



ABRN 142 977 053

POLIO AUSTRALIA INCORPORATED

Representing polio survivors throughout Australia

Dr John Tierney, President Suite 119C, 89 High Street, KEW VIC 3101
Email: office@polioaustralia.org.au PO Box 500 Kew East Vic 3102
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 8 May



Welcome

Dr John Tierney OAM

President and
National Patron
Polio Australia

From 1991 to 2005 John Tierney gave 14 years of distinguished service to the Australian Parliament, where he served as Senator for NSW. During his time in Parliament, he was a Parliamentary Secretary to the Deputy Leader in the Senate and Shadow Parliamentary Secretary for Communications, Information Technology and the Arts. 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, information technology, health and welfare issues. John has taken a passionate interest in the area of disability, having contracted polio at birth, and was a special parliamentary adviser to the Minister for Community Services on disability matters from 1998 to 2001.

In 2005 John became a Partner at Government Relations Australia Advisory, a position he retired from in 2011. However, he found it hard to completely retire and is now working part-time as Special Counsel at 1st State Government and Corporate Relations. John provides strategic advice on government matters to corporate clients across a wide range of industries at both a federal and state level in NSW. Additionally, he has undertaken pro bono advisory work for Lifeline Australia, Polio Australia and the Australian Association for the Education of the Gifted and Talented.

In the 2012 Australia Day Awards John was awarded a Medal of the Order of Australia (OAM): For service to the Parliament of Australia, to education, and to the community.

John was elected President of Polio Australia at the 2012 Annual General Meeting. In addition, John continues as Polio Australia's National Patron.

	<p>Welcome and Mind Matters and Cryptic Crosswords</p>	<p>Gillian Thomas Vice President Polio Australia Ph: 02 9663 2402 gillian@polioaustralia.org.au</p>	<p>For over 25 years I have worked for Polio NSW 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.</p> <p>From 1989 until 2012 I was 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>In accordance with Polio Australia's Constitution, I stepped down from the role of President at the 2012 AGM and now serve as Vice President.</p>
	<p>Guest Speaker: <i>"The 4th of May: The Memories of Paul Galy OAM"</i> and Functional Footwear</p>	<p>Paul Galy OAM Footwear Practitioner David Windsor Shoemakers Ph: 02 9130 3117 www.paulgaly.com.au</p>	<p>Born in Hungary, Paul was amongst the first Hungarian refugees to arrive in Australia after the Hungarian Revolution of 1956.</p> <p>Paul comes from a long family line of corrective footwear manufacturers. The family business dates back at least to the early 1880s when a factory was established in Budapest Hungary that became one of the largest manufacturers of orthopaedic shoes, artificial limbs and calipers in pre-WWII Hungary.</p> <p>As Guest Speaker, Paul will be discussing his book "The 4th of May: The Memories of Paul Galy Oam" which has been described as follows:</p> <p><i>"The author keeps the reader intrigued as to the outcomes of all the characters as they made their entrances into the story of his memoirs. He explores their frailties and their strengths, and the fight for survival that must never be forgotten! This truly wonderful chain of events is further enhanced with the authors own drawings which graphically interpret the emotional roller-coaster ride that is his story."</i></p> <p>Paul Galy's main line of business is making hand-made orthopaedic shoes for people with disabilities, including polio survivors and sufferers of vascular and arthritic conditions. Many of his clients are elderly. He takes great pride in helping and enabling these individuals to walk in comfort and grace. He also makes orthotics for those with conditions such as flat feet, diabetes, overlapping toes, and bunions. Many of his clients are referred from the major Sydney teaching hospitals.</p> <p>In June 2007 Paul was awarded a Medal of the Order of Australia (OAM): For service to the community as a medical grade footwear practitioner and manufacturer.</p>

	<p>Program Overview and Announcements</p> <p><i>and</i></p> <p>Guided Deep Relaxation</p> <p><i>and</i></p> <p>Choir</p>	<p>Mary-ann Liethof National Program Manager Polio Australia Ph: 03 9016 7678 mary-ann@polioaustralia.org.au</p>	<p>I 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. 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>". 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 21st 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 four subsequent Retreats across Australia. In September 2011, I gave a presentation on our Retreats at the European Post Polio Conference in Copenhagen, where there was considerable interest expressed in this Program.</p>
---	---	---	--

Friday 9 May

	<p>The Polio Body</p> <p><i>and</i></p> <p>Self-Management Discussion</p> <p><i>and</i></p> <p>Pain Management</p>	<p>Dr Steve de Graaff Senior Rehabilitation Physician & Director of Pain Services Epworth Healthcare Camberwell, Victoria Ph: 03 9426 8765</p>	<p>Dr Stephen de Graaff is a Fellow of the AFRM (RACP). His areas of research interest include Stroke Rehabilitation, Spasticity Management, Pain Management, Post-Polio Sequelae and Continuing Professional Development. Steve is currently Chairman of the Education Committee of the Australasian Faculty of Rehabilitation Medicine (RACP).</p>
	<p>Swollen Polio Legs</p> <p><i>and</i></p> <p>Lymphoedema Discussion</p>	<p>Dr Helen Mackie Rehabilitation Physician Mt Wilga Private Hospital Hornsby, NSW Ph: 02 9847 5084 www.mtwilgaprivate.com.au</p>	<p>Dr Helen Mackie is a Consultant in Rehabilitation Medicine who has been the medical director of the Mt Wilga Private Hospital Lymphoedema Service since its commencement in 1991. She is the current President of the Australasian Lymphology Association and is a member of the International Society of Lymphology.</p>
	<p>A Breath of Fresh Air</p>	<p>Colleen Kerr Speech Pathologist Optimal SP colleenk.optimalsp@gmail.com Mob: 0403 903 822 www.optimalsp.com.au</p>	<p>Colleen has worked as a Speech Pathologist for more than twenty five years with extensive experience in adult communication and swallowing disorders in acute, rehabilitation and community settings. She specialises in neurological disorders including Parkinson's, Multiple Sclerosis and Post-Polio Conditions. Colleen has been Director of Optimal Speech Pathology for twelve years and is driven to integrate research findings into clinical practice. Colleen considers it a great privilege to work with clients and their families, and is firmly committed to giving clients the skills to self-manage their recoveries.</p>

	Post-Polio Exercise Options	Gilly Davy Clinical Educator and Senior Neurological Physiotherapist Advance Rehab Centre Ph: 02 9906 7777 www.archhealth.com.au	<p>Gilly qualified as a physiotherapist in the UK in 2004 and worked in the National Health Service before moving to New Zealand where she worked for 5 and a half years. Gilly has specialised in neurological physiotherapy since 2007 and worked as a private community based therapist in Auckland for 3 and a half years before moving to Sydney. She has experience working with a wide range of neurological conditions and is particularly passionate in treating spinal cord injury, multiple sclerosis and Parkinson's disease. Gilly is an internationally qualified Nordic Walking instructor and uses Nordic Walking to help with gait re-training and cardiovascular exercise in the neurological population. She is based full time at the ARC Clinic and is the lead clinical educator of the Macquarie University and Australian Catholic University student program. Gilly is the lead clinician in the PD Warrior program, hydrotherapy service, falls and balance groups and Nordic Walking.</p>
	Massage Therapy	Carole Gridley Massage Therapist HealthTouch Massage Therapies Ingredients for Health Wellness Centre Mob: 0416 227 653 carolehmt@gmail.com	<p>Carole has 15 years' experience as a remedial massage therapist and aromatherapist and has worked with a wide variety of people. Her qualifications include: Diploma Remedial Massage / Diploma Aromatherapy / Cert. I and II Oncology Massage / Australian Traditional Medicine Society (ATMS) Member 7810 / Registered as a provider with most private health funds.</p> <p>For the past five years she sub-contracted her therapeutic massage services to Advance Rehab Centre, a neuro physiotherapy facility, during which time she worked with many clients managing acute and chronic medical conditions as well as those recovering from stroke, rehabilitating from serious injury or being treated for, or recovering from, cancer.</p> <p>A few years ago, Carole undertook further training in oncology massage. This invaluable training has helped considerably with implementing appropriate massage techniques, positioning and session duration, not only for those being treated for, or recovering from, cancer but also for those managing chronic medical conditions and/or injury rehabilitation.</p> <p>Carole provided massage therapy treatments at the Polio Retreat held in 2010 and is looking forward to returning for the 2014 event.</p>
	Massage Therapy	Aruna Ellis Massage Therapist Massage In Care Ph: 02 8901 0727 arunaellis@gmail.com www.massageincare.com.au	<p>I am a Registered Nurse and Massage Therapist, with more than 20 years' experience in the field of massage. I combine my skills and love of nursing and massage therapy to care for my clients. I specialise in working with adults and children with major illness and/or various physical conditions. I run my own practice, and cater for this population, along with providing specialised massage treatment for post-operative patients. We provide massage in any care facility, hospital, nursing home, palliative care, etc.</p>
	Osteopathic in Self Care	Anne Cooper Osteopath Central Sydney Osteopathy Ph: 02 9557 3176 centralsydneyosteopathy@gmail.com www.centralsydneyosteopathy.com.au	<p>Osteopath Anne Cooper has been practising in Sydney since 1989. She is President of the NSW Osteopathy Council, a Life member of the AOA and one of 5 osteopaths in her family. Anne's clients are mostly much stressed professionals who work very hard - and while they savour the finer things in life, they are time poor, with limited ability to fit in an exercise and fitness regime.</p>

	<p>Osteopathic in Self Care <i>and</i> Mindfulness for Health</p>	<p>Dr Stiofan MacSuibhne Osteopath Central Sydney Osteopathy Ph: 02 9557 3176 centralsydneyosteopathy@gmail.com www.centralsydneyosteopathy.com.au</p>	<p>I am a registered osteopath in Australia and registered in the general osteopathic and Western Medical Acupuncture scopes of practice in New Zealand. I treat patients from across the lifespan. I have a number of areas that I am particularly interested in:</p> <ul style="list-style-type: none"> • The management of complex/chronic pain conditions such as post stroke pain, headache, atypical facial pain and TMJ dysfunction • Occupational injuries/overuse and postural strain patterns and vocational rehabilitation • Pre-habilitation/post-surgical rehabilitation for joint replacement surgery in older patients with osteoarthritis • Patients with chronic disease / long term conditions • Stress management <p>My practice of acupuncture is largely restricted to musculoskeletal conditions, complex pain presentations and functional disorders such irritable bowel and bladder syndromes.</p> <p>I teach mindfulness as a technique to help patient manage chronic health conditions, pain and palliative care contexts or as a resource for resilience in management / occupational health settings.</p>
	<p>Managing Arthritis and Osteoporosis</p>	<p>Jenny Ly Health Promotion Officer Arthritis and Osteoporosis NSW Ph: 1800 011 041 info@arthritisnsw.org.au www.arthritisnsw.org.au</p>	<p>Jenny Ly is the Senior Health Promotion Officer at Arthritis and Osteoporosis NSW. She is also a pharmacist and has previously worked in community pharmacy before moving into health promotion and education.</p>
	<p>Too Tired To Breathe?</p>	<p>Amanda J Piper PhD Physiotherapist Respiratory Failure Service Dept of Respiratory and Sleep Medicine Royal Prince Alfred Hospital NSW Ph: 02 9515 8708 www.sswahs.nsw.gov.au</p>	<p>Amanda is the co-ordinator of the Respiratory Failure and Home Ventilation Services at Royal Prince Alfred Hospital. She has more than 20 years' experience in the assessment and management of sleep breathing disorders in people with a range of acute and chronic medical disorders. Her particular interest lies in caring for people who severely underbreathe during sleep.</p> <p>Amanda is also a Clinical Senior Lecturer, Faculty of Medicine, University of Sydney, Research Fellow, Woolcock Institute of Medical Research, and Associate Editor, Respiriology.</p>
	<p>Avoiding Falls</p>	<p>Rachael Morris Occupational Therapist Advance Rehab Centre rachael@arhealth.com.au Ph: 02 9906 7777 Mob: 0434 770 459 www.arhealth.com.au</p>	<p>Rachael Morris is an experienced Occupational Therapist, qualifying in 2003. She has a breadth of experience and has worked in South Africa, the UK and now Australia since 2007. Her specialist skills and knowledge have helped many individuals to identify and achieve their rehabilitation goals. She has worked with a diverse client group with complex orthopaedic and neurological injuries. Rachael is passionate to implement evidence-based research into her occupational therapy practice.</p>

	<p>Optimal Nutrition</p>	<p>Melinda Overall JP Nutritionist Mob: 0417 418 008 melindaoverall@hotmail.com</p>	<p>Melinda Overall is a fully qualified Nutritionist, practicing in Sydney's inner-west, whose aim and passion is to help people obtain their best health and well-being through education, diet and lifestyle coaching. Melinda works with clients of all ages on a range of health issues from a holistic, lifestyle and nutrition perspective. She is always mindful to support and work with any treatment plans prescribed by medical practitioners and other complementary therapists in order to provide the best integrated and holistic healthcare for individuals. She is also a member of the Australian Traditional Medicine Society.</p> <p>Melinda's mantra is that good health is about balance not denial.</p>
	<p>Taking Charge Of Your Own Health</p>	<p>Mary Potter Consumer Representative Consumer Health NSW Ph: 02 9986 1082 info@hcnsw.org.au www.hcnsw.org.au</p>	<p>Mary Potter has been actively involved in health consumer advocacy for a number of years. Much of her understanding stems from the need to advocate for herself and her family. After graduating with a science degree she has worked in research and routine hospital laboratories. After many years out of the paid workforce she retrained in community welfare and hospital pastoral care. Her passion is continuity of care which covers a huge territory.</p>
	<p>Partnering Polio</p>	<p>Graeme Smith Spouse/Partner/Carer joansgra@bigpond.com</p>	<p>As the husband of a polio survivor, I have learned about a whole new part of my wife's childhood. I have also learned to share and partly understand her current issues dealing with post-polio and recently cancer. Being a carer created many new issues for me. I found that sharing with others who understand can be very helpful.</p> <p>Through my membership of our polio support group I have been able to meet with other partners of polio survivors and talk about our experiences and challenges. It has also given me the opportunity to gain more information about the condition and how I might be able to help, for example, by modifying our lifestyle and living arrangements. Sharing with trusted friends can also allow a good measure of humour to ease the way.</p>

	<p>Healthy Brain Ageing</p>	<p>Dr Loren Mowszowski Healthy Brain Ageing Clinic Clinical Research Unit Brain & Mind Research Institute The University Of Sydney</p>	<p>Dr Loren Mowszowski is a Clinical Neuropsychologist, Research Associate and Postgraduate lecturer at the Brain & Mind Research Institute, University of Sydney. She is a Member of the Australian Psychological Society. Her clinical and research interests focus on older adult neuropsychology, including mild cognitive impairment, neurodegenerative disorders, late-life depression and Parkinson's disease. She is experienced in developing and facilitating cognitive training and psychoeducation programs, in a research context as well as in her neuropsychology practice. She has published several peer-reviewed journal articles and presented at conferences and community forums on these topics. Loren hopes to continue to investigate the effectiveness and mechanisms of cognitive training and 'healthy brain ageing' strategies as therapeutic techniques for managing cognitive decline in older adults, with a view to translating research findings into evidence-based practice accessible to the wider community.</p>
	<p>Singing for Fun!</p>	<p>Gloria Cunneen Sydney U3A Tutor www.sydneyu3a.org</p>	<p>Gloria joined the U3A of Sydney choir in 2010 and, at the request of her fellow members, took on the leader's role in April 2012 when the existing leader was unable to continue. Her choir, "The South West Songbirds", comprises 26 members who meet every fortnight for a good, old fashioned sing-a-long. Gloria's partner, Chris, plays guitar, and there is also a piano player and drummer to accompany the singers. She loves singing and especially enjoys the social aspect of a broad range of people coming together to enjoy themselves.</p>
	<p>Seated Yoga Therapy and Aromatherapy</p>	<p>Heena Raikar Yoga Therapist 0404 837 809 heenaraikar@yahoo.com</p>	<p>Heena Raikar was born in India. Her great grandfather was a sadhak of nada yoga (disciple of classical music). Heena was introduced to yoga at the age of 17 and trained in India at the Yoga Institute, Mumbai and at the Kaivalyadham Institute, Pune, both well known for teaching therapeutic use of yoga. Heena has developed her own unique style of teaching yoga which includes therapeutic use of yoga in combination with psychotherapies giving it a holistic health perspective. She aims to spread the message 'Yoga is not only for people who can twist themselves in a knot inside out, but for common individuals who have their daily responsibilities and who are not in their best health'. Heena aspires to teach yoga for a therapeutic purpose to benefit people coping with chronic health conditions like cardiac conditions, depression, anxiety and are struggling to manage their health.</p>
	<p>Foot Care Appointments</p>	<p>Rudo Makuyana Podiatrist Blacktown Podiatry Ph: 02 9622 5707 rudo_hazel@hotmail.com www.footproblems.com.au</p>	<p>I have been working as a Podiatrist for the last 3 years in Blacktown. As a Podiatrist, I strive to achieve the best health care outcomes for my patients. I believe that it's more than treating individual foot complaints but the patient as a whole, bearing in mind that their podiatric conditions can affect their general health. I am committed to the advancement of my profession so therefore think it's crucial to always practice evidence based medicine. In 2010 me and my friends at The Global Poverty Project, ran a campaign called <i>The End of Polio</i> where we successfully raised \$118 million for global polio eradication efforts. I truly believe and I am committed to seeing a world where we eradicate polio forever.</p>

	<p>Telling Your Story <i>and</i> Making the Most of Our New Reality</p>	<p>Gayle Kennedy Author</p>	<p>Gayle Kennedy is a member of the Wongaiibon clan of South West NSW. She was Indigenous Issues Editor/Writer for Streetwise Comics from 1995-1998. In 2005 her book of poetry 'Koori Girl Goes Shoppin' was shortlisted for the David Unaipon Award. Gayle went on to win the award in 2006 with her book 'Me, Antman & Fleabag.' That book was shortlisted for a Victorian Premier's Literary Award and Deadly Award and was also commended in the Kate Challis RAKA Award. Her children's books for the Yarning Strong series were nominated for 2011 Deadly Award for Achievement in Literature. She has had articles and short stories published in publications as diverse as 'The Australian Women's Weekly', 'Readers Digest', 'Australian Author', 'Phoenix Educational Review', 'Australian Writer', 'The Sydney Morning Herald', and the 'Edinburgh Review.'</p> <p>Gayle has presented at various writers festivals and NAIDOC events as well as speaking both nationally and internationally on her experience with polio and disability in general. Gayle also worked with the Red Room Company on a poem to celebrate the 'Carved Trees' exhibition at the NSW State Library. Gayle speaks at schools and also runs writing workshops. Gayle published 6 new graphic novels with OUP in February 2014.</p>
	<p>Early Polio Memories <i>and</i> Card Making</p>	<p>Joan Smith Convener, Knox-Yarra Ranges Post-Polio Support Group, Victoria <i>and</i> Secretary, Post Polio Victoria joansgra@bigpond.com</p>	<p>As a polio survivor I have been committed to advocating for the rights and dignity of people with disabilities. That was a strong focus for me as Principal of a school for children with severe to profound disabilities.</p> <p>After early retirement, due to post-polio syndrome, I embarked on writing my life story for my grandchildren. That developed into the further project of producing and publishing "The Calliper Kids" – a book detailing life stories of eleven polio survivors living in our area. The book has proved a useful tool in educating our medical practitioners, aged-care providers and wider communities across the State. The outcomes of the project have also been very powerful for our story tellers. I continue in the role as Convenor of the Knox-Yarra Ranges Polio Support Group, where we continually receive and share very positive feedback about our stories.</p>
 	<p>A Family History Taster: Catching The Bug!</p>	<p>Ronda Gaffey and John Gaffey U3A Tutors www.sydneyu3a.org</p>	<p>Ronda and John are a sister and brother team who have an abiding passion for Family History – a passion which began with a curiosity engendered by the many stories told at family gatherings over the years.</p> <p>They are currently leading a U3A course in Family History called, "Catching The Bug", sharing their experience and knowledge as well as supporting others in the thrill of the "ancestor hunt", the historical, social and political context of their lives and the satisfaction such a journey of discovery brings.</p>

	<p>Travelling Options for People Ageing with a Physical Disability</p>	<p>Matthew Hennig Manager Flying Wheelies Ph: 02 4333 3019 Mob: 0449 174 399 www.flyingwheelies.net.au</p>	<p>As a vision impaired, wheelchair traveler himself, Matthew has personally experienced the difficulties people with disabilities face every day. Whether it's poor access, careless service or inadequate facilities, one bad experience can mean that businesses lose the impaired travellers, their carers, their family and work colleagues as customers. Matthew started up <i>Flying Wheelies</i> to help their business partners keep their customers feeling that they are truly well cared for so they return next time.</p>
	<p>Laughter: The Best Medicine</p>	<p>Usuff Omar Newtown Laughter Club Ph: 0400 804 354 usuff.omar@gmail.com http://hohohahaha.com</p>	<p>Usuff Omar has been a laughter leader for ten years. He trained under the founder of laughter clubs, Dr Madan Kataria. Usuff has led laughter sessions in Sydney, Hong Kong and USA. He currently leads two weekly laughter clubs in Sydney.</p>
	<p>Bonsai Magic</p>	<p>Ray Nesci Owner/Operator Nesci Bonsai Nursery Dural NSW Ph: 02 9654 1893</p>	<p>Ray has been doing Bonsai since 1968 and has demonstrated the art of Bonsai extensively throughout that time. He is a teacher at the School of Bonsai and has been running his Bonsai Nursery at Dural since 1979, which is now is the longest running Bonsai Nursery in Australia. Ray's passion for Bonsai has only increased over the years and he is always excited to introduce the hobby to interested people.</p>

	<p>The Healthy Spirit <i>and</i> Awakening the Creative Spirit Within</p>	<p>Sister Annie Bond Centre Director St Joseph's – Baulkham Hills Ph: 02 9634 2317 www.stjosephscentre.org.au</p>	<p>Annie is a Sister of St Joseph and has ministered in schools and parishes in the Queensland Province. The majority of her time in ministry has been spent working in parishes first as a Pastoral Associate and then as Pastoral Co-ordinator where she exercised leadership of a parish.</p> <p>She holds a Master of Arts in Pastoral Studies and in May 2008 she received the Doctor of Ministry Degree from Catholic Theological Union in Chicago. Annie's studies have focussed in the area of liturgy.</p> <p>Annie was appointed the Director of St Joseph's Baulkham Hills Centre for Reflective Living in July 2008, although in April 2014, she will be commencing a new position as Assistant Director at Mary MacKillop Place in North Sydney.</p>
 	<p>Meditation</p>	<p>Leanne Huet Sahaja Yoga Practitioner Ph: 1300 724 252 info@sahajayoga.com.au www.sahajayoga.com.au</p> <p><i>and</i></p> <p>Lene Jeffrey Solfège Music Therapy Ph: 02 9415 6244 Mobile: 0417 281 831 lene@sol.com.au www.solfège.com.au</p>	<p>Leanne Huet has been practising and teaching Sahaja Yoga meditation for the past 30 years. Sahaja yoga meditation is a simple technique that anyone can do. It has immediate benefits in stress relief and a feeling of peace and contentment. Physically, it has been scientifically demonstrated that regular meditation can reduce the severity of certain illnesses.</p> <p>Lene Jeffrey RMT is a certified music therapist and meditation instructor. Lene has been developing musically supported methods for achieving and enhancing a thought-free meditative state of "mental silence". With a particular interest in youth mental health, she has been implementing her programs in mainstream schools, examining the level of improvement in the mental health risk of participants. She currently works as a music therapist at Giant Steps School Sydney - a specialised public school for children with autism, where music therapy is an integral part of programs across all key learning areas. Lene also works with individual clients in private practice.</p>
	<p>Philosophically Speaking</p>	<p>Margot Taverne U3A Tutor www.sydneyu3a.org</p>	<p>Margot was born in Indonesia and spent three years in a POW camp on Java during WW2. She married at eighteen and spent the next thirty years being a wife and mother.</p> <p>Margo discovered Philosophy at forty and 'resigned' from motherhood at fifty to study Philosophy, Ancient History and Education at Macquarie University. She achieved a BA Hon Dip Ed, then resigned from study to be a better grandmother.</p> <p>Following her discovery of U3A, Margo joined the Upper North Region committee and became Leader in Philosophy groups. She went on to mentor gifted year five and six pupils in Ancient History, Mythology and Philosophy.</p> <p>Although now a great-grandmother, Margot has no intention on giving up her Philosophy courses.</p>