

Polio Australia



Representing polio survivors throughout Australia



Polio Health and Wellness Retreat Body / Mind / Spirit

Presenters





(in order of presentation)

Thursday 26 October 2017

	Welcome	Dr John Tierney OAM President and National Patron Polio Australia john@polioaustralia.org.au www.polioaustralia.org.au	<p>John retired in May 2011 after six years as a Partner at Government Relations Australia Advisory and 14 years of distinguished service in the Australian Parliament, where he served as Senator for NSW. In his former role, John provided strategic advice on government matters to corporate clients across a wide range of industries at both a Federal and state level in NSW. Additionally John undertook pro bono advisory work for Lifeline Australia, Polio Australia and the Australian Association for the Education of the Gifted and Talented.</p> <p>During his time in Parliament, John was a Parliamentary Secretary to the Deputy Leader in the Senate and Parliamentary Secretary for Communications, Information Technology and the Arts.</p> <p>John also chaired a number of Senate Standing and Select Committees over a range of portfolio areas, with a particular focus on Education, Employment, Industrial Relations, Communications/ICT, Transport, Health and Welfare issues.</p> <p>Prior to entering Parliament, John was a Senior Lecturer in Education at the University of Newcastle until 1991 and Chairman of St. Philips Christian College where he is still Patron. John holds the degrees of PhD and MEd in Education and a Bachelor of Economics (Sydney University and Newcastle University).</p> <p>In the 2012 Australia Day Awards John was awarded a Medal of the Order of Australia (OAM): <i>For service to the Parliament of Australia, to education, and to the community.</i></p>
	Welcome and Cryptic Crosswords	Gillian Thomas Vice President Polio Australia Ph: 02 8003 6308 gillian@polioaustralia.org.au www.polioaustralia.org.au	<p>For almost 30 years Gillian has worked for Polio NSW Inc on a voluntary basis. She was a member of the original Working Party set up in 1988 to establish the Network, was subsequently elected as Secretary, and in 1997 became the Network's President. From 1989 until 2011 she was also the sole Editor of the Network's highly regarded quarterly newsletter <i>Network News</i> (80 issues published to 2011).</p>

			<p>In 2002 Gillian was honoured to receive an inaugural <i>David Bodian Memorial Award</i> from the International Post-Polio Task Force in recognition of her work for polio survivors, while in 2004 she was invited to serve on Post-Polio Health International's <i>Consumer Advisory Committee</i>. In January 2009 she was delighted to be awarded an <i>Australia Day Community Service Award</i> from Randwick Council for her outstanding service to polio survivors and the community. Gillian passionately believes in the need for a national voice for polio survivors and her efforts in this regard culminated in the highly successful meeting of all Australian State Polio Networks in May 2007 and the unanimous agreement to form Polio Australia. Polio Australia is now a reality and in 2008 she was elected its inaugural President.</p>
	<p>Guest Speaker</p>	<p>Paul Constable-Calcott Disability Services Worker and Artist</p>	<p>Paul Constable-Calcott's career in Indigenous disabilities services has seen him work throughout Australia and travel to the United Nations in Geneva.</p> <p>Paul contracted polio when he was 18 months old. The disease left him reliant on a cane for walking. It also changed his life for the better, inspiring him to help others.</p> <p><i>"It's led me on an incredible journey; I wouldn't be who I am today without it. I've always been a bit of a big mouth - a bit of an advocate - so I think I grew up and it became a passion to make sure things were done the right way."</i></p> <p>After graduating from high school in the 1970s, Paul got a job in disability services. Initially he worked with non-Indigenous people but for the last 10 years he has been able to provide disability services to his "own mob".</p>
	<p>Program Overview <i>and</i> Guided Deep Relaxation</p>	<p>Maryann Liethof National Program Manager Polio Australia Ph: 03 9016 7678 maryann@polioaustralia.org.au www.poliohealth.org.au</p>	<p>Maryann worked as the Coordinator of Polio Network Victoria from 2004 to 2009, which included being one of the Victorian representatives on the Management Committee for Polio Australia. She was officially appointed as Polio Australia's National Program Manager in early January 2010 on a part time basis, which increased to full time in January 2011.</p> <p>In 2008, Maryann visited 10 post-polio related services across North America on a Churchill Fellowship Study Tour grant, the purpose of which was <i>"To identify techniques to better manage the late effects of polio"</i>. In 2009, she travelled to Roosevelt Warm Springs in Georgia, USA for Post-Polio Health International's 10th International Conference: <i>Living with Polio in the 21st Century</i> and Wellness Retreat to learn the benefits of the holistic chronic condition self-management model. With this experience, she was able to put together Polio Australia's first Late Effects of Polio Self-Management Residential Program (also known as a Polio Health and Wellness Retreat) in April 2010 in Sydney, and subsequent Retreats across Australia.</p> <p>Maryann has since given presentations on Polio Australia's Retreats at the two European Post-Polio Conference in Copenhagen (2011) and Amsterdam (2014), and at Post-Polio Health International's Conference in St Louis, USA (2014). In 2016, she realised a career goal by organising the Australasia-Pacific Post-Polio Conference in Sydney.</p>

	<p>The Polio Body</p>	<p>Dr Neala Milburn Rehabilitation Physician</p> <p>Nambour Selangor Hospital Ph: 07 5459 7455 and Noosa Private Hospital Ph: 07 5455 9224 and Noosa Private Hospital www.ramsayhealth.com</p> <p>and</p> <p>Sunshine Coast University Hospital www.health.qld.gov.au/scuhospital</p>	<p>Dr Neala Milburn works in private practice on the Sunshine Coast across both Nambour Selangor (intensive inpatient rehabilitation admissions and day rehabilitation) and Noosa Private Hospitals (Day Rehabilitation). She also has a public appointment at The Sunshine Coast University Hospital, Birtinya.</p> <p>Dr Milburn obtained her medical degree as an inaugural graduate of the Griffith University School of Medicine in 2008. She completed her specialist training across numerous Hospitals in South East Queensland, but has been largely invested in practice on the Sunshine Coast for the majority of this time.</p> <p>Dr Milburn has a special interest in the rehabilitation of patients with acquired brain injuries, spinal cord injuries and those with limb amputations. She is particularly passionate about caring for those with neurological diseases (e.g. polio, stroke, Multiple Sclerosis) and rehabilitation in the younger, working-aged patient as well as the older adult. Dr Milburn also treats patients following joint replacement surgery, fractures or trauma and those who are deconditioned from long illnesses.</p>
	<p>'Hold On' Continence Advice</p> <p>and</p> <p>Consultations</p>	<p>Peter Lysaught Registered Nurse Allied Health Services Spinal Life Australia Freecall: 1300 774 625 www.spinal.com.au</p>	<p>With a degree in Nursing and post-graduate qualifications in Health Promotion, Peter has worked as a Registered Nurse for more than 20 years. In this time, Peter has worked as both an acute hospital nurse and a community nurse.</p> <p>15 years ago, Peter worked as a volunteer nurse in a developing country. This experience shaped his view of his job and he uses that experience every day.</p> <p>Peter has worked with Spinal Life Australia for the last 8 years. His role has seen him work with clients on continence, skin and wound management. This includes a recent client who had significant wounds but is now able to maintain a normal daily life with the support of Peter and informed family members.</p>
	<p>A Healthy Happy Shoulder</p> <p>and</p> <p>Consultations</p>	<p>Anthony Nakhle Practice Physiotherapist Spinal Life Australia Freecall: 1300 774 625 www.spinal.com.au</p>	<p>Anthony gained his qualifications as a physiotherapist at the University of Toronto. Since then Anthony has gained a wealth of experience in the field.</p> <p>His specialised internships were in spinal cord rehabilitation and acute (newly diagnosed) neurological ICU. He has since worked in outpatient care, and at the Bridgepoint Health Rehabilitation Hospital in Toronto, and Prince of Wales Hospital in Sydney, where he has worked in:</p> <ul style="list-style-type: none"> • spinal cord injury rehabilitation; • complex neurological rehabilitation; • nerve damage, neuropathy; • stroke rehabilitation, and more. <p>Anthony's philosophy is about achieving the best outcome for every client. A current client went from 6 months of being unable to safely stand or transfer, to standing and transferring independently after a few sessions.</p> <p>Anthony aims to provide comfort and safety, and uses his experience, skill and passion while helping every client to achieve their goals.</p>


	<p>Vehicle Modifications To Keep You Travelling</p> <p><i>and</i></p> <p>Consultations</p>	<p>Patricia Pacheco Driver Trained Occupational Therapist Allied Health Services Spinal Life Australia Freecall: 1300 774 625 www.spinal.com.au</p>	<p>Patricia has a Masters in Occupational Therapy Studies from the University of Queensland. After graduating, Patricia has been working as part of multidisciplinary teams in the community.</p> <p>She has a strong background in equipment prescription for clients with neurological conditions, such as SCI and CP.</p> <p>A recent example is her work in simplifying a complex, custom-made backrest to a simple modification of an off-the-shelf model. This allows her client to replace the backrest more easily and spend more time on his interests.</p> <p>Patricia, a native Spanish speaker, brings her cultural perspective to all client relationships. She firmly believes that every client's unique goals are achievable.</p>
	<p>Keeping Yourself Mobile</p> <p><i>and</i></p> <p>Consultations</p>	<p>Gail Pitt Physiotherapist Allied Health Services Spinal Life Australia Freecall: 1300 774 625 www.spinal.com.au</p>	<p>Gail completed her Bachelor of Physiotherapy at the University of Queensland. She has since worked in a diverse array of positions in the field.</p> <p>She has been the Physiotherapist in Charge at the Princess Alexandra Hospital in Brisbane. She has also operated a private practice at Orthopaedics North West Hospital. Gail has been at Spinal Life Australia working for the Allied Health Services area for the last 8 years.</p> <p>A mother of 4 and grandmother of twins, Gail's work is around ensuring the best long-term outcomes for her clients. One recent client, a lawyer, was pushing a manual wheel chair through the CBD, up and down steep inclines. Gail worked with the client to access Power Assist options and has significantly reduced their chance of injury.</p>
	<p>Respiratory Health Consultations</p>	<p>Kate Taylor Respiratory Physiotherapist Nambour Selangor Hospital Ph: 07 5459 7455 and Noosa Private Hospital Ph: 07 5455 9224 www.ramsayhealth.com</p>	<p>Kate is a physiotherapist and team leader at Allied Health Noosa Hospital. She studied physiotherapy at the University of Queensland and has primarily worked in rehabilitation in both North and South East Queensland for the past 13 years.</p> <p>Kate enjoys working with a wide range of clients and clinical presentations including acute and chronic neurological conditions such as stroke and traumatic brain injury, amputees, and musculoskeletal conditions, including chronic pain presentation. Kate especially enjoys educating patients and empowering them with the knowledge and ability to directly improve their quality of life.</p>
	<p>Dysphagia and Dysphonia Consultations</p>	<p>Pippa Chalke Speech Pathologist Nambour Selangor Hospital Ph: 07 5459 7455 and Noosa Private Hospital Ph: 07 5455 9224 www.ramsayhealth.com</p>	<p>Pippa works as a speech pathologist on the Sunshine Coast across both Nambour Selangor Private Hospital and Noosa Hospital. She provides individualised assessment, management and treatment across the areas of swallowing, speech, language, voice and fluency for a range of acquired and degenerative conditions. In the hospitals, she sees people who have suffered strokes, neurological disorders, brain injury and throat cancer.</p> <p>Pippa commenced her career in Western Australia, graduating with a Bachelor of Science in Speech Pathology from Curtin University in 2014. She has experience working as a multidisciplinary team member and sole practitioner in the areas of inpatient, outpatient, and community care.</p>





			Pippa is passionate about her work and aims to maximise the quality of life of her patients through managing, maintaining and rehabilitating disorders of swallowing and communication.
Spinal Life Australia Stand 	Spinal Life Australia Brisbane office 109 Logan Road Woolloongabba Qld Townsville office 488 Ross River Road Cranbrook Qld Cairns office Unit 1, 325-327 Sheridan St North Cairns Qld National: 1300 774 625 www.spinal.com.au	Spinal Life Australia is one of Queensland's leading providers of advocacy, therapy and supports for people with spinal cord injuries. This places them in a unique position to offer their specialist expertise and knowledge to also support people with other physical disabilities and injuries that affect their ability to enjoy their lifestyle of choice Through providing high quality support, Spinal Life Australia clients live independently at home, maintain their personal and social networks, and enjoy a better quality of life.	
Noosa Hospital & Nambour Selangor Hospital Stand  Part of Ramsay Health Care  Part of Ramsay Health Care	Noosa Hospital 111 Goodchap Street Noosaville Qld Ph: 07 5455 9224 Nambour Selangor Hospital 62 Netherton St Nambour Qld Ph: 07 5459 7455 www.ramsayhealth.com	Both Noosa Hospital and Nambour Selangor Private Hospital offer a range of rehabilitation and medical services on the Sunshine Coast as part of Ramsay Healthcare. Rehabilitation services include inpatient programs and day programs for neurological, reconditioning, orthopaedic and pain management clients. They provide excellence in multidisciplinary patient focused care to assist in recovery after illness or surgery. They aim to help each patient optimise their health and independence.	
Mobility Equipment Display 	John Barker Manager Scooters Australia Chermside Ph: 07 3350 5522 National: 1300 884 880 www.scootersaus.com.au	Scooters Australia was established in 1992 in Melbourne and Sydney and has since grown to have a presence in all states. They operate through both company-owned stores and licensed dealerships. They both import products themselves, and act as distributors for other manufacturers. Over the time they have been in the aged care mobility industry, they have slowly reduced the range of products to those in which they have confidence, particularly in the area of reliability.	
 To Brace or Not To Brace and Orthotics Assessments	Clint Nielsen Orthotist/Director Orthotic Solutions Qld Ph: 1300 423 338 info@orthoticsolutions.com.au www.orthoticsolutions.com.au	Clint was born in Brisbane, and was educated at St Joseph's College, Nudgee. He is the principal clinician at Orthotic Solutions Qld Pty Ltd, and holds a Bachelor Degree in Prosthetics and Orthotics from La Trobe University in Victoria. Clint is a Certified Full Member with the Australian Orthotic Prosthetic Association (AOPA) and a member of the Australian Medical Grade Footwear Association (AMGFA) as well as the International Society for Prosthetics and Orthotics (ISPO). He has a special interest in Clinical Gait Analysis and complex lower limb Orthotic management with clinical experience and expertise in the areas of Post-Polio Syndrome, Stroke (CVA), Spinal Cord Injuries, Multiple Sclerosis (MS), and Cerebral Palsy. Clint's previous clinical experience includes private and public positions, and a clinical position for the Queensland Paediatric Rehabilitation Service and the Queensland Cerebral Palsy Health Service at the Royal Children's Hospital Brisbane.	

			<p>Clint enjoys the challenges and rewards of working in private practice with his wife Bianca and is always happy to be at home in time to see his two young sons.</p>
	<p>Healthy Eating For The Not-So-Active <i>and</i> Optimising Nutrition and Anti-Inflammatory Foods</p>	<p>Jody Pollard Dietitian Total Nutrition Dietitian Mobile: 0402 225 732 www.facebook.com/TotalNutritionDietitian/</p>	<p>Jody is an Accredited Practising Dietitian and Nutritionist, and a member of the Dietitians Association of Australia (DAA). Jody has a passion for food, nutrition and a healthy lifestyle. Her professional, holistic approach has enabled the opportunity to introduce and support the welcomed changes in the lives of many clients. Jody has personal and professional experience in many areas of health and nutrition, including Medical Nutrition Therapy. Jody delivers positive health outcomes, using latest evidence-based practice with an empathetic, non-judgemental, open mind. Jody currently offers in home consultations on the Sunshine Coast and is the resident Dietitian at Resolve Fitness Caloundra, offering dietetic consultations and regular recipe demonstrations.</p> <p>In her spare time, Jody has a passion for community service, including as a current volunteer for the Pyjamas Foundation, as well as other community organisations. She also has fond memories of her time coordinating a team to plan and prepare meals for the families staying at The Ronald McDonald House.</p> <p>Jody embraces the Sunshine Coast Lifestyle, enjoying regular yoga, squash, markets, hinterland walks, beach and stand up paddle boarding.</p>
	<p>New Insights, Innovation And Information In Treating Common Foot Problems</p>	<p>Maria Zauner Podiatrist and Founder Suncoast Podiatry Ph: 07 5474 4070 suncoastpodiatry@hotmail.com www.suncoastpodiatry.com.au</p>	<p>Maria is the founder of Suncoast Podiatry and a specialist in biomechanical correction and meticulous nail and skin care. Maria is trained in Western Medical Acupuncture and foot mobilisation techniques (FMT) and is also credentialed as a Diabetic Educator.</p>
	<p>Medicines: All you've ever wanted to know but never asked</p>	<p>John Woodward Pharmacist Pharmacist For You info@pharmacistforyou.com.au www.pharmacistforyou.com.au</p>	<p>John is an advanced practice pharmacist, specialising in geriatric and general medicine pharmacy. He practises as a clinician in general medical practices and in community pharmacy on the Sunshine Coast. He is a Steering Committee member of the <i>Queensland Statewide Older Person's Health Clinical Network</i>. He is Deputy Chairperson of Sundale Ltd and a non-executive director of <i>Central Queensland Wide Bay Sunshine Coast Primary Health Network</i>.</p>
	<p>Negotiating My Aged Care</p>	<p>Rhee Duthie Client Services Manager Queensland and New South Wales Care Connect Ph; 1800 692 464 www.careconnect.org.au</p>	<p>Rhee has a Bachelor of Social Sciences and a Post Graduate (Masters) in Health Science – Mental Health Development. She also has over 25 years' experience in Human Services with a background in a wide range of services across government and the non-profit sector, including emergency response, youth, mental health, older people and families.</p> <p>After living in New Zealand and Canada, Rhee settled in Australia and has worked in a range of roles with the Red Cross, Medicare Local, headspace, City Council, and as a consultant across a range of development and social projects. She has also worked as a partnership broker – seeking ways for people to work together on community matters.</p>


			Rhee has extensive experience in working with people with challenging lives especially following traumatic events, reinforcing the need for, and the development of, supports for all those impacted by health or social issues. This has led her to see a particular need for informed navigation through complex systems such as My Aged Care and NDIS.
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Saturday 28 October 2017

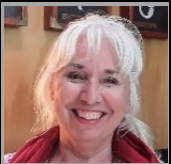


	Investigating The Healthy Mind <i>and</i> Cultivating Emotional Balance	Corey Jackson Psychologist/Trainer Equipoise Training corey@equipoise.com.au https://equipoise.com.au	<p>Corey is passionate about using ancient practice and understanding in a thoroughly modern, user-friendly context. He has a BA in Psychology and Sanskrit from Sydney University and works as a Tibet-English translator of Buddhist practice and philosophy. As a leading trainer of the peer reviewed <i>Cultivating Emotional Balance</i>, he regularly runs workshops for organisations and individuals around Australia.</p> <p>Recently, Corey has been giving emotional literacy and attention training to support the team at Hummingbird House Children's Hospice and paramedic students at the University of the Sunshine Coast. Previously, he was also a tutor in Attention and Creativity at the National Institute of Dramatic Arts (NIDA) and offered Emotional Skills training for Greenpeace Asia Pacific.</p> <p>With a diverse background, Corey is in a unique position to combine contemplative and scientific approaches for mental health and wellbeing. At home with both ancient and modern practices, he is known for clear and realistic presentations of authentic, well-researched techniques that are simple to implement.</p>
	But What About Me?	Dr Pat Dorsett and Dr Sandra Woodbridge Senior Lecturers School of Human Services and Social Work Griffith University Ph: 1800 677 728 www.remarkablegriffith.com.au	<p>Dr Pat Dorsett has been Senior Lecturer at the School of Human Services and Social Work at Griffith University since January 2006. Prior to this, Pat was a social work practitioner for almost thirty years, gaining extensive social work experience that spans a number of fields including health, disability, rehabilitation, and child welfare. Her research interests include adjustment and coping with severe acquired disability, and rehabilitation including community based rehabilitation. Pat has presented widely at national and international conferences about the care and support needs of people with spinal cord injury in the community and publishes in her research fields. In her spare time, Pat enjoys gardening, bushwalking and reading a good book.</p> <p>Dr Sandra Woodbridge has worked in the School of Human Services and Social Work at Griffith University for over 16 years and has taught at both post-graduate and undergraduate levels. Sandra feels privileged to have this opportunity and takes great delight in being part of a student's journey from first year student to experienced Human Service professionals.</p> <p>Sandra's area of practice, teaching and research focuses on older people, especially those living in the community and the organisations that support them. Her PhD explored the relationships that grandparents have with their grandchild when the grandchild has a disability.</p>

			Recent research and consultancy projects include the planning and development of housing choices such as retirement villages and Over 50's Resorts, life-long learning and use of technology. Sandra is President of a medium sized Not for Profit organisation that provides care to older people in their homes and is Past President of the Qld Division of the Australian Association of Gerontology.
	Planning Ahead: Let's Talk	Fran Kay Peer Educator Council on the Ageing Qld (COTA) Ph: 07 3316 2999 www.cotaqld.org.au	N/A
	Chair Yoga	Myra Timmerman Yoga Teacher U3A Sunshine Coast Ph: 07 5430 1123 u3ascu@usc.edu.au www.u3asunshine.org.au	<p>Training for Yoga began in 1980 when Myra moved to Montville and met this wonderful Yoga Teacher, Elsa Rabold, who taught until she was 93 years old. She said "<i>you should be a teacher</i>" and so the journey began.</p> <p>Myra received her Certificate from the IYTA (International Yoga Teachers Association) and continues to learn the benefits of this wonderful system.</p> <p>It is her passion, along with nature, Tai Chi and Meditation, to share her understanding with everyone. For the last 15 years she has been a volunteer teacher for U3A, which she finds very satisfying, and conducts 5 classes per week with some classes over 100 people.</p> <p>At 82 years old, Myra realises the benefits for everyone, no matter what condition, by understanding how the mind and the breath can bring harmony and balance into each person's life.</p>
	Feldenkrais: Learn to move mindfully, with greater ease and pleasure	Robyn Lavery Movement Teacher Robyn Lavery Feldenkrais Mob: 0429 323 931 feldenkrais@robynlavery.com.au www.robynlavery.com.au	<p>Robyn attended her first Feldenkrais lesson in the early 1990s and was totally mystified as to how it worked, but knew that she always felt better afterwards – more relaxed. And her movements felt easier. Robyn continued to explore the Method and gradually came to develop some body awareness and to feel more connected to her body. This was very exciting and led her to do her own professional training. Over the years of this training, her posture changed dramatically, as did her co-ordination, flexibility, balance and breathing.</p> <p>Robyn loves sharing her passion for Feldenkrais through group presentations as well as in her private practice through one-on-one sessions (Functional Integration) or group classes (Awareness through Movement).</p>
	Learn Canasta	Mal Stewart Canasta Group U3A Sunshine Coast Ph: 07 5430 1123 u3ascu@usc.edu.au www.u3asunshine.org.au	<p>Mal's first experience with Canasta was as an 18 year old. However, it wasn't until he retired and joined U3A Sunshine Coast that his interest was renewed.</p> <p>A group of friends now plays a twice a month with the Canasta group which meets at U3A Sunshine Coast lecture room on the University of the Sunshine Coast Campus.</p> <p>Players range from outright beginners to the more experienced and everyone is welcomed and catered for.</p>

	Write Your Story	Jenny Riley Tutor U3A Sunshine Coast Ph: 07 5430 1123 u3ascu@usc.edu.au www.u3asunshine.org.au	<p>Many years ago Jenny worked as a nurse/midwife, and her training started in an Orthopaedic Hospital. At that time polio, or as they had to call it APM (Anterior Poliomyelitis), was one of the main causes for being a patient there. It taught the trainees all about care but also the admiration and satisfaction of seeing how their patients progressed.</p> <p>Later, being interested in writing, Jenny took several courses in learning how to write stories and found it really worthwhile. In 2000 she joined U3A Sunshine Coast and started teaching how to write. She wrote two courses which are still used by U3A Online and for the first five years she mentored them. These courses have also been used locally and are successful.</p> <p>Things have changed enormously over the years and most people agree that we know little of our parent's generation. This made her think about writing a life story and so she started writing hers. Then the classes happened and she was convinced. We all have a story to tell. It need not be published but your family would thank you for writing about your life.</p>
	Miniature Gardens	Rachael Edwards teaandcakerach@gmail.com www.brightbrainshappyhearts.com	<p>In her spare time Rachael loves creating and making, days on the beach, camping and adventuring, travel, growing goodies in her garden and spending time with friends and family. Her qualifications include:</p> <ul style="list-style-type: none"> • Registered teacher with the Queensland College of Teachers • Bachelor of Primary Education majoring in Visual Art from The University of Technology, Sydney • Local teacher for 10 years teaching from grade 1-6 • Teacher in New South Wales for 4 years • Currently studying a Diploma in Art Therapy
 	Kitchen Table Economics & Investing	Damian Lillicrap Bare Naked Economist <i>(Head of Investment Strategy, QSuper)</i> www.barenakedeconomist.com and Graeme Mackenzie Retired CPA	<p>Damian is Head of Investment Strategy at QSuper, one of the largest Superannuation (Pension) funds in Australia. The team he leads is responsible for setting the investment strategy for over \$60 billion worth of investments.</p> <p>Why Bare Naked Economist? Because he is not formally an economist, he is nude one economics degree. Damian started life as a Chemical Engineer; he also studied accounting and qualified as a Certified Practising Accountant (CPA). However, if you can learn by osmosis, then a lump of wood should have absorbed a PhD's worth of learning given the weight of economic discussions that he has been involved in via managing money over the years. But still, no degree. Nude.</p> <p>Damian's aim is to strip back the jargon from economics and to present the concepts in simple everyday language. He doesn't want to simplify the concepts, just the communication.</p> <p>Graeme has a Bachelor of Commerce and is now retired from a 40 year career as a CPA. He also completed exams for the Financial Planning qualification.</p> <p>Prior to his retirement, Graeme served on BHP's Superannuation Policy Committee for 4 years until 2010, and was a Director of Queensland Nickel's Superannuation Board for 4 years prior to that. He was also Senior Auditor for BHP for 4 years to 2010.</p>

	Live Love Life Colourfully	Sarah Hutson Creative Owner SFH Designs sales@sfhdesigns.com.au www.sfhdesigns.com.au and Sue Mackenzie Board Member Polio Australia	<p>Sarah: SFH Designs was launched in July 2013 by Brisbane based Fashion Stylist Sarah Hutson, whose love for colour inspired her very own brand. SFH Designs allows Sarah to keep learning, creating and being inspired by her colourful lifestyle, and love for fashion styling, quality skincare and makeup artistry.</p> <p>Sue has Diplomas in Teaching and Interior Design (Melbourne), and her experience includes extensive training and sales in the Skincare and Cosmetics industry. She also owned two retail stores selling Fashion and Homewares.</p> <p>In addition, Sue managed Qld SatelliteTV (Channel Ten) and set up Pay TV Operation Mt Isa.</p>
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Sunday 29 October 2017

	The Healthy Spirit and Philosophy, Science and World Religions	Joanna Teazis Coordinator Sunshine Coast Lodge The Theosophical Society www.sunshinecoast.theosophyqld.org.au	<p>Joanna came from Melbourne in 1994, having fought the government on school closures. Suffering from this experience, she investigated a range of spirituality: from life after death, to near death experience, hypnosis, the power of positive thinking, God or a higher power – these are all forms of spirituality she has studied.</p> <p>Joanna's interest in Theosophy commenced in around 1997 and she has experienced different roles on the Society's committee from president to organising charity functions. Service is something she like to focus on as she feels there is no growth without service. The freedom of thought and the 3 objects of the Theosophical Society say it all for her.</p>
	Introduction to Buddhism	Venerable Tony Beaumont Chenrezig Institute www.chenrezig.com.au	<p>Tony Beaumont was born in Melbourne in 1951 and made contact with Buddhism in India and Nepal while travelling in Asia with his girlfriend in 1975-1977. Upon returning to Australia, he trained and worked as a psychiatric nurse.</p> <p>During most of the 1980's, Tony lived at Chenrezig Institute in the Sunshine Coast hinterland. In 1991, Tony ordained as a Buddhist monk and since then has lived mainly in Buddhist monasteries and centres during which time he has been a teacher of Buddhism in Buddhist centres and in the community where he has also been involved in prison chaplaincy. Since 2014, Tony has been based back at Chenrezig Institute.</p>
	Finding God in Christianity	Jill Pickering Volunteer Polio Australia jill@polioaustralia.org.au	<p>Jill contracted polio in 1955 and qualified in Occupational Therapy in England in 1968. After immigrating to Australia in 1970 Jill used her Occupational Therapy skills in several jobs, before retiring in 2000 due to limitations from the Late Effects of Polio.</p> <p>Jill enjoys a satisfying lifestyle mixing voluntary work with other interests. She has spent 16 years volunteering with polio support organisations, and is also in her 10th year as a volunteer with the Australian Brumby Alliance, a charity that strives to improve the welfare of wild horses.</p> <p>Jill began her Christian journey as a teenager and finds the more she learns of God and the many ways to reflect his message, the more there is to learn. She finds it is during the rough patches in her Christian journey that the most progress is made.</p>

