

Polio News

P R E S E N T E D B Y

W I L D R O S E P O L I O S U P P O R T S O C I E T Y

INSIDE THIS ISSUE:

Thoughts for the New Year	3
Is Stress Contagious?	4
The PPS Brain	6
Everyday Tasks can be Frustrating and Difficult	8
Did You Know ...Taxes in Alberta	9
Full Service Gas Stations in Edmonton	11
Photos from the Halloween Social	12
Announcements	14
Membership	16

A MESSAGE FROM YOUR PRESIDENT

Aloha! I would like to say that I am sending this from Hawaii but, alas, it is coming to you from Edmonton, where WINTER has settled in. I hope you are all able to get out and about reasonably well, at least to have done your Christmas shopping.

Speaking of Christmas, although it has gone by already, I wish to send holiday greetings and New Year wishes to each and every one. May your new year ahead be blessed with good food, good health and good friends (and family).

We are busy planning events for 2012 and will keep you informed at to what, where, and when. There may be something coming up in February; and our Annual General Meeting will be in early spring. There are some openings on the board, so if you are interested let the office know.

Just a reminder that, if you've not already done so, it is time to renew your membership for 2012. Benefits of a current membership include the Reimbursement Program [see elsewhere in this issue for more information].

That's all for now. Keep active and keep warm!

Marleen Henley
President

Lets All make a New Years Resolution By remembering the Words of Jack Layton:

“My friends, love is better than anger. Hope is better then fear. Optimism is better than despair. So let us be loving, hopeful and optimistic and we we'll change the World.”

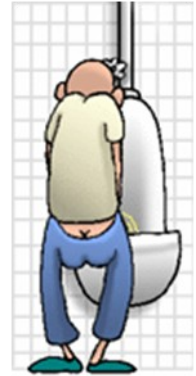
LAUGHTER IS GOOD MEDICINE

Some of the artists of the '60s are revising their songs to accommodate aging baby boomers

Bobby Darin ---
*Splish, Splash, I Was
Havin' A Flash*



The Commodores ---
*Once, Twice, Three Times
To The Bathroom*



Herman's Hermits ---
*Mrs. Brown, You've Got a
Lovely Walker*



Leo Sayer ---
*You Make Me Feel Like
Napping*



The Bee Gees ---
*How Can You Mend A
Broken Hip*



Abba---
Denture Queen



Roberta Flack---
*The First Time Ever I For-
got Your Face*



Tony Orlando ---
*Knock 3 Times On The
Ceiling If You Hear Me
Fall*



Paul Simon---
*Fifty Ways To Lose Your
Liver*



Willie Nelson ---
On the Commode Again



THOUGHTS FOR A NEW YEAR

Promise Yourself

To be strong so that nothing can disturb your peace of mind—to talk health, happiness and prosperity to every person you meet.

To make all your friends feel that there is something good in them—to look at the sunny side of everything and make your optimism come true.

To think only of the best—to be just as enthusiastic about the success of others as you are about your own.

To forget the mistakes of the past and press on to greater achievements in the future.

To wear a cheerful smile at all times and give every living creature you meet a genuine smile.

To give so much time to the improvement of yourself that you have no time to criticize others.

To be too large for worry, too noble for anger, too strong for fear and too happy to permit the presence of trouble.

From Heartwarmers by the Dream Machine

My Iron Lung et Cetera by Robert Mauro

When I was but a boy of five,
 An iron lung did breathe for me.
 It pumped and pumped around the clock,
 A yellow tank with pressure lock,
 And white inside the only touch
 Was through a rubber gasket just.
 And then when I was only seven
 They pulled me out and turned to heaven
 For 18 years I had a ball,
 Then, PPS did take its toll.
 A Rocking Bed they laid me on
 No fair lady would come upon.
 At 43 they took the bed.
 and ventilated me instead.
 And now when lovers with me lay,
 I happily take their breath away.

This is what you should do Walt Whitman

This is what you should do:
 Love the earth and sun and animals,
 despise riches, give alms to everyone that asks,
 stand up for the stupid and crazy,
 devote your income and labor to others, hate tyrants,
 argue not concerning God,
 have patience and indulgence toward the people...
 re-examine all you have been told in school or church or
 in any book,
 dismiss what insults your very soul,
 and your flesh shall become a great poem.

EXECUTIVE

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DISCLAIMER

Information published in the Polio News and/or the Wildrose Polio Support Society web site may not represent the opinion of the Society. It is not to be regarded as the Society's endorsement of treatment, products or individuals. If you have or suspect you may have a health problem, please consult your health care professional.

IS STRESS CONTAGIOUS

From: <http://www.onemomentmeditation.com/blog/stress/50-is-stress...27/06/2011>

For National Stress Awareness Month, I wrote two articles here about how we pick up stress from others and pass it on-what I called stresscalation. I argued that we have an ethical obligation to stop our own role in this stresscalation.

But could we also play a role in stopping the stresscalation that we find around us?

While pondering this, I remembered a much loved picture book from my childhood, *A Fly Went By*, by Mike McClintock. This simple story not only illustrates how stress can be contagious-it also shows us a state of mind that can help us stop the stresscalation.

A Fly Went By begins on a sunny summer morning. A young boy relaxes in a rowboat, at the edge of a lake. Without a care in his mind he remarks.

I sat by the lake, I looked at the sky,
And as I looked, A Fly went by.

But the fly is in a terrible panic, and so the boy asks him what's happening. The fly stops just long enough to explain that he is being chased by a frog, and then flies off. Then the frog appears also in a rush, and the boy demands to know why the frog is chasing the fly. But the frog hasn't even seen the fly.

He is being chased by a cat.

One by one animals rush past the boy-fly, frog, cat, dog, pig, cow, fox and finally a man carrying a rifle. The boy stops each one to ask what is causing the panic. In each case, he is told the same thing: each one is running from another.

The man does not even know who or what is chasing him. He had simply heard a loud noise coming toward him. Assuming that this was something terribly big and mad, he began to run. And then he, too, dashes off, leaving the boy to meet the source of this terrible noise alone.

What does it turn out to be?

Nothing but a tin can on the hoof of a little lame sheep. The sheep was indeed, running after the man...but only to ask him for help.

Having found the source of the panic, the boy then gathers all the animals together by yelling "Stop!" He explains to them the whole sequence of misunderstandings-how the fly was afraid of the frog, which was afraid of the cat ...and so on.

The crisis is now over. The man liberates the little sheep's hoof from the tin can. And the boy surveys the assembled animals and observes

Is Stress Contagious

I looked at them all, and then I could tell.
They all had no fear, and now all was well.

In this remarkable story, we get a clear parable for the contagiousness of stress-how a problem can be misunderstood, amplified and transmitted-and how our own fears and stress can contribute to this.

What interests me most, however, is the personality of this boy. What kind of mind (or mindset) enabled him to stop the stresscalation?

The boy was able to witness the drama around him without getting caught by it. His own fears-if he had any-were never triggered. Because of this, he could approach each instance of panic calmly, and inquire dispassionately as to the reason for it. He could examine each link in the whole chain reaction, and see the situation calmly and rationally.

This state of mind-peaceful, compassionate, and rational- is precisely the state of mind that is cultivated through the practice of MEDITATION. In fact, if you are curious about how meditation could help you cope with stress, or help you to help others cope with

stress, I can think of no better metaphor than this story.

MEDITATION helps us find a witness position within ourselves, a perspective from which we can see the drama of the world (and the drama of our own minds) clearly, without getting caught up in it. And from this position, we can help more effectively.

Of course, the source of our stress may not always be as innocent and innocuous as a lame sheep. There are indeed many compelling reasons to be afraid or stressed these days: Traffic jams. Lack of Time. The economy. Weapons of Mass Destruction. The climate crises. Computers crashing. Healthcare. Our Health.

But even when our problems are significant, approaching them from a more peaceful, meditative point-of-view can help. With a more meditative mind, we are less likely to take on these problems in a stressful way. And if we do get stressed, a meditative mind can help us notice that we're stressed, do something about it, and make sure that we don't pass the stress on to others. And if we do have a serious problem, having a more MEDITATIVE mind makes us more likely to find a novel solution.

If we are really interested in stopping the contagion of stress, perhaps the most valuable thing we could do is cultivate a bit more peacefulness within ourselves. And if we care about having a peaceful world-or just having more peaceful workplaces or families-the same applies. To quote that tireless peace campaigner, Peace Pilgrim, "World peace will never be stable until enough of us find inner peace to stabilize it." This is what the boy has done. This is the state of mind that he exemplifies.

In the final scene of *A Fly Went By*, we see our young hero much as he was at the beginning-relaxing at the edge of a lake, now against a setting sun.

Peaceful as ever, he reflects:

They all went away, They all waved goodbye So....
I sat by the lake, and I looked at the sky.

SHORT STORIES WANTED

Good afternoon - I have been communicating with the Michael Sheldrick, the Campaign Manager for *The End of Polio* campaign, and he has asked Polio Australia to send out word that he is **looking for short stories from polio survivors, both in Australia and around the world, to upload onto their website.** Details of this global campaign, which is currently based in Western Australia in the lead up to the CHOGM (Commonwealth Heads of Government Meeting) conference on 28th October, can be found here: www.theendofpolio.com

Michael has advised that over the next month they are planning on getting a fair bit of media attention around the issue and thought it could provide global platform for post-polio groups and individuals to latch onto to promote the angle of "I have suffered from polio; I don't want anyone else to suffer like I have."

I believe this is a wonderful opportunity for polio survivors to join forces with a worthy campaign, whilst also getting our message across that "We're Still Here!"

Michael has asked for people to send him short stories consisting of no more than two paragraphs which highlight your experience of polio, its late effects, and your support for polio eradication. This should be provided as a "Word" document. Photos are also a vital part of story-telling, so please include your supporting photos as a good resolution .jpg. Michael has advised that he can also upload short film clips, if available. If you are from a polio network and/or have a website address, include this information and it will be linked. This can all be sent to: mi-chael.sheldrick@globalpovertyproject.com

Yesterday, they officially launched The End of Polio Concert: www.theendofpolio.com/concert On the 28th October, in Perth, against the backdrop of the largest ever gathering of Commonwealth leaders, The End of Polio Concert will drive polio eradication back into the international spotlight, demonstrating the mass public support required to bring an end to this debilitating disease. The End of Polio Concert will have polio survivors – including Canada's Ramesh Ferris – speaking to the audience, and believe this will provide a human narrative to polio.

So, START WRITING!

Kind regards,
Mary-ann

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THE PPS BRAIN

by Rick Van Der Linden

WHAT THE VIRUS DID

To better understand how the damage caused by the poliovirus is affecting us today, we need to get a rough idea of how the brain is wired for action. Every action message sent out by the conscious or unconscious brain passes through the base of the brain. This primitive area of the brain, which controls our basic animal functions (moving, breathing, sleeping, etc.), is connected to the top end of the spinal column. This structure, the brain stem, is shaped like a light bulb, the Medulla (socket area) topped off with the Bulbar region.

When the poliovirus enters the nervous system, it causes an infection in the gray matter of the spinal column disrupting the signal from the brain to the muscle cells. Lesions (scars) from this infection can be detected by autopsy or by MRI and are seen as speckles throughout the gray matter. The resulting Paralytic Polio is partially overcome in rehabilitation, but the lesions remain. In most cases (or perhaps all, but to varying degrees), these lesions continue upward beyond the spinal column and into the brain stem where sleep, breathing and swallowing are controlled – Bulbar Polio.

Usually the heaviest concentration of lesions is in the spinal column, and they thin out as they progress upward into the brain stem with very few in the rest of the brain.

Doctor Richard Bruno has described the polio-damaged brain stem as looking like it was shot with a miniature shot gun.

THINK AND ACT

Often we have trouble finding words, concentrating, staying awake and aware, and remembering things. It's enough to make you think you're losing your mind. But why should this happen if the virus only damaged the action part of the brain? To answer that question, think about this: We are experts at compensating for weakness. If a muscle is weak, the one next to it works harder. It stands to reason that if an area of

the brain is overworked, a nearby area tries to take up the slack. To put it in computer parlance, we create a much less efficient software solution in the thinking part of the brain to fix a faulty hardware problem in the action part of the brain. The result is a computer that is straining its capacity – Central Fatigue.

DO YOU REMEMBER?

"So" you ask, "if polio didn't directly hurt my thinking brain, why do I have memory problems?" I can think of three reasons. Fatigue, poor quality or quantity of sleep, and PTSD.

FATIGUE: When I overuse my body, my brain is short changed in the energy department (see THINK AND ACT) and the resulting Central Fatigue causes loss of awareness. I can't remember things I never noticed.

SLEEP DISORDERS: Memories of the day are set in place during the three hours of REM sleep. This important segment of sleep can be interrupted by jumpy legs, side effects to a drug you're taking (including alcohol and caffeine), aches and pains, and so on. If, for example, during REM sleep you are reviewing my face and name and you suddenly wake up because say you quit breathing...you may forget me.

PTSD: The third reason is perhaps a little more controversial. Post Traumatic Stress Syndrome [PTSD] can cause you to forget a particularly stressful event and make it hard to make new memories. We don't all respond to stress in the same way, but there could be a small percentage of us who suffer from PTSD.

CONCLUSION Although the poliovirus invaded and damaged part of the brain, it was only the action parts that were damaged. The higher functions should work just fine if we manage PPS properly.

"The best we can do" involves saving our energy for creativity. Sing, paint, make photographs, write, garden . . . share your vision. Even if it's just for a few minutes a day, it's the most human thing you can do. Being creative is better treatment than any drug. It lifts you above your mortal problems and brings you .

closer to a purely spiritual state. I'm thankful every day that, although polio hurt my brain, my mind was left untouched.

UPDATE - NOVEMBER 2008

In the above article, I touched on the connection between mental function and sleep apnea. At the time, I had not yet learned of the effect weak breathing muscles has on sleep quality and therefore mental abilities. Here's more on that: PPS remains the same strange and often illusive disease, though our understanding of it seems to keep evolving.

Since writing "The PPS Brain" nearly ten years ago, I've added a very important piece to the puzzle. That piece is the negative effect of hypoventilation, which I later wrote about in an article called "Barely Breathing." To summarize: many of us (some say "most of us") suffer from breathing muscles weakened by the poliovirus. Over years of slow deterioration of these nerve/muscle connections, we breathe less and less as we compensate for the weakness. Year after year it goes unnoticed as we learn to survive on less oxygen (O₂) while carbon dioxide (CO₂) builds up in our blood. As years go by, CO₂ is stored in our muscles and organs. The presence of excessive CO₂ interferes with normal function, so we end up with things like high blood pressure, failing kidneys, liver failure, and so on.

Of particular interest to this article is the effect on the brain.

CO₂ IN THE BRAIN

I'm not a doctor and I don't know all the how's and whys, but I am an expert in the area of firsthand experience in this matter. It happened to me.

I had polio in 1953, PPS diagnosed in 1994. I'm now (2008) 61 years old. At the time of my diagnosis, I was told that I may have been experiencing PPS symptoms as long as 10 or 15 years before problems became serious enough to cause me to seek treatment. At first I found it hard to believe. Now I see things differently.

My mind was changed by the fact that now, after five years of overnight ventilation, I still find improvement in certain mental abilities.

It seems that vent therapy corrects blood gas balance right away. After all, simply hyperventilating over the stress of having an ABG (arterial blood test for level of CO₂ in the blood) test at the hospital can remove a good portion of built-up CO₂ in the blood. However, the longer hypoventilation continues, and the more severe it is, the more CO₂ collects deep within body tissues. It takes time to clean up the mess.

Some of the early improvements included a clearing of the fog – I could actually think again. My memory seemed to improve, too. Depression was no longer such a problem as the increased endurance allowed me to accomplish more and therefore feel more useful. Decision-making is no longer a problem.

The most surprising delayed improvement is in the area of problem solving. I'm a Mr. Fixit. A machinist, a writer, a musician, plumber, electrician, carpenter, mechanic, inventor . . . and yet, there are a lot of little glitches in daily activities I've put up with for years. In the last two years I've come up with several simple creative ideas to make repetitive tasks (or every day activities) easier or more efficient. On every one of these occasions I've asked myself, "Why didn't I think of that 20 years ago?" These are not complicated problems with complex solutions. They're little things that have bugged me or wasted time, and the solution was always something easy, cheap and only required a few minutes and materials on hand. The only answer I came up with is, "I must not have been thinking straight." Only two things have changed – I'm over 60, and I'm on overnight ventilation. I doubt that being over 60 could be the reason for this unexpected improvement. So, by the process of elimination, I assume it has something to do with the latter.

*Reprinted from: SECOND TIME AROUND, AUGUST 2011 – PUBLICATION OF BOCA AREA POST POLIO GROUP, BOCA RATON, FL 17 [Originally published in *The PPS Manager* May 1999.]*

EVERYDAY TASKS CAN BE FRUSTRATING AND DIFFICULT

by Ferne Hymanyk

In April, 1971, Rossi Cameron, Edmonton Journal, did a feature article on Jean Battell and me. I have taken the thoughts from that article and tried to compare 1971 to 2011. There have been many changes but the following necessary things would be extremely helpful to disabled people – like more acceptance, more employment opportunities, more accessible buildings such as apartments and condos for the disabled.

Being disabled can be very discouraging, we are looked at as if “we do not function normally,” when the only problem may be having to use a wheelchair, a walker, or a cane. This does not prevent us from participating in life and in functioning normally. “*WHAT IS NORMAL?*” Wheelchairs can be a frustrating but useful piece of equipment required by people who do not have the use of their legs. Each day this piece of equipment is beset by frustrating and discouraging encounters that the able-bodied person would never think about twice.

We can live very useful lives with some modifications in our day to day living; we do have brains and can be very successful. The majority of people who are confined to a wheelchair are intelligent, able to work and to support themselves but employers do not seem to see beyond the disability even though the disabled usually have a lot to offer.

Since the article was written in 1971, disabled people have become more visible but able-bodied people continue to feel very uncomfortable near them and often refuse to accept us. The numbers of people in wheelchairs are increasing, there are so many of us, and we’re not sitting back any longer. There are still employers who will not hire someone disabled “because we live in an impersonal world or they seem to feel uncomfortable around our wheels or walking sticks.

If only architects and builders would create more buildings that are barrier-free. I recently encountered a condo intercom system panel that was too high for me to reach from a sitting position. What about placing elevator floor button panels lower, so that even the “little people of this world” would be able to reach them? “Can you imagine the frustration of getting into a building without front steps only to find once you’re inside there is one lousy step into the foyer leading to the elevator!”

Many disabled people now own cars which can be specially equipped with hand brakes and gas built-in handles, this can make the individual more independent, able to get to work or just a source of pleasure – but other people’s cars can evoke utter futility.

From years of practice I can speedily and adroitly place my folded wheelchair into the back seat. However, this requires enough space for me to open the car door full width. I really can’t count the number of times I have sat in total dejection, unable to get into my car because another driver has not been observant and noticed the handicap sticker in the windshield, or not recognized its meaning, and has parked too close to my car.

I avoid going downtown to shop due to the street curbs that are not always accessible.

Since the article was published, (April, 1971) I have done many things which I had not expected to do, I got married, lived in the Okanagan Valley for many years, raised a family, completed a Business Administration Diploma and now have returned to Edmonton.

I still see a large disconnect towards disabled people in regards to employment, accessibility and most of all acceptance in all frames of life. Yes, there are many more wheelchair stalls available but a lot of walking disabled people like to park in these stalls because they are nice, wide, and easy to access their vehicle. There is still a lack of education as to why the handicapped parking stalls are wider than normal.

Therefore the person in a wheelchair who really needs the wide stall to get their wheelchair out of the vehicle is still unable to have full access to wherever they are going.

The employment situation for disabled people is still not as open and free as we would like to have it.

Have things really changed much in the 40 years?

DID YOU KNOW... TAXES IN ALBERTA

What are the deductions you should consider using when filing

	Federal	Alberta	
Basic	\$10,527	\$16,977	
Spouse	\$10,527	\$16,977	
65 Yrs +	\$6,537	\$4,731	This amt reduces at \$32,961
Disability	\$7,341	\$13,095	

There are many deductions under medical expenses, care giving costs, home renovations (did you know a ramp is deductible) as well.

Taxtips.ca/ is a helpful website or request pamphlets outlining areas of possible assistance to you. The following is a short list of Benefits available to Albertans that might be helpful to you.

Persons with disabilities

[Disability Supports](#)

[Residential Access Modification Program \(RAMP\)](#) - Grants of up to \$5,000 are available to eligible wheelchair users to modify their home to be more wheelchair accessible.

Seniors

[Seniors and Community Supports](#)

[Seniors' Benefit Program](#) - income-based program providing cash benefits for eligible seniors aged 65+.

[Blue Cross Coverage for Seniors](#) - premium-free coverage for health related services & prescription drugs.

HAVING DIFFICULTY PUTTING OUT YOUR GARBAGE?

The City's Waste Management Services offers an assisted waste collection service for customers who have difficulty getting their recycling or garbage to the curb or lane.

Collectors will pick up garbage and recycling from outside the front or back door of the home.

This service is for Edmonton residents with temporary or permanent mobility challenges who do not have someone to take their waste to the curb or back lane for them.

Assisted waste collection promotes independent living and reduces the risk for dangerous slips and falls caused by icy or wet conditions.

For information or to apply, go to <http://edmonton.ca/assistedwaste> or call 780-496-5698

A SPECIAL HAPPY BIRTHDAY

A special thank you and Happy Birthday to Kathleen Waddell on February 24th
 Members of Wildrose Polio Support Society appreciate Kathleen's dedication as she calls to wish members a happy day on their birthday.
 This makes membership in WPSS a lot more special.



2012 MEMBERSHIP DUES

Membership dues for 2012 are due on January 01, 2012. There are many benefits of membership that include but are not limited to:

Free therapeutic and recreational swimming on Tuesdays and Saturdays year round at Rundle ACT Pool;
Subsidized events that frequently include a meal;
Reimbursement of qualifying medical expenses to a yearly maximum for polio survivor;
Informative Newsletter; and
An excellent website for Post polio syndrome related research material and support.

To be eligible for these benefits your current year membership must be paid. The fee is \$25 per couple that can be a polio survivor and their caregiver or \$15 per individual. Non members or guests must pay the full cost of any social event.

Membership renewal methods include:

1. Mail in form found in newsletter;
2. On-line at website www.polioalberta.ca/wildrose
Click on Member tab, print the form and mail in

Please make sure all relevant fields on the form are completed. I thank everyone in advance for keeping their membership current.

Membership Chairman - Marion Chomik

2012 VACANT BOARD POSITIONS

At the 2012 Annual General Meeting, we are looking to fill some Board positions. As with any organization, having an active Board is vital to its success. I know our membership consists of some talented individuals that can contribute their skills and strengthen the Executive.

Following are some details:

Vacant Board positions: President (polio survivor), Secretary, Directors (4)
An individual interested in fundraising [non casino]
2 year term
Attend a monthly meeting (Tuesday - 3 to 4:30 P.M.) at ACT Centre
Participate and contribute your time/skills

Please step forward and let the Nominations Committee know your interest. The committee members are: George Kunec, Rick Meunier, and Marion Chomik.

The Nominations Committee

QUIZ TIME

We ended the year with a tremendous response to the 4th quarter quiz. Hopefully this trend will continue in 2012. It seems the Canadian history quiz generated more interest so will continue these type of questions at least for this quiz. Submit your answers and have a chance to win a \$5 Tim Horton's Card. All answers must be submitted by February 13, 2012 to:

WPSS, 15235 63 Street NW,
Edmonton, AB T5A 4V8
or Email: mchomik@telus.net

A draw will be made from all correct answers.

"CANADIAN GEOGRAPHY" QUIZ

[List the Provinces and Territories.](#)

[List the](#) Capital City of the Provinces and Territories

LAST QUARTER QUIZ ANSWERS

"CANADIAN FACTS" QUIZ

WOW. We received an unprecedented 16 responses. Two via email and the remainder at the Halloween Social. It appears handing out and collecting the quiz at an event has encouraged more participation. Maybe a quiz based on Canadian history that can be researched via the internet made it easier. Whatever the reason, it does not matter. The important thing is greater involvement.

Here are the answers:

1)Stephen Harper, 2)308, 3)David Johnston, 4)John Cabot, 5)10, 6)3, 7)Ottawa, 8)Atlantic, Pacific, Arctic, 9)Quebec, 10)Mount Logan, 11)Tommy Douglas, 12)Toronto, Montreal, 13)Roberta Bondar, 14)Newfoundland, 15) Confederation Bridge, 16)NAFTA, 17)Sir Wilfred Laurier, 18)Kurt Browning, 19)Lester Pearson, 20)Manitoba, 21) The Civil War, 22)Montreal

Our quiz winner was Pam Waite, Spruce Grove, Alberta. Congratulations Pam and enjoy the Tim Horton's Card.

ANNUAL GENERAL MEETING

This is to notify members that the Annual General Meeting of the WPSS will take place at the ACT Centre, Rundle Park on Saturday April 28, 2012

See the next issue of Polio News or refer to the web site at www.wpss.polioalberta.ca for more details

Full-Service Gas Stations (Edmonton - Calgary)

Company	Address	City	Province
FasQas	28 Avenue and 66 Street	Edmonton	AS
CO-OD Gas	132nd Ave and St. Albert Trail	Edmonton	AS
Esso	5003 101 Ave NW	Edmonton	AS
Husky	8210 127 Avenue	Edmonton	AS
Husky	5520 Calqarv Trail	Edmonton	AS
Husky	6827 170 Street	Edmonton	AS
Husky	344/348 Bulvea Road	Edmonton	AS
Husky	3105 Calgary Trail NW	Edmonton	AS
Husky	10608 107 Avenue	Edmonton	AS
Husky	13203 66 Street	Edmonton	AS
Husky	6125 101 Avenue	Edmonton	AS
Husky	11820 Wayne Gretzky Drive N	Edmonton	AS
Husky	9536 51 Avenue	Edmonton	AS
Husky	10915 23 Avenue	Edmonton	AS
Husky	9774 182 Street	Edmonton	AS
Husky	3003 66 Street	Edmonton	AS
Shell	9950 82 Avenue	Edmonton	AS
Shell	13106 St. Albert Trail	Edmonton	AS
Shell	5504 - 50 Street	Edmonton	AS
Esso	9835 MACLEOD TRAIL SW	Calqarv	AS
Esso	6815 MACLEOD TRAIL S	Calqarv	AS
Esso	1440 52 Street N E Unit 600	Calgary	AS
Husky	4201 Macleodo Trail S	Calgary	AS
Husky	1205-14 Street SW	Calgary	AS
Husky	11033 Elbow Drive SW	Calgary	AS
Husky	6833 26 Avenue NE	Calqarv	AS
Husky	6633 Crowchild Trail SW	Calqarv	AS
Husky	301-5005 Dalhousie Dr. NW	Calqarv	AS
Husky	51058 Avenue SE	Calqarv	AS

PHOTOS FROM HALLOWEEN SOCIAL



Happy Halloween



ANNOUNCEMENTS

SWIM SCHEDULE

ACT Aquatic & Recreation Centre

In the heart of Rundle Park
 2909 113 Avenue NW
 Edmonton Alberta
 (780) 496-1494

Tuesdays 5:00 pm to 6:00 pm
 Saturdays 4:00 pm to 5:00 pm

RATES:

No charge to members during WPSS scheduled times.

SPECIAL NOTE RE SWIMMING

The pool will not be open for swimming on;
 Saturday December 24, 2011 and
 Tuesday April 3, 2012

HAPPY BIRTHDAY!



Timperley	Joe	Jan 3
Moffatt	Sharon	Jan 13
Neumann	Seymour	Jan 22
Warnes	Erna	Jan 25
Berry	Art	Jan 25
Robinson	Dwight	Jan 26
Cameron	Donald	Jan 29
Weiers	RJ	Jan 30
Chorney	Bill	Jan 30
Robertson	Margaret	Feb 2
Leitch	Emily	Feb 12
Cyr	Cliff	Feb 18
Thompson	Diane	Feb 20
Waddell	Kathleen	Feb 24
Whitfield	Murdo	Feb 28
Van Kleek	Elaine	13 March
Link	Norm	13 March

Do you have an announcement that you would like us to publish?

Please let us know . . .

Email:
wpss@polioalberta.ca

Wildrose Polio Support Society
 132 Warwick Road NW
 Edmonton AB T5X 4P8

Phone:
 (780) 428-8842

WE'RE ON THE WEB
<http://www.polioalberta.ca/wildrose/wpss.htm>

**WILDROSE POLIO
SUPPORT SOCIETY**

132 Warwick Road NW
Edmonton AB T5X 4P8
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Fax: (780) 475-7968
E-mail: wpss@polioalberta.ca



Providing support for Polio survivors

The Wildrose Polio Support Society (WPSS) was formed in 1999 to provide information and support to Polio survivors.

The objects of the WPSS are:

- 1 To provide education to members in respect to post polio syndrome;
- 2 To provide group support and therapeutic support to polio survivors and to provide other support as approved by the Board of Directors;
- 3 To disseminate information concerning research and treatment about post polio syndrome;
- 4 To raise monies for research into post polio syndrome and to donate same to such institution that is conducting research into post polio syndrome as the members of the Society shall decide;
- 5 To develop awareness, communication and education between the Society and the Community.

WPSS News sponsored in part by



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Being perfect doesn't mean everything is perfect; it means you've decided to see beyond the imperfections.

Wildrose Polio Support Society

132 Warwick Road NW
Edmonton AB T5X 4P8

2012 Member / Donor Form

[Membership year is January 1 to December 31]

NAME(S):
MEMBER _____

[Polio Survivor]

ASSOCIATE MEMBER _____

[Husband/Wife/Caregiver]

ADDRESS: _____

CITY: _____ **POSTAL CODE:** _____

PHONE (DAY): _____ **PHONE (EVENING):** _____

FAX: _____ **POLIO YEAR:** _____

E-MAIL: _____ **BIRTHDAY MONTH:** _____ **DAY:** _____

SENIOR [60 or over] YES **NO**

MEMBERSHIP: **Associate YES** **NO**

Individual (\$15.00) \$ _____

Couple (\$25.00) \$ _____

DONATION: \$ _____

TOTAL ENCLOSED: \$ _____

DATE: _____

I would like to receive my newsletter; by email by regular mail

HOW DID YOU HEAR ABOUT WPSS: _____

The Wildrose Polio Support Society will use this information solely for the express purpose of the functions of the Society. We will not disclose personal information for commercial purposes without your permission.

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