

## **MEDIA RELEASE**

### **COLIN JAMES' BOOK LAUNCHED**

**Popular Bendigo identity Colin James, has self-published his autobiography.**

**Most people who have met Colin know him as “the little guy in the wheelchair” who is often seen ‘buzzing around town’ or, until last year when another illness forced his retirement from entertainment, he was well-known as a performing and recording artist. Colin would often be seen sitting in his chair on stages or at the market entertaining his audience with songs and jokes, but his new book reveals that he has achieved much more than that.**

**He has received no formal education due to being diagnosed with Stills disease (juvenile rheumatoid arthritis) at the age of three, which confined him to bed or a wheelchair for the rest of his life. These limitations, however, have not prevented him from teaching himself to read and write or achieving the following:**

- **Being awarded the Medal of the Order of Australia by the Queen for service to the community (mainly as a fundraiser through performing as an entertainer for charities).**
- **More than forty years experience as a professional entertainer, songwriter, theatrical booking agent, promoter, radio presenter, freelance journalist, motivational public speaker... and now, a published author.**
- **Was recognised in 1995 as a campaigner for the rights of disabled people and in fund-raising, by the National Telecom Phonecard, 'Local Legends' promotion.**
- **In 2000, was chosen to carry the flame as one of the torch bearers for the Olympic Games torch relay. That same year saw the completion of another major project... the research, review and marketing of ‘The Wheelie's Handbook of Australia’... a guide to accessible accommodation and tourist attractions for people in wheelchairs.**

**It is Colin's honest belief that, had he not been so physically restricted, his life would have been nowhere as interesting or rewarding. He has been able to assist others in many ways BECAUSE of his limitations and would like to spend the remainder of his life continuing in this manner.**

**His book, titled “If I Can Do It...”, should go a long way towards achieving that goal. He says, “I hope it will be of some inspiration to many others who feel as though their life is full of negatives and that they have little to live for”.**

**Today, Colin, 73, also suffers from chronic kidney failure, which necessitates dialysis treatment three times a week. This effectively put an end to his singing career and days of travel to spread his message outside his local area. He is still available, however, for speaking engagements at schools, nursing homes and service clubs.**

**Colin's autobiography is available, together with photographs and other information, direct from (03) 5443 5560 or mobile 0439 989 454 or by email at [coljames@bigpond.com.au](mailto:coljames@bigpond.com.au).**

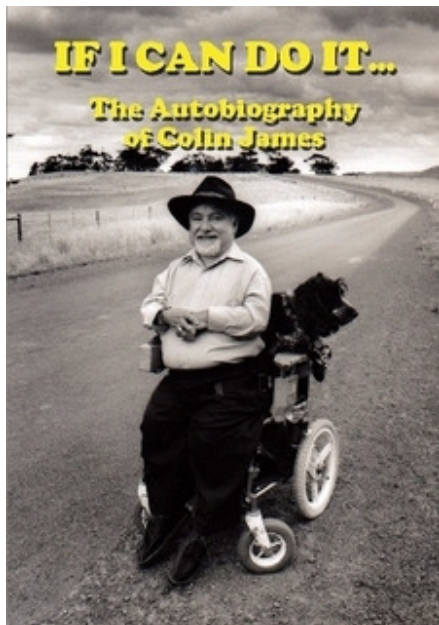
**Roberta Exell,  
Support Worker and Publicist.**

# PUBLISHED AT LAST!

Yes, dear friends, after more than 30 years of writing, re-writing, updating and re-writing again, my life story is available at last!

It can be purchased now direct from me (see details below) in paperback book format at \$20 per copy, plus \$5 for postage and handling (if applicable). As I do not have card facilities, all payments should be made by personal cheque, postal note or direct into my bank account (013-030 587-371-766).

*Colin R James*



**"IF I CAN DO IT..."**

**The Autobiography of Colin James**

Orders can be made direct through  
Colin by:

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Email: [coljames@bigpond.com.au](mailto:coljames@bigpond.com.au)

OR by writing to Colin R James,  
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This book tells the story of Australian entertainer, Colin James. Confined to bed or a wheelchair since the age of three-and-a-half, Colin, despite all the odds, has achieved more than many able-bodied men could hope to achieve in a lifetime. Described as, "Australia's Little Giant of Entertainment", he has entertained thousands on stage, television and radio, written songs, poems, newspaper articles and an accommodation guide-book for wheel-chair travellers, and presented many motivational addresses to groups and clubs.

Somehow, he has also found time to travel overseas, marry three times, pioneer competition dart playing with a blow-pipe, and receive an OAM for significant, unselfish service to the community! This book tells the whole story, warts and all, of Colin's inspiring, courageous and irrepressible journey. Hold on for one amazing, true life adventure!