



POST - POLIO NETWORK (NSW) INC.

NETWORK NEWS

Editor: Gillian Thomas
Email: editor@post-polionetwork.org.au
Website: www.post-polionetwork.org.au

PO Box 888 Kensington
NSW AUSTRALIA 1465
Phone No: (02) 9663 2402

Patron: Professor Emeritus Sir Gustav Nossal AC CBE FAA FRS

President's Corner

Gillian Thomas

This abbreviated edition of *Network News* brings you a final reminder that the Network's **15th Annual General Meeting** is being held on **Saturday 29 November 2003** at the **Independent Living Centre, 600 Victoria Road, Ryde**, commencing at **11:00 am**. Please try and come to this important yearly meeting. This is your opportunity to not only have a say in the running of the Network, but to offer your time and talents to help achieve the Network's goals.

Members will find the **Network's 2002/2003 Annual Report and Financial Statements** enclosed with this issue, together with the Minutes of the 14th Annual General Meeting held on 30 November 2002 and the Minutes of the Special General Meeting held on 21 June 2003. Please note that due to a typographical error, confirmation of the Special General Meeting Minutes was omitted from the Agenda sent to members in October.

After the AGM concludes at approximately **12 noon**, we will break for **lunch**. At **1:00 pm** we will hear **Professor David Barnes, Royal Prince Alfred Hospital**, present a **Seminar on Obstructive Sleep Apnoea**. Please see further details overleaf.

Committee Member George Laszuk who is managing the Network's Donation Money Box program has made a request: *At the Dubbo Conference in September a member approached me about taking one of these boxes, but unfortunately I did not have a pen at the time and I didn't get her name. If you remember the conversation, please ring Gillian (9663 2402) or me (0412 082 983) and we will send one out to you.*

As noted in an earlier *Network News*, the Prime Minister announced in December 2001 the creation of a Centenary medal to honour living persons who have made a contribution to Australian society or government. Designed by Balarinji, the medal features a seven-pointed federation star to symbolise federation with the six states becoming one. We have already congratulated several Network members through these pages who were awarded one of these medals. We have now learnt that long-time member Alix Rainnie was also a medal recipient on 12 June 2003, being recognised for her service to the community. Well done, Alix!

We look forward to seeing you on 29 November. The last *Network News* for the year giving the result of the Management Committee election will be posted in December. As in previous years, it will be a bumper issue with feature articles, Mary Westbrook's *Polio Particles*, Support Group News, a report on *Post-Polio Awareness Week*, and lots more to keep you going over Christmas and the New Year.

Unless otherwise stated, the articles in this Newsletter may be reprinted provided that they are reproduced in full (including any references) and the author, the source and the Post-Polio Network (NSW) Inc are acknowledged in full. Articles may not be edited or summarised without the prior written approval of the Network. The views expressed in this publication are not necessarily those of the Network, and any products, services or treatments described are not necessarily endorsed or recommended by the Network.

Seminar - Obstructive Sleep Apnoea

presented by
Professor David Barnes

Date: Saturday, 29 November 2003
Time: 1:00 pm (AGM: 11:00 am – 12:00 pm, lunch break: 12:00 - 1:00 pm)
Venue: The Independent Living Centre
600 Victoria Road, Ryde

Dr Barnes is a Clinical Associate Professor in Medicine at the University of Sydney and a respiratory physician at Royal Prince Alfred Hospital, where he is also a member of the Sleep Disorders Unit.

Dr Barnes is particularly interested in breathing disorders during sleep and in sleep apnoea, the most common form of sleep breathing problem. A person who has sleep apnoea stops breathing for periods during sleep. Sleep apnoea is a condition that can cause a range of symptoms, including fatigue and irritability in those who are slightly affected, and in seriously affected persons sleep apnoea can be life threatening. RPAH established the first Sleep Unit in Australia and pioneered the use of CPAP therapy for sleep apnoea. CPAP (Constant Positive Air Pressure) therapy involves the use of a respirator which pumps air into the nose of the apnoea patient during sleep, keeping the airway open and allowing the patient to breathe continuously.

Dr Barnes plans to speak about the various effects of post-polio on breathing, while awake and especially while asleep. He will discuss the effects of breathing problems upon general health and quality of life, and what can be done about these problems.

Everyone who breathes will benefit from hearing what Dr Barnes has to say - see you there!

Car for Sale

The time has come for PPN member Ivy to sell her wheels.

This one-owner car is in excellent condition with a full service history, and has done 31,500 kms. It includes a remote-controlled factory-fitted Liftaide suitable for an electric scooter/wheelchair.



Registration: TTT 466

Registered: July 2004

Price: \$20,450

Phone Ivy

(02) 9719 2229

Subaru Liberty GX 2GEN Wagon, 1995 automatic (similar to that pictured above, courtesy carsales.com.au), AWD, 2.2 litre, dual airbags, air conditioning, central locking, power steering, power windows, power mirrors, power antenna, cruise control, 15" alloy wheels, radio cassette, custom wool seat covers, Thule roof racks plus other accessories.