Nominations for the Board of the Stroke Recovery Association are as follows:

<table>
<thead>
<tr>
<th>People Affected By Stroke</th>
<th>Non Affected</th>
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<tbody>
<tr>
<td>Robyn Artlett</td>
<td>Linda Glanfield</td>
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<td>Stuart Chalmers</td>
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<td>Paul Wheeler</td>
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<td>John Garbutt</td>
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<td>Patricia Weir</td>
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<td>Jim Grainda</td>
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Biography of Nominees

**Robyn Artlett** was 28 years of age when she had the privilege/misfortune to have a Stroke. At that time she was a practicing registered nurse with two sons and had just given birth to a daughter. After a long and arduous process of predominantly self-rehabilitation she undertook a Nursing Bridging Course, and then returned to work as a Registered Nurse. As well as carrying out the normal duties she was involved in a number of different committees such as the Occupational Health and Safety Committee. Robyn retired from her position of Deputy Director of Nursing some time ago and since then has been an active member of the Stroke Recovery Association. She initiated the Hawkesbury Stroke Recovery Club in early 2000.

Robyn was awarded Life Membership of the Stroke Recovery Association in 2012. Robyn is currently the serving President of the Stroke Recovery Association.

**Stuart Chalmers** had his Stroke 20+ years ago in 1989 when he was 43 years old. He is married with children and delights in caring for his granddaughter Kiera who is now sixteen years old.

Stuart has been involved with Stroke organisations ever since he came home from hospital. He was involved in the management committee of Stroke and Disability Information Service in Newcastle for a number of years. He is the Chief Volunteer at Caves Beach Surf Club. He is a life member of Belmont Stroke Recovery Club. Stuart was awarded an OAM in 2010 for his services to survivors of Stroke his other community involvements.

Stuart has also been involved in the organization of the Hunter Stroke Olympics for over 15 years.

Stuart has been on the Board of the Stroke Recovery Association for the past ten years and is the Associations current Public Officer.
**Linda Glanfield:**
Divisional Manager Rehabilitation and Aged Care Services - Hornsby Ku-Ring-gai Health Services and Northern Beaches Health Services. Co-Chair of the NSW Health Agency for Clinical Innovation Rehabilitation Network. Secretary and Board Member – Stroke Recovery Association.

Linda has had a long history with rehabilitation nursing, having held positions of Rehabilitation Clinical Nurse Consultant at Royal Rehabilitation Centre Sydney, Nurse Manager for Rehabilitation and Aged Care at Blacktown/Mount Druitt Hospitals and her current role as Divisional Manager, Northern Sydney Local Health District.

Linda has also had a long association with Australasian Rehabilitation Nurses Association, as inaugural NSW Chapter President, National President and Co-Editor of the Association’s professional Journal (JARNA).

During her five years at Blacktown/Mount Druitt, Linda commissioned the acute Stroke unit and held the position of Co-Chair of the NSW Stroke Services Network.

In her current role, Linda oversees rehabilitation and aged care services at Hornsby, Manly and Mona Vale Hospitals.

Linda is currently in her second year as Co-Chair of the NSW Health - Agency for Clinical Innovation Rehabilitation Network and Chair of the Networks Education Working Party.

Linda has been involved with the Stroke Recovery Association for over seventeen years and was awarded Life Membership of the Association in 2012.

Linda feels privileged to contribute to the ongoing work of the Stroke Recovery Association through her Board membership and is hopeful of being re-elected for another term.

Linda is currently undertaking the role of Secretary of the Stroke Recovery Association.

**Paul Wheeler:** Until his Stroke 15 years ago at the age of 58, was a successful chartered accountant running his own practice in Sydney. He is married and has two grown up children and 6 grandchildren, 3 of which live in Hong Kong. He is a keen rugby union supporter and a mad train enthusiast.

As a result of his Stroke, Paul experiences aphasia and left-side weakness, but fortunately is able to walk and continues to go to the gym most days.

Paul remains very motivated regarding recovery and encourages others to continue therapy and exercise wherever possible. He attends the Lower North Shore Stroke Recovery Club every Tuesday and believes this has been instrumental in his recovery. This has given him encouragement and the opportunity to know and socialise with so many different people who have one thing in common - Stroke.
He believes public awareness is important for prevention but also an informed public that understands Stroke makes life a little easier for Stroke Survivors. NSW Stroke Recovery Association is a strong voice, but we need the support of government, medical and community groups to further strengthen our association to enable them to continue their work.

Paul believes that with his past business experience he contributes to the goals of this Association and as a member of the Board, he appreciates the opportunity.

Paul is currently the serving Treasurer of the Stroke Recovery Association.

**John Garbutt** is a Stroke Survivor, having had a major Stroke in 2003. He was appointed to the Board of the Stroke Recovery Association in 2007.

Prior to retirement in January 2005, he held senior management positions in a number of departments and has a background in human resource management and providing executive support to a Chief Executive Officer, Board of Directors, advisory and consultative bodies. He has completed a Master of Business Administration (MBA) and a Bachelor of Business.

John participated in a Stroke mentor programme on the Central Coast and was the face of a major Stroke Awareness campaign on the Central Coast in 2006/2007. He is an active member of the WAGS Stroke Support Group and co-chair/coordinator of the men’s support group “Scallywags”.

John now represents the Association on the Health Consumers Network of NSW and is serving on that committee in the capacity of Secretary.

John is currently the serving Vice-President of the Stroke Recovery Association.

**Jim (James) Grainda** suffered a smoking-related Stroke twenty plus years ago. Despite losing the ability to speak, the former US Marine and high school teacher has not lost the drive to communicate and through the use of a Lightwriter (a small keyboard in which Jim types words which are then converted into speech), actively pursues a variety of community activities, significantly engaging students, teaching them how to use Auslan. Jim also conveys a strong message of the dangers of smoking.

Currently Jim is a member of the following organisations:
- People with Disability Australia Inc – Member
- Cancer Voices NSW – Member
- Cancer Western Sydney Regional Advocacy Network – Member
- Australian Aphasia Association – Member
- Stroke Recovery Association, Hornsby Ku-ring-gai Stroke Club – Member
- Parramatta City Councils Community Advisory Committee – Member
- Parramatta Access Advisor Committee – Member
- Holroyd City Councils Holroyd Access Committee – Member
- Parramatta Computer Pals for seniors – Member.

Jim was awarded a Parramatta Community Service Access Award in 2005 in recognition of his work promoting the dangers of smoking.
Jim has been a member of the Stroke Recovery Association for a number of years and currently attends the Hornsby/Ku-ring-gai Stroke Recovery Club.

**John Tass** is a Stroke survivor of over 15 years. He had his Stroke in March 1999. Prior to having a Stroke John was employed at Royal Prince Alfred Hospital for 25 years.

After his Stroke he retired due to ongoing fatigue caused by the Stroke. When he retired he moved to the Central Coast and joined the Stroke Recovery Association. He has been a member of the WAGS group for over eleven years. He was also a foundation member of the WYSS Stroke Support Group in Wyong. He is also a member and co-chairperson of the Scallywags Men’s Stroke group. John also participated in a Stroke Mentoring programme on the Central Coast.

John joined the Board of the Stroke Recovery Association in 2011 and is currently a serving member of the Stroke Recovery Association Board.

**Patricia Weir** attended a Stroke conference and had an interesting conversation with Michelle Sharkey. They spoke of the benefits of Stroke survivors being supported through the Association and the need for people who have had a Stroke to do everything possible to break the feelings of isolation and alienation that people often feel when faced with trying to resume a normal life after the shock of such an event in their life.

Not long after that Michelle contacted Pat and asked if she would help lead a group which had been formed into a club. A club existed which had been a follow-up of a program at Concord Hospital. The leader was a woman who was employed by Concord Hospital as part of their rehabilitation program. It was thought that it would be positive to move the club away from a hospital setting to one more conducive to relaxed and pleasant activities.

This was the beginning of Mutual Strokes which is now in its 12th year. Since taking over the role of Coordinator of the Stroke Club, Pat has managed to get support for Mutual Strokes from Canada Bay Council and Canada Bay Club; however, these grants are not permanent and a fresh application has to be made every year.

Apart from basic needs the Club has been funded to pay for transport for the Community Bus to take them on very popular outings. The members particularly like going out to lunch. There is also money to pay for good quality workshop leaders and speakers. They have had such things as Tai-Chi sessions, physiotherapy workshops, Traditional Chinese Medicine, relaxation and motivational talks.

The core of the club is as its name suggests Mutual Strokes because they derive enormous benefit by being supportive and encouraging each other and having fun together. Pat says it is very satisfying to see the growth in confidence of members as they feel more and more comfortable being in a social setting and contributing in a relaxed and supportive setting. The members are there for each other when perhaps things are not going too well and there to laugh with each other when their world is a bit brighter.
Pat is a psychologist by training and knows first hand the bewilderment of having a Stroke and the impact it has on the quality of life. It is a long hard road for all Stroke Survivors but so much easier if shared with others who have had similar experiences.

By the formation of the clubs under the umbrella of the Stroke Recovery Association Pat believes that even though we can not change the fact that members have had a Stroke, nor can we change the fact that they have to live with newly acquired disabilities, we can encourage them to live as full a life as possible, working to minimise the effect of such a dramatic event in their lives.

Life can be better.

Pat is currently a serving member of the Stroke Recovery Association Board.
Part 4 Section 15(a) of the Stroke Recovery Association Constitution states:

“The management of the Stroke Association shall be vested in a Board of Directors consisting of seven members of the Association of whom at least four shall be affected Stroke.”

It is important to remember that there can be more than four Stroke affected persons elected to the Board if members so desire, but there cannot be less than four.

At the close of nominations for Directors to the Board of the Stroke Recovery Association, on Friday 10 October 2014, there were eight nominations received for the seven vacant positions to the Board of Management 2014/2015.

Please tick (√) seven:

☐ Robyn Artlett (s) ☐ Lyn Glanfield (Hp)
☐ Stuart Chalmers (s) ☐ John Tass (s)
☐ Paul Wheeler (s) ☐ John Garbutt (s)
☐ Pat Weir (s) ☐ Jim Grainda (s)

Key:

(s) - Stroke Affected  (c) – Carer  (Hp) - Health Professional

Michelle Sharkey
Returning Officer

10 October 2014