April 2004

POLIO POSTBOX

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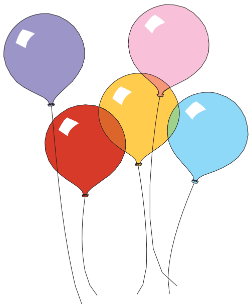
Polio Regina Incorporated
825 McDonald Street, Regina, Sask. S4N 2X5

Hey! It's our 10th Anniversary



This edition of Post Box is a tribute to all Polio Survivors. They have served us faithfully as we grapple in search of physical comfort from the devastating latent effects of Post Polio Syndrome (PPS).

It is also an opportunity for us, Polio Regina Inc., to mark our 10th anniversary as an autonomous group searching ways and means of coping with the debilitating scourge that is Post Polio Syndrome.

It has taken many years to recognize that PPS exists as a debilitating factor in our bodies caused by the original attack of Polio. There is considerable research in the attempt to find a cure for PPS with only marginal success.

At this time the best advice is to "listen to your body's silent advice." If your leg hurts, use an assistive devise such as a cane, wheel chair, walker or scooter. If you have difficulty breathing use an aspirator or an oxygen tank. Rest frequently and don't physically exert yourself.

It is true that many medical practitioners are not familiar with Post Polio Syndrome and that is where you should play a role by supplying them with our literature and discussing your post polio malady with them.

On your next visit to your doctor, take a few pamphlets with you and discuss what you know about Post Polio Syndrome with your doctor. We have a limited supply of literature but what we have is readily available from Polio Regina Inc. or from the recently organized Polio Canada.

Tell your care-giver (doctor, nurse, dentist, chiropractor, message therapist, anaesthetist etc.) about your special health condition and inform them there are volumes of Polio information available just by typing and clicking "Polio" on the web screen. Our Polio Support meetings are a perfect opportunity to talk with other polio survivors and learn which assistive medication and equipment they are using to coping with their PPS.

Our first Polio Regina Inc. executive - 1994

Front centre: Dr. Mavis Matheson (President); on her right: Verna Copeland and at right front: Blenda Ramsay. Center row: Peggy Gliddon, Ruth Adelia and Barry Brown. Back row: Norma Motherwell and Ron Fiddler. (Missing from the picture: Fred Ramsay. He was behind the camera.)

How we started

Polio Regina Inc. began in February 1994 with these objectives:

- To develop, promote and increase awareness of Post Polio Syndrome.
- To disseminate information concerning research and treatment pertaining to Post Polio Syndrome.
- To provide caring support to survivors of polio.

We have tried to accomplish these guidelines as much as possible.

Our Polio Regina organization actually had two start-up periods. Initially, we were members of a newly formed Saskatoon group (SAPP) in 1980 and participated whole-heartedly in helping and informing other polio survivors about what little we knew about Post Polio Syndrome.

During the 1980's, a strong Polio Network evolved in the United States and Eastern Canada.

A Regina branch of SAPP was formed spearheaded by Joan McIvor and very quickly other Regina area people joined the movement. Among them were Ruth Adelia, Javonne Miller, Deryl Quinn, Drs. Elisabeth and Lewis Brandt, Virginia and Maurice Denzin, Olga Robinson, Blenda Ramsay, Dorothy Slater, Georgina Heselton, Peggy and Don Gliddon, Irv Richards, Darlene Krause, Dorothy Sweet and Chris Davies. The group elected Joan McIver as president of the Regina branch and, in slow steps, the Regina group increased membership.

"It was really amazing that at every meeting of handicapped people, I was always drawn to those who had polio," Joan said. "There seemed to be a special bond among us. We met in each other's rooms, ate our meals and attended all the social events together," President Joan added.

"This was when the beginning of my dream to start an organization of only polio survivors began. I mentioned it to others but no one seemed to catch my enthusiasm so my dream lay dormant for many years. This was in the early '50's before the terrible polio epidemics began", Joan said.

In 1994, ten years ago, the Regina branch felt a separate group could function independently and Polio Regina Inc. was created consisting of 60 people. Today we have 150 active members and growing stronger and healthier.

At our February 1994 Provincial Branch meeting there was a fair amount of discussion about our relationship with the provincial organization. Regina members expressed concern that our relationship needed to be streamlined and restructured in several areas.

- The need for more autonomy in our operations.
- Establish more clear-cut communications between Regina and the provincial office.
- The need for a more cohesive organization.

For example, several members questioned why provincial ruled that surplus funds raised by Regina had to be turned over to provincial coffers. We felt some of this money should be left in Regina to support Regina branch functions.

When the provincial body refused to budge, the Regina members, by resolution, formed an ad-hoc committee and struck a task force to study the problem and report back to a meeting. The committee recommended that we form our own group; which was quickly followed by the creation of a constitution, bylaws and the election of officers.

Just for the record, the following people served as presidents of the Regina group during the past 10 years: Joan McIver, Peggy Gliddon, Maurice Denzin, Mavis Matheson, Jackie Ball, Norm Beliveau and presently, Carole Einfeld.

The new executive included Dr. Mavis Matheson, a polio survivor, as President and the slate of officers included Ron Fiddler; Vice-president, Peggy Gliddon, Treasurer, Ruth Adelia; Secretary, Barry Brown, Program Coordinator, Blenda Ramsay Social Convenor; Verna Copeland Ways/Means Convenor and Norma Motherwell, Public Relations and membership.

In a survey taken at our February 1994 meeting, there was a strong indication that our members wanted an in-house publication. Our first newsletter, later called Post Box thanks to Murray Grant's suggestion, was the result of that request. Edition number one, Regina Polio Survivors was published March 28,1994. The editor was Fred Ramsay, 4334 England Rd. Regina 543-6380.

The Post Box popularity results because the publication is about us; things we do, people we know and want to know better. We invited our members to be involved through letters to the editor, brief reports about events and general scuttlebutt and gossip about anything they want to say "that's fit to print". We publish timely, helpful hints for members, reports on post polio developments and news, people profiles, quizzes, jokes, pictures, guest editorials, meeting notes and services offered by other members.

"Give us the scoop and we will print it," says co-editor Blenda Ramsay.

To help our members become better acquainted, we have published biographical sketches of members. Names of people whose biographies were used in Post Box or elsewhere such as the March of Dimes posters and in our "Meet & Greet" personal profiles include: Joan McIver, Ruth Adelia, Blenda Ramsay, Dr.Elisabeth & Dr. Lewis Brandt, Maurice & Virginia Denzin, Javonne Miller, Brian & Betty Comstock, Ross & Verna Copeland, Murray & Gen Grant, Suzanne Lalonde, Donalyn Price, Mavis Matheson, MD, Norm Beliveau, Irv Richards, Carol & Clarence Biberdorf, Jackie & Keith Ball, Jim & Pat Allonby, Marlene Dreger, Lloyd & Inge MacPherson, Vi Lundell, Peggy & Don Glidden, Bud & Hilda Findlay, Norm & Shirley Desautels, Glo Young, Carole Einfeld, and Don Volpel.

We hold regular meetings, listen to guest speakers, and attend a swim /exercise program, organize social events such as a summer picnic and a Christmas banquet. A few years ago, Polio Regina Inc also held a well-attended and very successful conference to hear speakers on a variety of health issues pertaining to Polio. We are active participants in Polio Canada and have sent a delegate to attend a Canada-wide training seminar.

During the Mother's Day week-end of May 12 & 13, 2001 the Polio survivors from throughout the province, honoured Saskatchewan's "Marching Mothers" of the 1950's who were instrumental in raising funds to help in the treatment of polio victims.

Polio Regina Inc. arranged to have two beautiful floral displays gracing the front lawn of the legislative buildings and jointly with SAPP and the Saskatchewan Abilities Council hosted a public information event at Saskatoon.

In 2001, the Royal Mint marked the International Year of the Volunteer and the 50th anniversary of March of Dimes with a special commemorative dime. The dime depicts the faces of Marching Mothers and, in all likelihood; you have a March of Dimes coin in your change purse.

Two years later, again to honour our marching mothers of the 1950's and to designate the month of March as Polio Awareness Month, Polio Regina arranged to have attractive information displays at the Provincial Science Centre. We also sent out 38 news releases to radio and television stations and the daily and weekly newspapers in southern Saskatchewan. We had a very successful response from people requesting information packages. We also participated in media interviews to tell our Post Polio syndrome story.

Now, because of our link with Polio Canada, we have access to new and updated information. We urged our Polio Regina members to sign on the Polio Canada registry and they will obtain current information about Polio.

In ten years, we have more than doubled our membership to 150 members. We are growing stronger because you make it happen!

Congratulations
and
happy anniversary!

We Remember:

Leonard William Jacob, polio survivor at Weyburn, died February 5, 2004 at the age of 73 years. He was a long time member of Polio Regina Inc.

Annie "May"Vansickle, Regina Polio Survivor, died March 24, 2004. She was 91 years old. Predeceased by her husband Dave, and brother Wes Eastman, she is survived by her daughter Joy Falconer of Saskatoon; son Gary of Winnipeg; brother Alvin Eastman of Melfort; five grandchildren; ten great grandchildren and three great, great grandchildren. Our sincere condolences to the family. May was a member of Polio Regina for many years.

We also express condolences to Evelyn St. Denis who lost three close relatives this winter.

Greetings from Marlene Dreger,

Didsbury, Alta.

Hi Everyone !
Sorry I've been so long getting my membership sent to you but it's been rough since we moved out here and always seems to be some additional surprise expenses.

First of all I had to get new glasses, then broke my teeth a couple times and recently had to get a new hearing aid. I now hear in stereo as I have one for each ear. My first one wasn't suitable for me, as they couldn't re-program it to where I needed it now so had to get new innards for it.

Anyway enough of my expense problems. We are enjoying it out here and of course it helps that I'm so close to my three grandchildren. They just live a block away so I see them quite a bit when all their extra activities allow them time.

We bought a house out here that was in rough shape and since I wasn't working at the time, I started renovating it. I just had one room left to do when I ran out of steam. The doctor asked me if I'd never been told that someone with post polio syndrome shouldn't overtax their muscles, let alone their whole body !

I came to a sudden stop in my renovating and spent the rest of the winter watching curling on television and crocheting.

By spring I was feeling better and was able to obtain employment in a liquor store. I told the manager right from the start I wasn't able to lift cases or "break down beer"-but he hired me anyway. I don't get as many hours as I'd like because of my health problems but the owner has four stores so I now work in three of them. I never got tired of going to the same place anyway.

I work in the town of Olds, where they hired me, and then pick up extra hours at Carstairs and Didsbury when they need me. I enjoy the job and meeting different people but I realize the work is getting too much for me so I've applied for a disability in October, which I should have done earlier.

I really enjoy receiving the Polio Postbox and it keeps me up with news on Post polio, plus I hear about what's going on in Regina. Keep it up Fred!. or should I say Blenda and Fred. I'm still waiting to hear from Polio Canada.

Take care everyone– Signed: Marlene Dreger.

Access is a right. All Canadians have the right to full access to everything their community has to offer.

Helpful Hint -A pocket door into a bathroom is more convenient to operate than a swinging door. It saves space too !

Other News:

Kim Dowds, Peer Support Services Manager of Polio Canada Toronto spoke to us at our November (2003) meeting. She also spoke at a Rotary Luncheon one afternoon. Kim encouraged us to "spread the word" about Polio/Post Syndrome every chance we get. Many people want to know what is happening now. They wonder are we getting Polio again?

It's up to us to explain about the syndrome. Polio has been forgotten but now, a growing number of people who had polio in the past are experiencing new symptoms. Educating the community is up to each one of us and a good place to start is sharing information with our caregivers, our friends, as well as your doctor and other health care professionals. If you need information, please contact us here in Regina at (306) 543-6380 or call Polio Canada office at 1-800-480-5903. Their e-mail address is www.poliocanada.com or info@poliocanada.com.

Polio Canada Newsletter: The first edition of the newsletter was sent out last month. Did you receive yours? Our own Carole Einfeld appeared in some of the pictures taken at the training session last August. Anyone registered on the Polio Survivors Registry should have received one. They are now working on the next edition.

We received the following message from Peggy Mann reading "*I hope you guys are doing well – we have been very busy here, with an extremely successful awareness month and great plans for the Leadership Training.*" (Peggy works in the Polio Canada office).

Correction Note: In our November 2003 Newsletter regarding the article on p. 8 entitled "What Causes Post Polio Syndrome" we made an error when we said the article had been written by Dr. Julie Silver, MD, when in fact it was written by Dr. Marcia Falconer. We apologize to Dr. Falconer for our mistake.

Murray Grant has made up several Polio display posters with information about our Support Group meetings. These can be delivered to places like hospitals, doctor offices, or other health-care providers. If you would like to have some posters, please pick them up at our meeting. We are glad that Murray has recovered from his bout of pnenomia that he suffered at Christmas.

We had an excellent attendance at our Christmas Banquet in December. Thanks to the many sponsors for all the door prizes that were won. Plan to attend next year.

Guest speaker at our March meeting was **Dr. Mavis Matheson** who spoke about her trip to visit Dr. Richard L. Bruno at the New Jersey's Englewood Hospital and Medical Center last November. He is director of the Polio Institute. She told us about sight- seeing in New York City; about how she was able to use the transit system there and about her assessment at the clinic.
She keeps in touch with Dr. Bruno through e-mail every month now to let him know how she's progressing.

Meet and Greet

Heath & Marjorie Sparrow,

Members from Bulyea, Sk.

A promising career as an electrical lineman was cut short in 1952 for Heath Sparrow of Bulyea when the dreaded polio virus attacked his body. He worked for SaskPower for three and a half months.

Heath was working up a power pole east of Prince Albert "tying-in' a line, and was having a bad day. He was racked with a severe headache and weakness in his legs and arms muscles and had to climb-down or fall down. When the rest of the crew came to his work site at noon, they quickly bundled him up and took him to hospital at Prince Albert.

At around eight or nine o'clock that evening, Heath was experiencing severe pains and was rushed to the isolation ward at the Catholic Hospital in Prince Albert. After two weeks of isolation and a further 48 days of treatment, Heath was told he wouldn't be able to walk. Polio severely affected his back and legs.

"I give a lot of credit to Ray Chadwick who was my chiropractor. He helped me to walk again and he was amazing even by today's standards" Heath recalls.

"When I was able to work again, I did work which I could manage which meant doing a variety farm jobs. Later I worked as a utility person for a municipality which lasted 17 years". Heath farmed for 20 years (1969-88). He retired from work in 1999.

Heath and Marjorie met at Edmonton and were married in 1968. They have a daughter, living in Victoria and a son living at home.

Heath and Marjorie are active members of Polio Regina Inc. They are a great asset to the club.

Letter from Bryant and Betty Comstock, Indian Head:

"Dear Blenda & Fred and fellow members of Polio Regina:

Hope you had a great Christmas. We did and we wish you a happy 2004.We had our 50th wedding anniversary on the 10th of October. Our sisters and brothers put on an evening festivity to remember.
Bryant's birthday was on the 12th of October and I always say, "he aged by one year and two days into our marriage. My birthday is March 28th.

We really enjoy your newsletter. Best wishes in the days ahead."

Meeting Schedules: We meet the last Thursday of every month at Wascana Hospital, Salon A & B (on the second floor). @ 7:00 pm. You are invited to come early for coffee and a little social time before the meeting begins. **Our next meeting will be held on May 27**. Then we will have our summer picnic on **June 20th** before we recess until fall.

Phone Co-Coordinators this year are Pat Allonby, Carol Biberdorf, Isabelle Hitchie and Grace Lekivetz. We thank them for their dedicated service.

To Sleep, Perchance to Sleep

Richard L Bruno, H.D.,Ph.D

“I don’t know what happened! I was sound asleep one moment and the next my wife is yelling and blood is running out of her nose. She screamed, “You hit me! You hit me!”

I was asleep, I swear! She said my arm flew out sideways and smacked her in the face. I know I do snore. And she’s been telling me for years that I stop breathing and my muscles twitch in my sleep. But why would I hit her? Please tell me it’s a post-polio thing! – Charles, Class of ’48.

I took this frantic phone call the day after Albert Sabin and I were on *Nightline.* Charles’s wife’s battered nose was the not-so-subtle clue that polio survivors, in addition to all of their other new symptoms, were also having problems during sleep. But, what could have caused Charles to hit his wife in the nose while he was asleep? Was this actually “a post-polio thing”? We decided to find out.

Twitching and jumping-

In the 1985 Survey we asked polio survivors about sleeping problems, and just over half reported trouble falling asleep because their “minds are racing.” Not unexpectedly, the more Type A behaviour polio survivors reported, the more trouble they had turning their minds off and falling asleep.

What we didn’t expect were polio survivors’ responses to two questions Charles prompted us to ask: “Do your muscles twitch or jump as you fall asleep?” and “Is your sleep disturbed by muscle twitching?”

Remarkably, just over 60 percent reported that their muscles did twitch and jump during sleep, and half of those said that their sleep was disturbed by twitching. About twice as many polio survivors reported twitching in our survey as did those who never had polio.

I shouldn’t have been surprised that polio survivors had the twitches. In his 1974 biography, polio survivor William 0. Douglas wrote, “I had no endurance in my legs.” Although our patients told us muscle twitching was more common after exercise, twitching wasn’t necessarily related to over-exertion. But I had no idea why polio survivors’ muscles twitched. What’s worse, I had no clue as to why Charles’s arm flew out and clocked his wife. Could twitching become hitting ?

Sleeping Subjects

To find out for ourselves what was happening during sleep, a group of our post-polio patients underwent sleep studies in 1995. Brain waves, arm and leg movements, breathing, and the amount of oxygen in the blood were measured during the night while they were supposed to he sleeping. What we found was remarkable, and included another first for polio survivors.

We found not one but four different types of twitching and jumping, including a polio survivor whose arm very easily could have flown across the bed in the middle of the night and smacked a spouse:

Forty percent of the patients had periodic leg movements in sleep, PLMS, the typical form of twitching in which only leg muscles move. Only one of the patients was aware of her PLMS-and well she might be, since her leg muscle contractions were so violent that she was propelled as much as two inches off the surface of the bed.

Another patient had no idea his legs were twitching or that his brain was being awakened more than two hundred times a night by the twitches. Twitching prevented him from having any rapid eye movement (REM) sleep -the stage of sleep during which most dreaming occurs-and hardly any deep sleep, during which it’s thought you get the most rest. This patient’s brain spent about half the night awake. Little wonder he awoke mornings feeling like he hadn’t slept.

In his book, Bruno discusses the $64,000 question: why so many polio survivors have muscle twitching and why only polio survivors, and no one else, have movements in muscles all over their body as well as in their legs. The answers are in the book: “*The Polio Paradox*” by Richard L. Bruno, H.D. Ph.D.

Mary Ann Parson was guest speaker at our February meeting. Here she demonstrates how easy it is to put together this new G0-Go Travel Vehicle . The scooter comes apart into four lightweight pieces for convenient transport and storage and is small enough to fit in your closet. We all took a spin around the room on it and agreed that it takes transportability to a whole new level !

MEMBERSHIP APPLICATION   POLIO REGINA Inc.

Name____

Active ( ) if you had polio   Associate( )   New( )   Renewal( )

Address ____

____

____ Postal Code ______________

Phone:________________________

Annual membership fee: (Jan.- Dec.)

$10 Single; $15 family $__________

My donation to Polio Regina Inc.: *$__________

Total $__________

(If you require sponsorship for your fee, inform our membership chairman)

Please make cheque payable to: **Polio Regina Inc.** and mail this application form and cheque to:
Polio Regina Inc., 825 McDonald St., Regina, Sk.   S4N 2X5
(Official receipt of donation for income tax purposes will be mailed.)

The following is a paid advertisement.

ARTICLES OF CONSTITUTION FOR POLIO REGINA Inc.

Article (1) -The name of the group is Polio Regina Inc. and may hereinafter be referred to as P.R.Inc.

Article (2) The purpose and objectives of P.R.Inc. are:
(a) To be a support to all members:
(b) To provide information to members which will enable them to better understand polio and post polio syndrome.
(c) To provide information which will assist members in coping with physical and emotional problems which have occurred or which may-occur as a result of polio.
(d) To make the public aware of post polio syndrome.
(e) To raise funds necessary to carry out our objectives. (f) To raise funds which can be used for research on post polio syndrome.

Article (3) Membership: The membership of P. R. Inc. shall consist of the following : Active Members; Survivors - Persons who have had polio. Associates- Persons who have not had polio: Life Members: Honorary Members.

Article (4) Provisions of Membership:
(a) Active Membership is available upon payment of dues as determined by the membership for persons who are survivors of polio or who are interested in assisting polio survivors. Active members are entitled to vote on all issues at general meetings.
(b) Life Membership may be conferred by the Active Membership upon any Active Member in recognition of extraordinary service to Polio Regina Inc. Life Members need not pay dues. They will have voting privileges and are allowed to hold office.
(c) Honorary Membership may be conferred by the Active Membership upon any person who is not an Active Member in recognition of valuable service rendered to P.R. Inc. Honorary Members will not pay dues, will not have voting privileges and will not hold office.

Article (5) Meetings of Members:
(a)There shall be a general meeting of the membership at least six times yearly.
(b) There shall be an annual general meeting for the election of officers within one hundred and twenty (120) days of the year end which is December 31. All terms will expire at this time.
(c) Notice shall be given to all members as to the time and place of each meeting.

Article (6):Executive Officers:
(a)President This person will chair meetings, will arrange executive and general meetings, and will be informed of progress made by various committees.
(b) Vice President: this person shall assist the president and take over for the president should the need arise.
(c) Secretary: this person shall be responsible for the recording of minutes and the keeping of records.
(d) Treasurer :This person shall be responsible for making our deposits, Paying our bills and keeping our financial records.
(e) Committee Co-ordinators: There shall be at least one, but no more than seven.
(f) The entire executive shall not be less than five, nor more than eleven.
(g) At least fifty percent of the executive will be polio survivors.

Article (7) Executor of Documents: All signing of cheques and negotiable instruments shall be done by two of the following: president, treasurer, secretary, vice president.

Article (8) Voting Procedure:
(a) A quorum of eleven members must be present before business is conducted.
(b) All voting members will have one vote.
(c) All questions will be decided by a majority.
(d) Members may vote with a signed proxy:
(e) In the event of a tie the president or chairperson shall cast the deciding vote.

Article (9) Dissolution: In the event of the dissolution of P.R.Inc. all debts and liabilities will be paid and remaining funds and assets will be given to South Saskatchewan Community Foundation Inc.

Approved: 1995

We are not Alone!

From reading internet reports from various countries the post-polio struggle is at about the same level as Polio Regina.

As an example the Carmichael Centre of Dublin, Ireland support group, founded in 1993 has this to report: Introducing the post polio Support Group:

The Post Polio Support Group (PPSG) originated from a meeting of three Polio survivors in 1993. The object from the outset was to assist people who were experiencing the late Effects of Polio including Post Polio Syndrome. A significant problem for these people was the lack of information available to them about their condition.

Since our establishment the PPSG has provided information to polio survivors, the medical professions, the media and other interested parties. We have worked to improve the general situation of survivors in Ireland.

We also aim to raise awareness among polio survivors themselves, and the broad medical profession about the problems that some survivors now face. Notwithstanding the evidence that LEP (Late Effects Reality) is the result of permanent neuronal damage which took place many years ago. The Department of Health and Children has consistently refused, despite repeated representations, to include the condition of the long Term Illness List. Inclusion of the List would assist LEP/PPS suffers to proactively manage their condition and to remain active in the community for longer, both economically and socially. A crucial benefit of such inclusion would be a reduction of the present and future costs to the health services of acute/long-term care for sufferers.

Our thanks and appreciation to the good folks in Ireland and wish them success and good health.

If you want more information about this group, check out this e-mail address: info@ppsg.ie

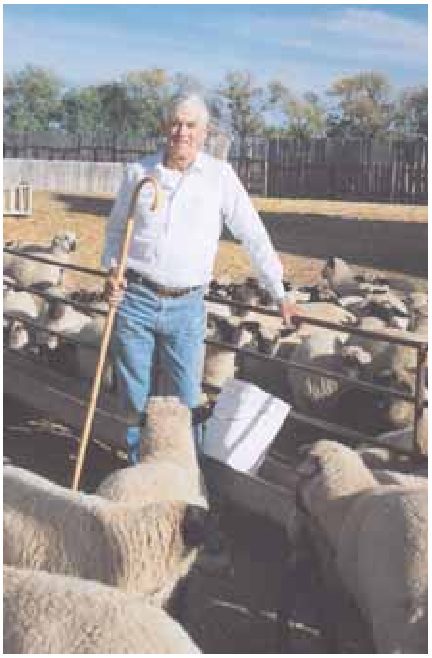
Chuckles:

Lady making a social statement: License on her sleek, new caddy: WAS HIS.

A little boy got lost at the YMCA and found himself in the women’s locker room. When he was spotted, the room burst into shrieks, with ladies grabbing towels and running for cover. The little boy watched in amazement and then asked, “What’s the matter ? Haven’t you ever seen a little boy before?”

A little girl had just finished her first week of school. “I’m just wasting my time,” she said to her mother. “I can’t read, I can’t write and they won’t let me talk!”

Grandma’s Age: Little Johnny asked his grandma how old she was. Grandma answered, “39 and holding.” Johnny thought for a moment, then asked: “and how old would you be if you let go?”



Tribute to a good shepherd

Maurice Denzin – 1926-2004

Maurice was born on February 2, 1926 at the Cottage Hospital in Regina. He grew up on the family farm in the Tregarva District with his parents, four sisters and one brother. He attended school at Tregarva and Kennell. He accepted the Lord as his Saviour at a young age. After school he farmed with his father and brother and during this time he contracted Polio.

He met his sweetheart, Virginia, in 1950 at a Bible conference in Walla Walla, Washington. It was love at first sight. They were married in Gresham, Oregon on March 3, 1951. After honeymooning in California, they located on the family farm. They carried on mixed farming where Maurice was particularly fond of raising his sheep.

The Lord blessed their marriage with four daughters and one son. Because of Maurice's love for the Lord Jesus, he taught his children to love and cherish the same. He loved children, especially his nieces and nephews who he made lots of time for. Over the years he also loved and enjoyed each of his 14 grandchildren and 2 great-grandchildren.

He enjoyed serving the community in various capacities such as president of the Tregarva Telephone Company, municipal counsellor for ten years, a founding member of the snowplough club, secretary/treasurer of the Tregarva cemetery and lent a helping hand to his neighbors when the need arose.

Maurice served as president of the Saskatchewan Sheep Breeders Assoc. for a number of years and worked with the Agribition Board in many capacities. In later years, he was also a founding member and a past president of Polio Regina.

In 1998 they moved off the farm into a house in Regina where Maurice enjoyed a woodworking shop in his backyard. He continued his love for growing things by keeping a lovely yard and garden. Part of the fun of retiring in the city was being able to visit with and help his neighbors. In January 2004 Maurice was hospitalized with a stroke. During these three months, with the Lord's help, he faced the struggle of recovery with determination and patience, remaining content and happy right up until his last day.

He will be greatly missed by those who knew and loved him. Our condolences to Virginia and her family.

Polio Regina Inc. Executive 2004

From left to right:
Norm Desautels, vice president;
Don Volpel, secretary; Verna Copeland, treasurer; Norm Beliveau, past president; Blenda and Fred Ramsay, co-editors Post Box newsletter; Carole Einfeld, president; Mavis Matheson, librarian & archivist; Wilf Tiefenbach, program co-ordinator (Missing: Pat Allonby, phone co-ordinator.)