



Crossroads News

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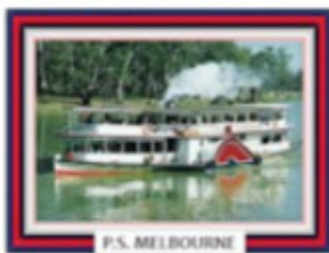
MY TRIP TO ADELAIDE

by Irene McMinn

Irene McMinn enjoyed a lovely holiday in January. Here she tells us all about it.

On Sunday 7th January we boarded the Coach at West Ryde at 7.30am. We picked up people at Strathfield and Eastern Creek, until we had 25 travellers.

We drove out over the Blue Mountains with a stop for morning tea before we headed to Bathurst for a drive along the Mount Panorama race track. After BBQ lunch and a walk around we drove to Cowra. It was very hot! Some people watched a film about the Cowra Break Out. This was a true story about Japanese prisoners-of-war escaping from their camp in Cowra. I went for a walk with Jacky, my guide for the trip. That night we stayed over in West Wyalong in a motel.



The next morning we left early to drive to Hay. We stopped in a little country town for morning tea. I am not sure of the name, but it seemed there was nothing much there. We had lunch and a good look around Hay, which is quite a big country town.

We drove across the Hay plains. The people with me told me it was nothing but salt bush for miles! As we drove towards Mildura we had to stop for a large group of cows who were wandering across the road. I got told that cows have the right of way. Then we drove into Mildura to stay in a motel overnight.

We stayed overnight in Mildura, and in the morning we visited a gem shop where there were thousands of gems. They were all under glass so I couldn't admire them. We headed to the river for a ride on a Paddle Steamer which was called PS Melbourne. Jacky took me for a walk around the Steamer so that I could have a good feel of everything. The trip lasted for three hours and we went through two locks where I could feel the water level changing. It was a lovely trip.

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Subscriptions

Subscriptions are
\$12.00 per year

Crossroads Christian
Fellowship NSW Inc.

A Ministry advocating for and
involving people with Disabilities
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Shoalhaven News

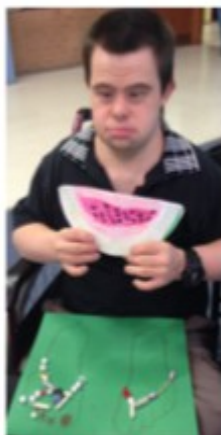
We had a wonderful time at Crossroads last year. One of our evenings we dressed up as our favourite rock star. It was so much fun! We made a big circle and everyone got to chat about who they were dressed as. The last evening for the year we had a talent evening. There was lots of singing, dancing, rapping and even a true story told by one of our Crossroaders. This year we had a summer celebration for our first meeting. We did ribbon dancing, made craft and enjoyed summer games. Look at our lovely photos to see how much fun we have!



Our talent night.



Ribbon dancing.



Look at our craft.



IMPORTANT NOTICE

NEWSLETTER SUBSCRIPTIONS

Lots of people enjoy the NSW Crossroads Newsletter – but not everyone has renewed their subscription! It costs \$12.00 per year to get the newsletter.

Everyone who has paid for 2017 does not have to pay for 2018. This is a thank you for paying!

People who have not paid their subscription are no longer on the mailing list.



How to pay:

1. Give your \$12.00 to your branch. They will collect all the names and money, and send it together to Crossroads NSW.
2. Pay by electronic funds transfer, BSB: 062 225 Account no: 10063013. Email transaction details, name and address to nsw@crossroadsfellowship.org.au
3. Send a cheque or money order directly to Crossroads NSW, at PO Box 3132, North Nowra NSW 2514.

Crossroads Sydney is off to Hawaii March 2019

Hawaii is a dream vacation for lots of people!

In Hawaii you will never get bored - the warm oceans around the islands are home to all kinds of tropical fish and sea turtles. You can expect to see some of this unique life when you visit. Did you know that in Hawaii you could also choose the colour of your beach? There are white sand beaches, yellow sand beaches, black sand beaches, red sand beaches and even one green sand beach. What amazing sights wait to be discovered!

There is wonderful shopping - besides souvenir shops there are craft shows, farmers' markets

Aloha Hawaii!



We will be staying at the New Hilton Garden Inn Waikiki Beach Hotel, just 2 blocks from Waikiki Beach and featuring free Wi-Fi, a rooftop pool and quiet rooms with showers and NO Bathtubs!

Across the street is the International Market Place – a uniquely Hawaiian shopping experience in the heart of Waikiki filled with lots of restaurants as well as fashion and fun with retailers and restaurants found nowhere else on the Island.

Bookings are now being taken for this 'holiday of a lifetime' and numbers are limited to forty (including carers) so get in quick! If you haven't already received information you can request it by either emailing Len Kinston at: lenkingston@gmail.com or writing to Crossroads Sydney, PO Box 143 Narellan 2567 or even phoning Len on 0408241020

Don't miss out on this fabulous holiday!

Irene's trip to Adelaide

Continued from page 1.

After the steamer trip we boarded the bus to drive to Adelaide. We stayed in a lovely conference centre in the Adelaide Hills. Jacky told me that the view was beautiful but I reckon views are over rated. However we did go for a walk around the grounds.

The following day some of the girls wanted to go shopping so we spent the morning in Hahndorf which is an old German village. We looked around and did some shopping. We had lunch at St Kilda beach, where there were lots of black swans in the water and a huge children's playground. Two of the guys went down the giant slide. In the afternoon we visited the tram museum and had a tram ride around the foreshore. That night Jacky I enjoyed the music when everyone watched "Mama Mia".

The next day we went to Victor Harbour for the day. There were lots of opportunities to take some photos. It was a hot day so people did not feel like walking around very much but we drove around in the bus. We rode on the horse drawn tram across to the Island in the middle of the harbour. It felt very different to being on the bus. I believe that there is a colony of Fairy Penguins on the Island but there wasn't time to go exploring before the tram took us back to the bus.



The horse tram and St Kilda beach.

The next morning it was raining as we left early to drive back to Mildura. We had lunch in Lipton. After lunch it had stopped raining so Jacky took me for a walk around and described some of what was around. There were some house boats on the river and we walked to the end of the jetty so that I could feel the water with my cane.

After an overnight in Mildura we continued our trip home on Saturday morning. We had lunch at a sheep station where we learned about running a sheep station and watched a sheep being shorn. I got to feel the sheep before and after shearing. The gift shop there had some very funny post cards in the shape of Aussie icons. Then it was back on the bus to head to Gumly Gumly for the night.

On Sunday we left early and had a stop at the Dog on the Tucker Box, where there was a gift shop which proved rather popular. We stopped for lunch at McDonalds along the way before heading home. I think everyone had a great time.



Gumly Gumly
and
Dog on Tucker Box



Crossroads Dubbo

The Dubbo report and photos are from Robyn Stack

DUBBO CROSSROADS AND WESTHAVEN

Most of our Dubbo Crossroaders are clients of Westhaven, which has recently celebrated its 60th Anniversary. Westhaven is an amazing local organisation begun by a local doctor, Dr Brian Dickens, who saw a need in the mid 1950's for a school to support families of children with intellectual disabilities.

A Special School opened in 1958 with 17 students. Six years later a residential hostel began, followed by a "Sheltered Workshop" for the teenagers as they left school. In 1966 an adult hostel was established with farm work for residents. Garden ornaments, wooden pallets, survey pegs and bulk bins were soon being manufactured.

Westhaven has continued to expand with a growing number of adults, some of whom live in Westhaven Village in town and others live with varying levels of support within the Dubbo community. Various employment opportunities now exist, including landcare and landscaping maintenance, commercial cleaning, confidential document shredding, mail-house services, making timber products and the production of their famous "Two Sheep" sheepskin Ugg Boots and other woollen products.

Increasing numbers of clients has required increased housing. Now many participate in weekly activities including ten pin bowling, swimming, craft activities, basketball, golf and more.

Westhaven Association has been recognised in local business awards, recognising excellence in community services, community involvement, product and services, and employer of choice. This has taken the organisation to the NSW State Business Awards in Sydney.

Westhaven has a very positive profile in Dubbo with its dedicated staff and well adjusted residents who enjoy being part of the community.



Westhaven Group Photo



Dubbo Crossroaders Libby, Chrissy, Trudy and Bruce, at work



Westhaven Farm 1974



Dr Brian Dickens

Chennai Greetings

Do you remember Nancy and Prabhu Rayan, who attended the Crossroads NSW AGM a few years ago? They live in Chennai, India. There are about 24 million people with disabilities in India. They are not always included in church. Prabhu & Nancy want all people to be included in the church. They are very active in spreading the message that the church must share the gospel with everyone. They are the Executive & Educational Directors of Inclusive Worldwide. (It used to be known as the International Fellowship for the Disabled). Recently they had a short visit to Sydney. They stayed with Len & Jeanette Kingston. Nancy sent this story about life with a disability in India.

The journey of my name

(As shared by a person with disability)

Why do you just look at my body and christen me names. I have a name given by my parents. Call me by that name.

Instead I am put into a slot and called or rather described earlier as, "blind, deaf, mute and lame". Then I got graduated to "handicapped." Then came the name – disabled. Then I got my doctorate! Oh this is quite funny – differently abled; though I must appreciate the efforts taken for being politically correct.

"What do you mean by differently abled? If I am called differently abled, then who are you?" I asked my escort. "I am able," came the curt reply. It threw me off board. Did you get my point? You may be politically correct or even socially correct, but remember this one



Here is Len Kingston, with Nancy and Prabhu Rayan.

important thing that I am a person. That is all the matter and that is the crux of the matter too.

Remember I am a person first, who happened to have a disability in my body or mind, but I want you to know that my soul is untouched by the marks and scars of my disability!

I like what Matthew Henry wrote in his commentary, "There is a beautiful healthful soul within the deformed crazy body."

Would you see me beyond the body? I like this the best – "What shall profit a man, if he conquers the whole world and loses his soul?" I am created for eternity. See me with this perspective. I am a person.

Goodbye all names!!!!!!

Nancy Rayan, 2016

Trent's Trivia

Trent attends Shoalhaven Crossroads. He is interested in music and movies and has come up with these questions to challenge you! Answers on page 8.

1. Name the band that Brian Wilson co-founded in the 1960's.
2. What honour was awarded to Barry Gibb and Ringo Starr in 2017?
3. What is the name of The Doors album released in September 2017?
4. What was the Beach Boys first top ten single in the USA?
5. What is the name of Ringo Starr's latest album?

A note from the Editor, and Chairman's Chat!

Dear Crossroaders, and Friends of Crossroads,

I hope you had a lovely Christmas break, taking some time to relax and have fun, and also remembering that Christmas is all about God's gift to us – Jesus! Most people are back at work now, getting on with the usual things of life. This means that most Crossroads branches are having their regular meetings too. We are looking forward to another year of fun and fellowship.

This month we have news from all over. We have a great article from Dubbo, a lovely holiday story from Irene, pictures from the Shoalhaven, news from India and lots more. One of the jobs for Crossroads NSW is to write a newsletter that keeps everyone in touch with each other. Remember to send your news in so others can know what has been important for you.

When you pay your annual membership at your local branch, you could think about buying a newsletter subscription too.

As we look forward to 2018 we can say thank you to God for all He has given us. We are blessed. We may not have everything we want, but we are thankful.

David said in the Bible:

"I will thank you, LORD, with all my heart; I will tell of all the marvelous things you have done. I will be filled with joy because of you. I will sing praises to your name, O Most High" (Psalm 9:1-2, New Living Translation).

We use this newsletter to communicate with each other. God loves to hear from each of us too. He is very happy to receive our thanks and our love. He cares so deeply about everything that affects our lives. Talk to Him. Tell Him whatever is on your heart. He understands and wants to meet your needs.

"Your heavenly Father already knows all your needs, and he will give you all you need from day to day if you live for him and make the Kingdom of God your primary concern. So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today" (Matthew 6:32-34, New Living Translation).

We sing this Blessing Song at Shoalhaven Crossroads. I pray this blessing for you too.

*"May the blessing of God be upon you, and around you, wherever you go.
May the blessing of God be within you, and among you, wherever you go.
Wherever you go, whatever you do, may the blessing of God go with you."*

(This song was written by C J Macpherson, 1999)



Fun at a Crossroads Holiday!

Yours in Christ,
Shona

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In memory

John Thrupp was a member of Crossroads Shoalhaven for many years. He loved the dress up nights. Lots of people remember his Elvis suit! John is also remembered as the perfect gentleman, he will be missed by many Crossroaders in the Shoalhaven.



Peter Brown from Catalina Lakefront Retreat sent us this information about an accessible holiday venue.

Disability Life Enrichment is a NFP which owns and operates the Catalina Lakefront Retreat and Catalina Conference Centre at Lake Macquarie. This is a multipurpose centre with accommodation, catering and conference facilities. The main purpose of the centre is to provide a fully accessible venue that people with a disability of any kind can use for holidays, retreats, camps, respite or day programs. The centre is located on the water front, with extensive areas of parkland, sporting fields and paved walks/bike tracks. It is a great area for both activities and relaxation. Most of the bedrooms in the facility are accessible and all have bathrooms. We have a commercial style kitchen, so large groups can cook for themselves.

The Catalina Lakefront Retreat is also open to the community and business, This usage also helps fund our disability outreach.

Further details and photos can be found at www.catalinacc.com.au

Trent's Trivia - how did you go with these answers?

Here they are.....

1. The Beach Boys.
2. They were knighted in the Queen's New Year Honours list.
3. 'The Singles'
4. 'Surfin' U.S.A'
5. 'Give More Love'