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# POLIO AUSTRALIA INCORPORATED

Representing polio survivors throughout Australia

Gillian Thomas, President Suite 119C, 89 High Street, KEW VIC 3101  
 Email: [office@polioaustralia.org.au](mailto:office@polioaustralia.org.au) PO Box 500 Kew East Vic 3102  
[www.polioaustralia.org.au](http://www.polioaustralia.org.au) Phone: (03) 9016 7678 / 0466 718 222

## Polio Health and Wellness Retreat Body / Mind / Spirit

### Presenters

(in order of presentation)

Thursday 26 April

	<p><b>Welcome</b>  <i>and</i>  <b>Polio: The Early Experience</b>  <i>and</i>  <b>Cryptic Crosswords</b></p>	<p><b>Gillian Thomas</b>        President        Polio Australia        Ph: 02 9663 2402  <a href="mailto:gillian@polioaustralia.org.au">gillian@polioaustralia.org.au</a></p>	<p>For over 20 years I have worked for the Post-Polio Network (NSW) Inc on a voluntary basis. I 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. Since May 1989 I have also been the Editor of the Network's highly regarded quarterly newsletter <i>Network News</i>. In 2002 I was honoured to receive an inaugural <i>David Bodian Memorial Award</i> from the International Post-Polio Task Force in recognition of my work for polio survivors, while in 2004 I was invited to serve on Post-Polio Health International's <i>Consumer Advisory Committee</i>. In January 2009 I was delighted to be awarded an <i>Australia Day Community Service Award</i> from Randwick Council for my outstanding service to polio survivors and the community. I passionately believe in the need for a national voice for polio survivors and my efforts 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 I was elected its inaugural President.</p>
	<p><b>Welcome</b></p>	<p><b>Dr John Tierney OAM</b>        National Patron        Polio Australia        Former National Patron of        Lifeline Australia        Former Federal Senator for        NSW</p>	<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.        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>
	<p><b>Guest Speaker</b></p> <p><b>Services for Queensland Polio Survivors</b></p>	<p><b>John Mayo</b> Executive Manager - Community Relations Spinal Injuries Association</p>	<p>In 1994, John joined the Spinal Injuries Association (formerly the Paraplegic and Quadriplegic Association of Queensland). He contributed to a national precedent anti-discrimination test case involving the Brisbane Convention and Exhibition Center that did not provide access for people unable to use steps.</p> <p>His continuing role is to advocate for services for people with spinal disabilities and their families by seeking to work cooperatively with government, business and the community – and to provide information about the disability experience.</p> <p>With a background in communication, marketing and education, John is involved in project consultancy and training about equity and access issues to government, business and the community – and is a media spokesperson. Before entering the Disability Sector, he worked for Australian media and is the recipient of 3 international newspaper marketing awards.</p> <p>Currently, John conducts audits, research, writes papers and is an advisor on equitable access to buildings, infrastructure, precincts, goods, services and information aimed at maximising the social and economic performance of venues and regions. He provides advice in discrimination jurisdictions, an example being the national precedent case, <i>C and A</i>, in the Anti Discrimination Tribunal, Queensland.</p> <p>In 2004 John was nominated 'Australian of the Year'. He is also a Queensland government nominee and recipient of the UN International Year of the Built Environment Award 2004, presented by the Premier, 5 December.</p>

	<p><b>Program Overview and Announcements</b></p> <p><i>and</i></p> <p><b>Guided Deep Relaxation</b></p> <p><i>and</i></p> <p><b>Choir</b></p>	<p><b>Mary-ann Liethof</b>  National Program Manager  Polio Australia  Ph: 03 9016 7678  <a href="mailto:mary-ann@polioaustralia.org.au">mary-ann@polioaustralia.org.au</a></p>	<p>I worked as the Coordinator of Polio Network Victoria from 2004 to 2009, which included being one of the Victorian representatives on Management Committee for Polio Australia. I 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 thanks to a three year grant from The Balnaves Foundation.</p> <p>In 2008, I 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>.</p> <p>In 2009, I travelled to Roosevelt Warm Springs in Georgia, USA for Post-Polio Health International's 10th International Conference: <i>Living with Polio in the 21<sup>st</sup> Century</i> and Wellness Retreat to learn the benefits of the holistic chronic condition self-management model. With this experience, I 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 the second in Victoria in 2011. In September 2011, I gave a presentation on these Retreats at the European Post Polio Conference in Copenhagen, where there was considerable interest expressed in this Program.</p>
<p><b>Presentation</b></p> <p><i>"My Antarctica"</i></p>   	<p><b>Syd Kirkby</b>  Surveyor (Ret)</p>	<p>As a five year old in 1938 Syd was afflicted with fairly severe polio but was blessed to have a father who knew of Sister Kenny's work with polio victims and had sufficient commitment, and the necessary courage to defy the then dominant treatment regime. Over several years of dedicated, often lonely, striving he was to free Syd of his constraining calipers and rebuild him to fitness for an unusually physically robust life and mentally fit him for his hugely "Fortunate Life". He says, proudly, and with profound gratitude, that he was made by his father.</p> <p>In 1954, while still a student he was selected as astronomer/navigator with the joint Commonwealth/WA State Government Great Sandy Desert Expedition and used this background as a credential for selection as surveyor with the 1956 Australian National Antarctic Research Expedition (ANARE) of 1956 which wintered at MacRobertson Land, Antarctica. At this time approximately 85% of this huge continent, almost twice the size of Australia, was unexplored and, indeed, mostly unseen, by any living creature. By ship voyages, many months long dog sledging journeys, aircraft flights and over-snow vehicle journeys he continued personal involvement with the exploration and mapping of Antarctica until the mid 1960s. Between Antarctic sojourns he worked on Australian topographic mapping in various capacities and in 1976 assumed responsibility for the National Topographic Mapping Programme. He retired from that position when the last map of the national programme was compiled in 1984.</p> <p>Syd was awarded the Polar Medal in 1957 and was made a Member of the Order of the British Empire in 1965. He was awarded the Gold Medal of the Australian Geographical Society in 1997. In its canon of the 20<sup>th</sup> century <i>The Australian</i> newspaper named him as one of the 10 Australian Adventurers of the Century, in such company as Douglas Mawson and Charles Kingsford-Smith and Frank Hurley. He was awarded the Founder's Medal of the Royal Geographical Society of Queensland in 2002.</p>	

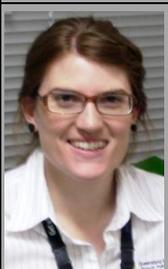
	<p><b>The Polio Body</b> and <b>Respiratory Issues</b> and <b>Self-Management Discussion</b></p>	<p><b>Dr Peter Nolan</b> General Physician Toowoomba Hospital Ph: 07 4616 6703</p>	<p>Dr Peter Nolan is a General Physician at Toowoomba Hospital, Queensland, as well as a Clinical Associate Professor of Medicine at the Rural Clinical School, University of Queensland. He has been working with polio survivors for a number of years and has a particular interest in respiratory problems in the post polio community.</p>
	<p><b>'Hold On' Continence Advice</b> and <b>Consultations</b></p>	<p><b>Erica Mohr</b> Physiotherapist Continence Advisory Service Nambour Community Health Sunshine Coast Health Service District Ph: 07 5450 4750 <a href="mailto:Erica_Mohr@health.qld.gov.au">Erica_Mohr@health.qld.gov.au</a></p>	<p>Erica Mohr graduated as a Physiotherapist from the University of Queensland in 1985. Erica has worked as physiotherapist for Queensland Health for 25 years in a variety of capacities. She worked for 18 years at a rural hospital in Queensland, initially as the sole Allied Health Professional, providing inpatient, outpatient and community health physiotherapy services. Erica then worked for a year in private practice in Brisbane and returned to Queensland Health as the physiotherapist for the newly formed Continence Advisory Service (CAS) based at Nambour Community Health in 2003. She is passionate about her role at CAS, assisting clients of this service to manage their continence issues, her other passion is Men's Health. She is also presently involved with a team of health professionals researching prostatectomy post operative clinical outcomes and has been successful in receiving funding for part of this research.</p>
  	<p><b>Adapting Your Environment to Maximise Your Potential</b></p>	<p><b>Belinda Kropp</b> Occupational Therapist and Manager – Allied Health Team and <b>Gail Pitt</b> Physiotherapist Spinal Injuries Association Ph: 07 3391 2044 or Freecall: 1800 810 513 <a href="mailto:bkropp@spinal.com.au">bkropp@spinal.com.au</a> <a href="http://www.spinal.com.au">www.spinal.com.au</a></p>	<p>Belinda is presently employed as the manager of the Spinal Advisory Service, the Allied Health Team of the Spinal Injuries Association. She has been a practising Occupational Therapist for 15 years, with a post grad diploma in human services management. She has been employed at the association for over 7 years now and prior to this job was employed with Lifetec for 5 years. Her current job at the Spinal Injuries Association introduced her to working with people with post polio. Belinda has learnt a lot from her clients throughout her time as a therapist. She has extensive experience in complex seating prescription and funding equipment solutions for clients. Belinda is passionate about clients accessing services that ultimately enriches their lifestyle.</p> <p>Gail has had 11 years experience as a Physiotherapist; 7years as Senior Physiotherapist in the Spinal Injuries Unit, Princess Alexandra Hospital, 2 years at the Spinal Injuries Association prescribing equipment and working with clients with post polio. She is very interested in how the late effects of polio effect a person's capacity to function and has explored exercise regimes for clients who require assistance.</p>
	<p><b>To Brace or Not To Brace</b> and <b>Orthotics Assessments</b></p>	<p><b>Clint Nielsen</b> Orthotist/Director Orthotic Solutions Qld Ph: 07 3356 4676 <a href="mailto:info@orthoticsolutions.com.au">info@orthoticsolutions.com.au</a></p>	<p>Clint was born in Brisbane, and was educated at St Joseph's College, Nudgee. He is the principle clinician at Orthotic Solutions Qld Pty Ltd, and holds a Bachelor Degree in Prosthetics and Orthotics from La Trobe University in Victoria.</p>

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			<p>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).</p> <p>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> <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><b>Foot Care for Polio Feet</b></p>	<p><b>Ben Kennedy</b> Podiatrist Ph: 07 5437 8805 <a href="mailto:info@innovationpodiatry.com.au">info@innovationpodiatry.com.au</a> <a href="http://www.innovationpodiatry.com.au">www.innovationpodiatry.com.au</a></p>	<p>Ben Kennedy graduated from Charles Sturt University with a Bachelor of Health Science (podiatry) in 2006. Ben worked throughout the sunshine coast for 2 years in private practice before taking a position in a regional hospital in northern Victoria where he established a podiatry service specialising in diabetic foot conditions and the high risk foot.</p> <p>Ben is experienced in and enjoys all aspects of podiatry however particular interest areas are;</p> <ul style="list-style-type: none"> <li>• The diabetic/high risk foot</li> <li>• Sports podiatry</li> <li>• Children's conditions</li> </ul> <p>In his spare time you will normally find Ben at the beach with a fishing rod in his hand.</p>
	<p><b>Orthotics Assessments</b></p>	<p><b>Bianca Nielsen</b> Orthotist Orthotic Solutions Qld Ph: 07 3356 4676 <a href="mailto:info@orthoticsolutions.com.au">info@orthoticsolutions.com.au</a></p>	<p>Bianca was born in Melbourne and was educated at Ivanhoe Grammar School in Victoria. She continued her education at La Trobe University in Melbourne where she obtained a Bachelor Degree in Prosthetics and Orthotics. Bianca is a Certified member with the Australian Orthotic Prosthetic Association (AOPA), and actively participates in continued professional development.</p> <p>Bianca moved to Queensland in 2004, where she gained clinical experience in a broad range of paediatric, orthopaedic and neuromuscular conditions. She then joined her husband Clint in private practice, establishing Orthotic Solutions Qld Pty Ltd. Bianca has particular interest and expertise in the area of adult lower limb biomechanics applied to post polio Syndrome and spinal injuries, as well as working with children with Cerebral Palsy, Plagiocephaly, Developmental Delay, and Scoliosis.</p> <p>Bianca juggles her career as an Orthotist with a busy family life, raising two young boys.</p>
	<p><b>Therapeutic Massage</b></p>	<p><b>Richard (Ric) Scott</b> Massage Practitioner/Owner Two Hands Massage Therapies Mobile: 0407 643 434 <a href="mailto:twohandsmassages@gmail.com">twohandsmassages@gmail.com</a> <a href="http://www.twohandsmassages.com">www.twohandsmassages.com</a></p>	<p>Ric established Two Hands Massage Therapies in 1992 with a view to specialising in assisting people to reach their greatest mobility potential. Ric's massage experience extends over 10 years across all modalities including Remedial, Deep Tissue, Swedish, Pregnancy and Hahana Hot Stone Massage.</p> <p>Ric incorporates Acupressure and Trigger Point work into his massages for specifically targeted pain relief. Ric has honed his understanding of human physiology via his personal involvement in sport as a coach and athlete, giving Ric thorough knowledge from both sides of the 'health and fitness fence'.</p>

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			Since completing his Certificate IV in Remedial massage, Ric has completed somewhere in the vicinity of 10,000 massages helping elite athletes to kids with cerebral palsy and everyone in between.
	<b>Therapeutic Massage</b>	<b>Veronica Johnston</b> Remedial Massage Therapist Mobile: 0417 440 904 <a href="mailto:vjandmatt@bigpond.com">vjandmatt@bigpond.com</a>	Veronica Johnston is a Remedial Massage Therapist with over 15 years experience in remedial, sports and pregnancy massage. One year ago she moved with her husband and 3 children from the Hawkesbury region of NSW to the beautiful Sunshine Coast, where she is now working in her own clinic at Coolum Beach. Veronica's experience has been enhanced by working in a variety of settings including chiropractic and physiotherapy clinics, and also in a nursing home. This has enabled her to hone her knowledge and skills to help with a variety of conditions, pain relief, and relaxation, from the very young to the elderly.
	<b>Scooter and Aids and Equipment Display</b>	<b>Fiona Morris</b> Manager Scooters Wholesale Ph: 07 5451 0551 <a href="mailto:scooterswholesale@gmail.com">scooterswholesale@gmail.com</a> <a href="http://www.scooterswholesale.com.au">www.scooterswholesale.com.au</a>	With offices on the Sunshine Coast, NSW Coast, Cairns and Melbourne, we are able to service and freight to any part of Australia. Discounted mobility aids, scooters, powerchairs, wheelchairs, golf scooters and lift/recline armchairs are our specialty. But we have also spent many years researching the very best brands according to reliability and cost effectiveness
	<b>HEARINGLife Audiology Information Stand</b> <i>and</i> <b>Hearing Test Appointments</b>	<b>Caroline Telfar</b> Audiologist HEARINGLife Ph: 07 5443 9744 <a href="mailto:caroline.telfar@hearinglife.com.au">caroline.telfar@hearinglife.com.au</a> <a href="http://www.hearinglife.com.au">www.hearinglife.com.au</a>	Caroline has extensive qualifications, including a Master of Audiology and Master of Human Services (Rehabilitation Counselling). She also brings a depth of medical experience having worked in critical and intensive care in Melbourne and England, as well as overseas voluntary nursing as part of a medical team carrying out heart surgery in China and Fiji. As an Audiologist she combines her experience in nursing and counselling to enhance her clinical role. Caroline works for HEARINGLife one of Australia's foremost hearing care providers with well over 60 years service to the community. <i>"Hearing is so important for everyday communication and I want to help people stay connected – I want to assist clients to find good solutions for their hearing problems so that they are comfortable with their choices."</i>
	<b>Managing Pain</b>	<b>Wendy Caldwell</b> President Australian Pain Management Association Inc (APMA) Ph: 07 3391 6629 <a href="mailto:secretary.apma@bigpond.com">secretary.apma@bigpond.com</a> <a href="http://www.painmanagement.org.au">www.painmanagement.org.au</a> <a href="https://www.facebook.com/apma4u">www.facebook.com/apma4u</a>	Wendy Caldwell's qualifications include a BA Dip Ed, Dip School Counselling, and Cert Inter-Professional Leadership Wendy has overseen the implementation of the Pain Link helpline including the protocols used by APMA volunteer peer counsellors. Wendy also undertakes extensive community education for Seniors living with pain, is the consumer representative on Metro South Persistent Pain Strategy (Qld) and Queensland Self-Management Alliance, expert advisory committee member, and provides input to courses for people living with persistent pain and workshops for Health Consumers Queensland and the Consumer Health Forum of Australia. Before retirement, Wendy had 30 years' experience in school counselling and teaching, in the role of Senior Guidance Officer.

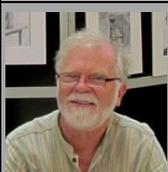
	<b>Hydrotherapy</b>	<b>Shane Tompson</b> Allied Health Team Leader and Physiotherapist Spiritus Ph: 07 5459 5333 <a href="mailto:stompson@spiritus.org.au">stompson@spiritus.org.au</a> <a href="http://www.spiritus.org.au">www.spiritus.org.au</a>	<p>My qualifications include a Bachelor of Science, Bachelor of exercise Science and Masters of Physiotherapy. I am also a member of the Australian Physiotherapy Association (APA). I have received several Academic and Clinical excellence awards whilst at University including, but not limited to, the Vasyli academic and clinical excellence bursary and the Golden Key international Honour Society.</p> <p>Since Graduation in 2005 I have worked in the public and private sector (including my own Physiotherapy Practice) as a Physiotherapist, throughout which I have always run Hydrotherapy sessions. As the Allied Health Team Leader for Spiritus, I look after 5 Physios, 3 OT's, a Social Worker, Speech Pathologist, Dietician, Chaplain, and 2 Allied Health Assistants.</p> <p>Spiritus on the Sunshine Coast services approximately 1000 clients. I am a strong believer in the benefits of exercise in water, which are numerous. I have also had previous experience treating clients with post polio syndrome.</p>
	<b>Strength Training for the Polio Body</b>	<b>Kylie Squelch</b> Exercise Physiologist Eden Rehabilitation Centre <a href="mailto:Kylie.Squelch@sundale.org.au">Kylie.Squelch@sundale.org.au</a>	<p>Kylie graduated from the University of Queensland as an Exercise Physiologist who specialise in clinical exercise interventions for persons at high-risk of developing, or have existing chronic and complex medical conditions and injuries. These interventions are provided by exercise delivery including health and physical activity education, advice and support; and lifestyle modification with a strong focus on achieving behavioural change. The aims of EP interventions are to prevent or manage chronic disease or injury, and assist in restoring one's optimal physical function, health or wellness.</p> <p>Kylie is currently employed by Eden Rehabilitation Centre working in Outpatient care. The individualised programs she prescribes accommodate patients with varying conditions ranging from aged care, orthopaedics, neurological, stroke rehabilitation, pain management, musculoskeletal and reconditioning. The exercise programs she prescribes focus on improving balance and mobility, strength, aerobic fitness, joint range of movement, gait and to address functional abilities and activities of daily living.</p>
	<b>Hard To Swallow</b>	<b>Ruth Townson</b> Speech Pathologist Adult Health Community and Extended Care Sunshine Coast Health Service District Ph: 07 5450 4750	<p>I completed my Bachelor of Speech Pathology at the University of Queensland and graduated in 2002. My first working post was a part-time locum at Eventide Nursing Home, East Brisbane and this opened other opportunities to also locum at the Jacana Acquired Brain Injury and Mental Health Unit, The Royal Brisbane &amp; Women's Hospital and Redcliffe Hospital. I continued to acquire skills in providing a variety of Speech Pathology services to adult inpatients and the occasional outpatient.</p> <p>In 2005, I secured a permanent full time position with the Sunshine Coast Health Service District where my rotational position began in inpatient Rehabilitation. I began to utilise skills in the area I had always loved - aphasia therapy with patients who had suffered a stroke.</p> <p>Eight years down the track and I am now enjoying a more permanent and eclectic mix of clients in Community Health where I have come across post-polio for the very first time!</p>

	<p><b>Partnering Polio</b> <i>and</i> <b>Singing for Health</b></p>	<p><b>Ron Exiner</b> Partner of Liz Telford</p>	<p>Ron Exiner has been married to Liz Telford for 29 years. He has been educated about polio through Liz's journey and her participation in polio advocacy through being the inaugural President of Post Polio Victoria (PPV) and prior to that, a member of the former Polio Advisory Committee. Ron is an Associate Member of PPV and has a particular interest in issues around being involved with a polio survivor – whether as partner, family member or friend. Ron works for a Victorian local government peak body, advising councils about good governance and also enjoys strumming his guitar - as those who attend the singing session will see!</p>
	<p><b>Recipe for Success</b></p>	<p><b>Kate Stoker</b> Dietitian and Owner / Manager Simply Nutrition Dietitians Mobile: 0439 757 642 <a href="http://www.simplynutritiondietitians.com.au">www.simplynutritiondietitians.com.au</a></p>	<p>Kate Stoker is an Accredited Practising Dietitian and Accredited Nutritionist. She is the owner and manager of Simply Nutrition Dietitians, which is a private practice based on the Sunshine Coast and services patients and business from Gympie to North Brisbane. Kate and the Simply Nutrition team believe in providing outstanding personal care and easy to understand dietetic services for a wide range of conditions. Their main focus is to assist the population in leading a healthier lifestyle and to improve their quality of life.</p>
	<p><b>Managing Chronic Disease: Clinical and Complimentary Therapies</b> <i>and</i> <b>Consultations</b></p>	<p><b>Dr Rosemary Howard</b> General Practitioner Noosa Clinic Ph: 07 5449 7600 <a href="mailto:info@noosaclinic.com.au">info@noosaclinic.com.au</a></p>	<p>Dr Rosemary Howard (MBBS, FRACGP) graduated in 1977 from the University of NSW and after doing her internship, worked in West Africa for six months. She has 30 years' experience as a General Practitioner, the last 29 having been spent in Mackay, central Queensland. She has an interest in all aspects of General Practice but also Complimentary Medicine, including acupuncture and meditation. She works four days a week at Noosa Clinic.</p>
	<p><b>"The Epidemic" Movie</b>  <i>50 minutes</i></p>	<p><b>Niels Frandsen</b> <a href="http://www.nielsfrandsen.dk">www.nielsfrandsen.dk</a></p>	<p><i>"I don't remember anything - but I'll never forget..."</i> Danish film director Niels Frandsen transforms his memories and the story of his family into a deeply moving and beautiful film. Niels Frandsen was stricken by polio when he was 1 year old during the great epidemic in Copenhagen, Denmark in 1952.</p>

## Saturday 28 April

	<p><b>The Healthy Mind</b> <i>and</i> <b>Finding the Meaning of Spirit</b></p>	<p><b>Liz Telford</b> Social Worker/ Counsellor/ Family Therapist Private Practice and President Post Polio Victoria <a href="mailto:postpoliovictoria@gmail.com">postpoliovictoria@gmail.com</a> <a href="http://www.postpoliovictoria.com">www.postpoliovictoria.com</a></p>	<p>I work as a Social Worker, Counsellor and Family therapist. I see individuals, couples and families at my practice in Fairfield, Melbourne. People attend with all kinds of emotional concerns including depression, anxiety, stress and relationship issues. I have degrees in Behavioural Science, Social Work and a Masters in Family Therapy. I have Mental Health Accreditation with the Association of Social Workers and I am a clinical member of the Psychotherapy and Counselling Federation of Australia, the Australian Association of Social Work and the Australian Association of Family Therapists. Over my career of 30 years, I have also worked in Student Counselling, Community Health, and run disability programs. I now balance this work with my involvement with Post Polio Victoria, where I am currently President. I had polio at 6 months of age.</p>
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	<b>Seated Yoga</b>	<b>Ralph Freestun</b> Yoga Teacher Maleny Ph: 07 5435 2842 <a href="mailto:ralphfreestun@gmail.com">ralphfreestun@gmail.com</a>	<p>I started yoga 16 years ago and obtained a teaching diploma in 2000 with the International Yoga Teachers Association. I have practiced continuously since starting, and have learnt most of the popular styles being offered by leading teachers in Australia.</p> <p>Yoga can help people to gain and maintain strength and flexibility, and reduce pain and suffering with advancing years. More importantly, yoga can provide an opportunity to grow in wisdom and achieve a more peaceful life. Yoga is a form of holistic self-care.</p> <p>After recently retiring from a career as a Civil Engineer, I am now specialising in teaching older people. Postures are modified to suit people with disabilities. 'Chair' classes are available for people who have difficulty moving from the floor to standing.</p>
	<b>Feldenkrais: Learning to Move More Easily</b>	<b>Robyn Lavery</b> Feldenkrais Tutor U3A Sunshine Coast Ph: 07 5479 2446 <a href="mailto:robynlavery@gmail.com">robynlavery@gmail.com</a> <a href="http://www.u3asunshine.org.au">www.u3asunshine.org.au</a>	<p>I have been using and exploring the Feldenkrais Method for nearly twenty years, and I have found it to be very helpful for addressing postural and balance problems I have had over my life. My passion for Feldenkrais has led me to train as a practitioner, and I am currently registered to teach classes (we call them Awareness through Movement – ATM). When I finish my further studies I will be conducting one-on-one private sessions called Functional Integration here on the beautiful Sunshine Coast.</p> <p>I look forward to introducing you to the Feldenkrais Method and helping you discover better balance, co-ordination and flexibility.</p>
	<b>Mindfulness</b>	<b>Vicki Fleming</b> Social Worker Community and Extended Care Services Sunshine Coast Health Service District Ph: 07 5449 5944	<p>Vicki lives and works on the Sunshine Coast. Vicki has been a social worker for 27 years and has lots of experience as a counsellor, facilitator of groups and trainer. Special areas of interest include grief and loss, sudden and traumatic loss, anxiety and depression and mindfulness. Vicki also teaches and practices Tai Chi.</p>
	<b>Therapeutic Massage and Creating a Happy Head Space</b>	<b>Kristy Rackham</b> Massage Practitioner and Meditation Therapist / Lifestyle Trainer / Author Ph: 0487 769 629 <a href="mailto:visualisethisenterprises@gmail.com">visualisethisenterprises@gmail.com</a> <a href="http://www.visualisethisenterprises.com">www.visualisethisenterprises.com</a>	<p>Kristy Rackham is the author of "<i>Head Space-Meditate Your Way to Study Success</i>", a book that teaches utilisation of mindfulness techniques and creative visualisation to help students of all ages manage their stress, increase productivity, enhance memory and clarity of mind, and improve general wellbeing and life balance whilst their noses are in the books.</p> <p>Her experience in meditation and holistic therapies spans over 17 years, and certificate qualifications in therapeutic massage and other natural healing modalities, is now complemented by a medical understanding via Kristy's current nursing studies. Her Bachelor of Nursing majors in mental health, with a focus on health prevention and '<a href="#">lifestyle sustainability</a>'. Kristy's combined training and personal experiences have taught her that anything is possible if you can visualise it, a philosophy she lives her life by! She encourages, directs and nurtures her clients in a positive way via a model she has developed called "<i>The 6 Circles Life: Achieving Lifestyle Sustainability</i>", revealing methods that everyone can utilise to morph their lives from quiet potentials into bold manifestations. Kristy speaks on this topic with passion and enthusiasm and her audiences walk away inspired and determined to make affirmative changes in their lives.</p>

	<b>Aids and Equipment Display</b>	<b>Louise Sanders</b> Queensland Sales Manager Para Mobility Ph: 07 5549 3106 Mobile: 0413 221 019 <a href="mailto:qld@paramobility.com.au">qld@paramobility.com.au</a> <a href="http://www.paramobility.com.au">www.paramobility.com.au</a>	Para Mobility is an innovative Australian company with a unique understanding of the specific lifting requirements for people with a disability. We specialise in the design, manufacture and distribution of specialised disability equipment. Since the early 80's we have been continually refining our equipment with designs that best suit our growing client needs.
	<b>Learn to Play Mahjong</b>	<b>Tina Scullion, Dianne Andrews, Lorraine Whitehead and Barbara Whip</b> Mahjong Enthusiasts U3A Sunshine Coast Ph: 07 5430 1123 <a href="mailto:u3ascu@usc.edu.au">u3ascu@usc.edu.au</a> <a href="http://www.u3asunshine.org.au">www.u3asunshine.org.au</a>	These Mahjong enthusiasts meet every Wednesday afternoon, along with other U3A members and enjoy a great afternoon playing Mahjong. With the exception of Tina, who moved to the coast 11 years ago, all of the other ladies have enjoyed the wonderful coast life for over 25 years. Coming from varied professional backgrounds, they all enjoy a common interest in the game. It is a really good social event, which is equally as challenging. Dianne comes from a teaching background, Tina from banking, Lorraine from nursing, and Barbara modestly admits to home duties, all the while assisting her husband in his business ventures.
	<b>Improving Your Photography</b>	<b>Barry Beckham</b> Photographic Tutor Beckham Digital <a href="http://www.beckhamdigital.com.au">www.beckhamdigital.com.au</a> <a href="http://www.beckhamdigital.co.uk">www.beckhamdigital.co.uk</a>	Barry Beckham has been involved in photography for over 35 years and during the digital revolution he quickly swapped his darkroom for a computer. Barry says that the important thing in photography is to create eye catching images with visual impact. Barry has written and recorded hundreds of tutorials and articles for many of the Digital Photo magazines in the UK. Barry produces video tutorials on disk for those wishing to learn the complexities of image editing via software such as Photoshop and Photoshop Elements. His tutorials have earned him quite a reputation for his easy style and a gift for getting the message across in a simple way. Barry says that anyone who wishes to be an accomplished photographer must have image editing skills, there is no sidestepping this fact. Like all of our life skills, our Photography can be improved with a little knowledge and practice. It's also an art and that provides us with the interest and stimulation we look for in a hobby or pastime.
	<b>My Life Story</b>	<b>Jenny Riley</b> Writing Tutor U3A Sunshine Coast Ph: 07 5430 1123 <a href="mailto:u3ascu@usc.edu.au">u3ascu@usc.edu.au</a> <a href="http://www.u3asunshine.org.au">www.u3asunshine.org.au</a>	Writing has always been a part of my life and, on a volunteer basis for U3A Sunshine Coast and U3A Online; I have been helping people to write their life story over the last ten years. The results have been well worthwhile. Before I came to Australia forty-nine years ago my original profession was nursing and I trained in UK doing orthopaedic nursing as well as general nursing and midwifery. When I was involved with orthopaedics both polio and TB were the predominant reasons for our patients being in hospital. Understanding something about polio will, I feel sure, allow me to help and encourage at least some of you to write your experiences.
	<b>Drawing Skills</b>	<b>Paul Horne</b> Art Tutor U3A Sunshine Coast Ph: 07 5430 1123 <a href="mailto:u3ascu@usc.edu.au">u3ascu@usc.edu.au</a> <a href="http://www.u3asunshine.org.au">www.u3asunshine.org.au</a>	I became interested in drawing, sketching and sculpting in clay after retiring from teaching high school (Biology and Chemistry) 3 years ago. I am presently organizing two art classes with U3A on the Sunshine Coast. The skill of drawing is a learned process and depends on how we view the world around us. What we see out there requires basic perceptual skills for lines, shapes, shadows and relationships between them.

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			This brief presentation will try to demonstrate some of these perceptual skills and get you on your way to enjoying drawing and sketching the world around us.
	<b>Bonsai</b>	<b>Frank Bryant</b> and <b>Margaret Roberson</b> and <b>Jenny Page</b> Bonsai Enthusiasts Sunshine Coast Bonsai Society and <b>Mark Bishop</b> Dapto Bonsai Club Ph: 07 5442 8130	Frank can't remember when he started dabbling with Bonsai but can remember why and how. He was living in Sydney where his interest was provoked by seedlings from a liquidamber and a Japanese maple in his garden. When he moved in 1990, a couple of figs, a Chinese elm and a liquidamber group came too. He joined the Sunshine Coast Bonsai Society in 1993 where it soon became obvious that his treasured 'Bonsai' left a lot to be desired. As his skills in Bonsai improved he became involved in demonstrations and talks at clubs and venues and was elected Vice President in 2005. Although he no longer holds an official position with the Bonsai Society, Frank is still as keen as ever. <i>Plants and pots were bought at cost from Tess &amp; Selby Simpson, Bonsai Northside Nursery, Morayfield, Qld, and are being donated by the Sunshine Cost Bonsai Society.</i>
	<b>Wine Appreciation</b>	<b>Darren Naylor</b> Sales Manager Purple Palate and Vineyard Owner Brockenchack Ph: 07 5443 4570 <a href="mailto:darren.naylor@purplepalate.com.au">darren.naylor@purplepalate.com.au</a> <a href="http://www.purplepalate.com">www.purplepalate.com</a> <a href="http://www.brockenchack.com.au">www.brockenchack.com.au</a>	A former triathlete champion, Darren now runs hard making sure Sunshine Coast wine lovers get a chance to sample the handcrafted gems sourced by the Purple Palate team from across Australia. A self-confessed Cabernet freak, Darren believes there's nothing better in life than a backyard barbie with friends and fabulous wine.
		<b>To book "Sir Andum" for your next function</b> Mobile: 0435 300 095 <a href="mailto:sir_andum@hotmail.com">sir_andum@hotmail.com</a>	Ben Wright is a talented young performer who entertains through his passion for magic. After seven years of practising and presenting his art, he has a portfolio that any entertainer would be proud of. Under the stage name "Sir Andum", he has taken his magic from the lounge room to major festivals. Since his first public performance in 2003, Ben's emergence into the profession has created quite a stir. His act ranges from dark and mysterious to light and funny but whether it's quirky, serious or relaxed, it is always professional and unique.

## Sunday 29 April

	<b>The Healthy Spirit</b> <i>and</i> <b>Core Values and the Spirit</b>	<b>Ron Williams</b>	As Bishop of the Southern Region of the Anglican Diocese of Brisbane for 14 years until retirement, I had the privilege of caring pastorally for clergy and people in a changing social environment which I found a challenge and huge opportunity. Before this, my passion for relating faith to the business of everyday life led to developing a Ministry to the City of Adelaide Monday to Friday. I sought to pastorally support decision makers; to provide neutral meeting ground for the discussion of issues of importance across the city; and to assist in the development of healthier ethical organisational practices. As a result of living in Fiji for 12 years as a young priest, I became acutely aware of the diversity of human needs, and took time out to study Race Relations and be awarded a Masters Degree in Social Sciences from Bristol University. <i>Cont'd over page</i>
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			<p>My love for jazz is a lifelong obsession, and my double bass is as much travelled as I am. In retirement I play regularly with an ensemble of mandolins.</p> <p>In my youth I gained a Bachelor of Arts degree at Adelaide University, and in Morpeth, NSW. I studied theology.</p> <p>I am married to Katie. We have 3 children and 5 grandchildren all living in Victoria, while we live in retirement in Brisbane.</p>
	<p><b>Natural Healing</b></p>	<p><b>Romel Cordeiro</b> Acupuncturist / Healer and <b>Vanessa Cordeiro</b> Naturopath Body Smart Clinic Ph: 07 5309 6963 <a href="mailto:info@bodysmartclinic.com">info@bodysmartclinic.com</a> <a href="http://www.bodysmartclinic.com">www.bodysmartclinic.com</a> <a href="http://www.therapeuticpainsolutions.com">www.therapeuticpainsolutions.com</a> <a href="http://www.lotuschant.com">www.lotuschant.com</a></p>	<p>Romel has a diploma in Acupuncture and Remedial Massage and is a qualified Bowen therapist. He has been in clinical practice since 1981, originally in Hawaii, where he lived for many years and running a private practice "<i>Island Natural Therapies</i>" in Honolulu, while also working in association with orthopaedic doctors at the Straub hospital.</p> <p>His clinical experience has always been focused on injuries, especially spinal problems and migraine headaches. He has also trained and gained clinical experience while he stayed in Shanghai, China working in a Chinese traditional medicine hospital.</p> <p>Romel has given many talks and demonstrations and taught many post graduate workshops in the US and Australia to other therapists, sharing his knowledge, experience and advanced techniques. Romel has also practiced Chi Gong for many years which has contributed to his wonderful ability to treat people on an energetic level. He is a gifted, intuitive and passionate therapist with a true love for his profession.</p> <p>Vanessa is a qualified Naturopath and has 15 years of experience as a massage therapist working with injuries both in a physiotherapy clinic and private practice. She is passionate about encouraging vegetarianism, simple lifestyle and treating the body naturally and holistically.</p> <p>Romel and Vanessa moved to Australia where they has been living on the Sunshine Coast in Queensland and operating Body Smart Clinic together.</p>