australia Post. Australia Post in South Australia donated \$19,000; whilst their NT counterparts contributed \$2800. The money was raised from some exceptionally creative fundraising, including a teddy bear race around Australia.

### **SLINGSHOT STUDIOS**

Slingshot Studios are the people behind our wonderful calendar images of the last few years. They spend many hours working with our dogs, who are not particularly cooperative when it comes to photography, to achieve 12 memorable shots for each calendar.

### **KLEENEX**

This year Kleenex® Cottonelle® Toilet Tissue and Guide Dogs Australia, which includes Guide Dogs SA.NT, are continuing to work together to help train puppies to become guide dogs.

Kleenex® Cottonelle®, owned by Kimberly-Clark, has a long-standing relationship with Guide Dogs Australia, assisting in raising money and awareness.

Proceeds from the “Doggie Ringtones” service is also donated to Guide Dogs Australia.

Our Events, Sponsorship and Promotions Manager Christina Angus recently visited the Kimberly-Clarke mill at Millicent to present a thank you certificate.

### **BOOZE BROTHERS**

The Booze Brothers Staff Charitable Fund continues to be a long-term Corporate Puppy Love sponsor and is currently sponsoring Hudson. Booze Brothers contributes \$2500 annually to Guide Dogs SA.NT.

### **COMMUNITY CPS AUSTRALIA LTD**

Community CPS Australia Ltd held a casual day recently and raised \$1500 for Guide Dogs SA.NT. PR Dog Bella, with volunteer Sue Seekamp, and our Donor Relations Officer Simon Blight in tow, were presented with the cheque recently and took time out to meet staff. The casual day was organised by IT Services Operations Manager Nick May.

### **MOUNT GAMBIER AUXILIARY**

Our Mount Gambier Auxiliary raised an amazing \$1571.95 from their recent Badge Day. Special thanks also must go to Mount Gambier High students who assisted the auxiliary with Badge Day collections.

## **PALMS BINGO CLUB**

The Palms Bingo Club and the Barmera Monash Charity Bingo Club raised \$981 for Guide Dogs SA.NT recently. The Riverland clubs are also part of the Puppy Love program, sponsoring Gracie.

### **Wish list**

#### **Puppy raising**

Puppy stimulation equipment, obstacles and toys **\$ 1000**

Harnesses, leads, food bowls for new guide dogs teams annually **\$1000**

Demonstration and training equipment obstacles, barriers and barricades **\$5000**

Dog agility tunnel, three metres long (2 required) **\$130 each**

Wesco colourful play equipment to help puppies experience heights, surfaces and obstacles

1 entrance and 2 exits kit (includes 2 H-shaped blocks, 1 x Y-shaped block, 1 x beam, 1 x stairs/slope, 1 x wave beam, 1 x tunnel beam and 1 x mini bridge) **\$1350.00**

Large Obstacle course - (includes 2 H-shaped blocks, 2 Y-shaped blocks, 1 x beam, 3 x stairs/slope, 2 x wave beams, 1 x tunnel beam, 1 x mini bridge) **\$2050.00**

Wave beam - \$280.00 (a small see-saw) **\$280**

#### **Guide Dog Services**

Replacement dog beds

Video camera (for filming pups and dogs) **\$2000**

**\$1000**

#### **Vision Services**

Scooter/gopher for training/trialling (transport)

Resources for Children's Services **\$3000**

Electronic Travel Devices for demonstration and training **\$2000**

**\$4000**

#### **Sensory Directions**

Web cams, for communicating to deaf clients

Computer and internet access for interview room with **\$40**

Nextalk. **\$1000**

## **Dates to remember**

### **August 9-10**

Jabiru Golf Day, NT

### **August 24-30**

Hearing Awareness Week

### **September 15-21**

Stroke Awareness Week

### **September 21**

City to Bay Fun Run, Adelaide

### **October 9**

World Sight Day

### **October 15**

International White Cane Day

### **October 18**

Gala event, Adelaide

### **October 24**

Disability Expo at Adelaide Showground.

### **December 5**

Guide Dogs SA.NT birthday

## **Guide Dogs SA.NT acknowledges the support of:**

Governments of South Australia and Northern Territory Government

## **Guide Dog Australia Partners**

Pedigree Pal, Frontline Plus, Heartgard, Apex Australia, Kleenex, PricewaterhouseCoopers

## **Guide Dogs SA.NT thanks our sponsors and supporters:**

- Adelaide/Bendigo Bank
- Adelaide Central Plaza
- The Advertiser
- Adcorp Australia Ltd
- Australia Post
- Australian Central Credit Union
- Australian Executor Trustees

- BankSA & Staff Charitable Fund
- Bridgehead
- Booze Brothers Staff Charitable Fund
- Canningvale
- Charity Card Shop
- Channel 9 (Adelaide and Darwin)
- Chemplus
- Community CPS
- Diamonds Camera, Video and Digital
- Doug Moyle Agencies
- Eden Living
- Good Guys, Pooraka
- Groundhog Software Pty Ltd
- IGA
- John Nieddu
- Le Cornu Furniture Stores (Keswick and Darwin)
- Legworks Online Solutions
- Paradise Motors Mazda
- pureENVY Jewellery
- Ross Sands Architects
- Salmon Studios
- SlingShot Studios
- Southern Cross NT
- Torbreck Vintners
- Tyrrells Wines
- Video Ezy

**Patrons and ambassadors**

His Excellency, Rear Admiral Kevin  
Scarce AO CSC RANR Governor of  
South Australia (Patron SA)

His Honour Mr Tom Pauling AO QC, Administrator of the Northern Territory (Patron NT)

**Special thanks:**

Brenton Ragless

Chad and Kane Cornes (Ambassadors)

Keith Conlon (Ambassador)

Kelly Nestor

Tim Noonan

Troy Gray (Ambassador)

Vini Ciccarello MP (Ambassador)

“Paw Prints” is available, upon request, in other formats: CD, cassette or large text.  
PDF and Word versions are posted on [www.guidedogs.org.au](http://www.guidedogs.org.au)  
If you do not wish to receive any further mail from Guide Dogs SA.NT please contact us  
on 1800 738 855 (free call)