



POST - POLIO NETWORK (NSW) INC.

NETWORK NEWS

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President's Corner

Gillian Thomas

Welcome to regular readers and new members to an abbreviated *Network News* bringing you our annual mail-out which promotes **Post-Polio Awareness Week, 1 to 7 November**.

If you are able, please help us to get the word out about the late effects of polio by putting the enclosed posters and brochures on display somewhere in your local community. If you want more posters or pamphlets please ring Alice on 02 9747 4694. We have also prepared an Awareness Week Media Release for use by Support Group Convenors and Regional Representatives. If anyone else is able to help promote the Week by contacting your local newspaper, radio or television and offering to tell your polio story, please contact Alice to have a Media Release and Network information sent to you. We would appreciate receiving a copy of any publicity you are able to organise.

In the last issue of *Network News* I advised that the **Independent Living Centre** was holding a **FREE Scooter Safe Training Day especially for our members** at the **Northcott Society** in **North Parramatta** on Monday 8 August. That day was reluctantly postponed due to insufficient numbers, but it has now been rescheduled for **Friday 4 November**, during Post-Polio Awareness Week – **see page 2 for full details**. The day is being **sponsored by Scooters Australia**. Safety, maintenance, and legal and liability issues will all be covered so if you already use, or are thinking about purchasing, a scooter you are encouraged to come along. **If you wish to attend, please be sure to RSVP as soon as you receive this newsletter, or at the latest by Friday 28 October**. Please take advantage of this free training, even if you think you are already an expert scooter user – you may be surprised at some of the things you learn.

The Network's **Seventeenth Annual General Meeting** will be held at the **Northcott Society, Parramatta**, on **Saturday 3 December** and will commence at **11:00 am**. The official AGM Notice is on page 3 of this issue. Please try and come to this important yearly meeting. **The Network's 2004/2005 Annual Report and audited Financial Statements will be sent to members in mid November, together with Issue 69 of Network News.**

After the AGM concludes at approximately 12 noon, we will break for lunch (please bring your own – tea and coffee provided). At **1:00 pm** our guest presenter is **Sue Slattery, Occupational Therapist** with the **Independent Living Centre**, who will talk to us about **Keeping Mobile** – further details are on page 3.

Also on the Seminar front, we are thrilled to announce that **Dr Marcia Falconer** will be in Australia again next year and is generously giving up a day of her brief stay to present her latest post-polio research findings to members. Marcia last spoke to us in August 2004 and an article on her talk about *Post-Polio Syndrome and Inflammation* appeared in *Network News* Issue 66, February 2005. **The updated 2005/2006 Seminar Program, including Marcia's presentation on Monday 15 May 2006, is on page 4.** Please be sure to note these dates in your diaries.

Thank you to the many members who have already renewed your 2005/2006 membership. If your address label still reads "Renewal Due on 1 July 2005" we have not yet received your membership renewal. If you have misplaced your Renewal Form please contact me on 02 9663 2402 or by email <gillian@post-polionetwork.org.au> and I will have a copy sent out to you.



INVITES YOU TO ATTEND A

Scooter Safe Training Day

This day is designed for new and seasoned scooter users
and those contemplating using a Scooter

Date: Friday 4 November 2005

Time: 10:00 am – 4:00 pm

**Place: No 1 Fennell Street
Parramatta**

Cost: No Charge

Morning Tea and Lunch will provided

On the day we will cover:

- Safety principles of using a scooter
- Up to date information about legal and liability issues
- Practicing scooter driving skills in a safe environment
- Your rights and responsibilities
- Australian Road Rules
- Maintenance of your scooter

To secure your place or obtain further information contact:

Joan Pack - 02 9890 0967 or email - joan@ilcnsw.asn.au

RSVP: Friday 28 October 2005 and obtain parking instructions

The day is proudly sponsored by

SCOOTERS[®]
AUSTRALIA
www.scootersaus.com.au



Post-Polio Network (NSW) Inc 17th Annual General Meeting

Date: Saturday, 3 December 2005
Time: 11:00 am - 12:00 pm (lunch break 12:00 - 1:00 pm)
Venue: The Northcott Society
1 Fennell Street, Parramatta

Agenda

1. Opening of Meeting
2. Present
3. Apologies
4. Confirmation of Minutes of 16th Annual General Meeting held 27 November 2004
5. Annual Report
6. Financial Statement
7. Auditor's Report
8. Election of Management Committee (minimum 6, maximum 12)
 - 8.1 President
 - 8.2 Vice-President
 - 8.3 Secretary
 - 8.4 Treasurer
 - 8.5 Committee Members (8)
9. Appointment of Auditor
10. Appointment of Patron(s)
11. General Business
12. Close of Meeting

The Seminar to follow the AGM lunch break will commence at 1:00 pm

Seminar - Keeping Mobile

Sue Slattery, an Occupational Therapist at the Independent Living Centre, will present this Seminar. Keeping mobile is of major importance to all polio survivors. To keep mobile we may need the help of technology. Sue will discuss the following options: walking sticks, walkers, manual wheelchairs, scooters, electric wheelchairs, and "pie in the sky" options. She will talk about their pros and cons from the perspectives of self, family, environment, transport and finances and how to decide what is best for you. There will be much equipment on display. As well as the above mobility options there will be portable ramps and home modification equipment. As usual there will be plenty of opportunity to ask questions during and after the presentation.

This is our last Seminar of the year – we hope to see many of you there !

Scooter For Sale

A fellow member has offered her scooter for sale. It has 3 wheels and although it is nearly 5 years old, it has hardly been used and looks near new. The asking price is \$2,000. Please contact Joyce on 02 9796 3113 for more information.

Office Vacancy – can you give some time to the Network?

Unfortunately Madeline Coelho, one of our valuable office volunteers, has decided to return to paid employment and so it is with much regret that we say good bye to her for now. Madeline, a Librarian, has done a great job getting our library sorted, catalogued and rationalised and we are very grateful for her assistance over the last 15 months.

Madeline's departure means that we have a vacancy in our office at Parramatta for 5 hours a day, one or two days a week. So if you are able to contribute some spare time, have a few office skills and would like to help us to help fellow polio survivors, we need you. Even if you can only help out one day a month we'd love to hear from you.

While you don't get paid for this job, the conditions are great. As you know we are in the new Northcott building which is totally accessible, it has underground parking available and the office is air conditioned – we even provide tea and coffee!

If you are interested in joining us please ring George Laszuk, our Office Co-ordinator, on 0412 082 983 anytime.



Post-Polio Network Seminar Program 2005 / 2006

<p>Saturday 3 December</p>	<p>Northcott Society 1 Fennell Street Parramatta</p>	<p>Annual General Meeting <i>the Network's annual business meeting</i></p> <p>Seminar – Keeping Mobile Presented by Sue Slattery – Occupational Therapist Independent Living Centre (in conjunction with Scooters Australia) <i>See page 3 for further details</i></p>
<p>Saturday 4 March 2006</p>	<p>Northcott Society 1 Fennell Street Parramatta</p>	<p>Seminar – Maximising Cardiac Fitness for Polio Survivors presented by Cardiologist Dr David Rees <i>Further details in upcoming issues of Network News</i></p>
<p>Monday 15 May 2006</p>	<p>Northcott Society 1 Fennell Street Parramatta</p>	<p>Seminar – Anti-Inflammatory Strategies for PPS presented by Canadian molecular biologist and virologist Dr Marcia Falconer <i>Further details in upcoming issues of Network News</i></p>
<p>Friday 9 June 2006</p>	<p>Northcott Society 1 Fennell Street Parramatta</p>	<p>One Day Workshop – A Journey Through Loss conducted by Dr Cynthia Schultz <i>Further details in upcoming issues of Network News</i></p>