

Your Invited

If you wish to learn more about Post Polio Syndrome, join us. Our Polio Regina group meets at 7 pm on the last Thursday of the month at Wascana Rehabilitation Centre. Wheelchair access is gained from underground parking. **Next Meeting is October 26, 2000**

MEMBERSHIP APPLICATION

POLIO REGINA Inc.

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

Address _____
_____ PostCode _____

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.)



September, 2000

Editor: Fred Ramsay
Phone: 543-6380

Polio Regina Incorporated

825 McDonald Street, Regina, Sask. S4N 2X5

Editorial

It seems such a long time since we sent out a Post Box Newsletter, I'm sure you guys thought we had quit. No we didn't quit. We were just relaxing for the summer but now its time to get back into action.

It was a beautiful summer in spite of the daily rainfall. Our last official meeting was the annual barbecue attended by 22 members and spouses and the fellowship was most enjoyable. Thanks for coming. Photos show some of the group who attended.



The executive met once during the summer to review the year and plan some of our activities for the balance of the year.

The annual **Christmas banquet** will be held on Saturday, December 9 at the Eagles Club, 1600 Halifax St.

Birthdays:

Sept. 8 Marlene Dreger
 Sept 14 Keith Ball
 Sept 16 Jeanne Hoffman
 Oct. 1 Clarence Biberdorf
 Oct. 8 Javonne Miller
 Oct. 11 Blenda Ramsay
 Oct. 16 Carol Biberdorf
 Oct. 17 Murray Grant
 Nov. 1 Virginia Denzin
 Nov. 7 Jim Allonby
 Nov. 9 Anne Bartel
 Nov. 16 Suzanne Lalonde
 Nov. 23 Joan McIver
 Dec. 9 Carol McClintock
 Dec. 11 Grace Lekivetz
 Dec. 16 Del Hayden
 Dec. 20 Ernie McClintock
 Dec. 23 Ruth Adelia
 Dec. 31 Patrick Matheson

Anniversaries:

Oct. 8 Ernie & Carol McClintock
 Oct. 11 Lloyd & Anne Bartel
 Oct. 15 Lloyd & Inge MacPherson
 Oct. 21 Jim & Pat Allonby
 Oct. 23 Ross & Verna Copeland

November:

Nov. 16 Norm & Bernice Beliveau

December:

Dec. 28 Keith & Jackie Ball

Who are we missing? Please call Blenda (543-6380) and let her know if you would like your special date printed in Post Box.
 Thank you.

This & That

For sale: One Van lift that can load a wheel chair or scooter into a van. If interested please call 543-4270 (Regina).

This summer I received a letter and pamphlet from the **Canadian Paraplegic Association** reminding us that CPA continues to provide a comprehensive community-based service to persons with spinal cord injury and other physical disabilities. (Polio survivors qualify).

These services include:

- Vehicle Registration Rebate Program
- Sask. Tel Mobility Cellular phone Benefits
- Lottie V.M. Teale Scholarship/Bursary
- Parascope – CPA Saskatchewan Newsletter
- Caliper – CPA National Magazine

If you need more information about these services, call the Regina office at 584-0101

neighbours for two cents. *It was my start in my career as a writer.*

I will always be very grateful for the support of the Shriners. They brought happiness to the children at a time of fear and pain.

If you really, really “haf to go”, you can’t go at Waterton

15 Trudeau Bay
 Regina, SK S4S 6V3
 September 14, 2000

Dear Mister Ranger,

I am the last person to criticize Canada’s National Parks. I love our national parks and my family and I have spent many wonderful vacations camping, canoeing, riding my scooter down trails, being eaten by mosquitoes, stepping into quicksand and being terrorized by bears, elk and gophers. In my experience, one of the great joys of our national parks is their accessibility. I have been amazed to find accessible washrooms in the wildest of wilderness and ingenious ways into the most “heritage” of buildings all across Canada. It was with hopeful anticipation that I planned our summer vacation at Waterton Lakes National Park.

At the Waterton Park Gate we didn’t get the usual maps and brochures. I don’t like to miss anything so as soon as we were settled, we went into town to get some information on the Park. I found the Waterton Heritage Centre and after using my 13-year-old son’s Herculean strength to open the weighty door, I was able to procure a few handouts, the Visitor’s Guide and the local free newspaper.

We continued our walk around the town site. You can imagine my disbelief as we passed building after building that I couldn’t get into. It wasn’t a matter of poorly designed access. They hadn’t even tried. In several cases a tiny one step ramp would have allowed me into a store. Some shops did have a way in, but they had cunningly arranged their merchandise to prevent large people and wheelchairs from maneuvering through. Surely there must be other ways into these businesses. I must be missing something.

Notes from Blenda:

All summer I have been collecting odds and ends to include in this issue of Post Box and even though I seem a little brain dead at the moment, I will give it my best shot.

Summer for the Ramsay's meant lots of work for Fred as he spent most of the time doing yard and house renovations. I have had back problems so all I could do was keep the coffee pot going!. Anyhow, I hope you all had a wonderful summer and now it's time to buckle down and get back into routine.

We offer our love and sympathy to **Peggy Gliddon** and her family as they mourn the death of husband, father and grandfather, Don. He passed away on April 30, 2000 and his funeral was held on May 3rd at St. Paul's Cathedral. Many of our members attended. Some of our readers will remember Don and Peggy when they were involved with Polio Regina. Peggy worked hard for our group and was President when we had our first big Conference in April, 1993. We are most grateful to the Gliddon's for the generous memorials that have been received. Polio Regina has remembered Don by planting a tree near the Veterans Wing at the Wascana Hospital in his memory.

We were saddened to learn that **Dr. Lewis Brandt** passed away on July 3rd, 2000 at the age of 78. He was the husband of **Dr. Elisabeth Brandt**, who passed away last year. They made large contributions to our Group and were members for many years. According to the Leader Post, a memorial service will be held for Dr. Lewis sometime this fall so keep checking the Leader for details. They did not have any children.

We also offer our sympathy to **Dorothy Slater** whose brother passed away in Saskatoon this summer.

beautiful mountain lake. I was able to drive up a specially designed ramp to observe the exhibits. Imagine my distress when I discovered there were no accessible washrooms. The regular washrooms were closed. With legs crossed, I drove my scooter the block across the parking lot to find eight port-a-potties. Not one of them was accessible. At the store we talked with an employee. She explained that when the chemical toilets got so old they couldn't be cleaned last year the Park management couldn't or wouldn't make a decision about new toilets. When they were reduced to trucking in port-a-potties, she requested one accessible port-a-potty. Park management told her "It isn't necessary" (obviously their bladders weren't full!) She sends in a Comment Form yearly and recommended I send one in.

I did find one shop with street level access and ample, clear aisles. I commented to the owner who pointed out her mother behind the counter in a wheelchair. She admitted that access to businesses was a problem at Waterton but what really annoyed her was the Parks truck blocking access to the "only really good accessible washroom in town." She had filled in a Comment Form regularly for several years and suggested I get and fill in a Comment Form. Please consider this my Comment Form. Better yet, please actually consider this.

Respectfully submitted

Mavis J. Matheson mmatheson@accesscomm.ca Phone: (306) 586-5094

News From Twin Cities

- by Murray Grant

Flying to Regina for a September week in Saskatchewan, Polio Regina member, **Jeanne Baldy** has brought us news from the Minneapolis-St. Paul region.

Jeanne has kept up her membership in **Polio Regina Inc.**, as well as the **Twin Cities Post Polio Network**. She was raised in the Shaunavon district, and lives in West St. Paul, where she teaches piano to a large number of young students.

She reports that polio survivors from the Twin Cities took part in "**PPASS BC Symposium 2000**" at the in Richmond, B.C. on March 2-5 and were provided such generous help by the Canadians that immediate impact was felt by Minnesota members.

Reflections of the dreaded disease

Nurses came to my bedside one afternoon, bringing me an Eaton's catalog. It had everything needed by rural families and city residents. Clothing, furniture, harnesses, farm tools and implements and much more. I had been a patient for several weeks in the Winnipeg Shriners' Hospital for Crippled Children. "Pick out anything you want from this book," the nurses said. "It is your choice for a Christmas gift, from the Shriners."

I was speechless. Here it was, December of 1936, in midst of the worst possible times in Western Canada, the nightmare of a dread disease and the Depression, wheat selling at a dollar per bushel – and, for my 10th birthday, I had been hospitalized in an isolation hospital across the city, where all gifts were incinerated after I was transferred to the Shrine's' care.

It was a terrible time for doctors, nurses and parents. A frightening time for children. We did not know our own circumstances and I was afraid to ask a nurse. It was a janitor, wet-mopping the floor near my bed, who was kindly and direct about my situation. One day, when I was full of questions, he said: "Young man, I do believe you have Infantile Paralysis."

Words hardly mattered. All I knew was that my shoulders, arms and legs were paralyzed. I was flat on my back, unable to move for several months. It would take at least two weeks to learn to walk again, as strength returned. There would be 'aeroplane splints' and physical therapy for several years.

A group of Shriners arrived with Santa and a huge bag of gifts. A front-page photograph in the Christmas Eve edition of the *Winnipeg Free Press* contained my picture, receiving a large box from Santa - a fantastic toy movie projector that I was able to project images on the ceiling above my bed. Because of my paralysis, I wasn't able to sit up propped on pillows. With my projector, I had gift to share with other children.

One of the Shriners brought me his own gift: a child's typewriter that I was able to operate, flat on my back. I started to write little stories. Later, I printed newsletters that I sold to



*Murray Grant, (with Gen)
Polio Regina Inc.
Public Relations Dir. (Ret.)
Kramer Tractor*

*Ross & Verna Copeland
Invite all Polio members and friends
to a Come & Go Tea
On the Occasion of their
50th Anniversary
Date: Oct. 22, 2000
Time :1:30 – 4:00 pm
Place: Eagles Club
1600 Halifax St.
Your presence is your gift.*



Treasurers Report May 26 – September 28, 2000

Bank Balance May 26, 2000	1,273.56	
Income		
Memberships	35.00	
Donations	<u>380.00</u>	1,688.56
Expenses		
Cards, Fruit Baskets, Flowers	64.37	
Memorial (for Don Gliddon)	100.00	
Senior Centre Rent (June 2001)	50.00	
Social Supplies	22.00	
Gift Certificate	<u>30.00</u>	<u>266.37</u>
Bank Balance Sept. 2000		1,422.19
Term Deposit	2,266.44	

I reviewed the handouts. The only reference to accessibility in the Visitor's Guide was the wheelchair picture beside the one washroom in the centre of town. Using all of my superior deductive skills, I finally spied a small entry in the bottom right hand corner of one of the pamphlets. It said that information on accessibility was available at the Park Visitor Reception Centre. Finally, the information I was missing!

In eager anticipation, we loaded my scooter in the van and headed for the Visitor Reception Centre. In the crowded parking lot, I unloaded my scooter and headed for the building. Wait a minute; there must be some mistake. There were two flights of stone steps at the entrance and a stone wall around the rest of the building. I am a wily creature who is not easily defeated. I studied the sloping lawn for weaknesses in the fortifications. I drove along the highway looking for a secret entrance. Finally, I was reduced to sending my husband Adam into the building to ask if there was a way in. There wasn't.

They didn't have sufficient staff at the Visitor Reception Centre so Adam had to wait in line to find out I couldn't get in. The ranger apologized for the poor accessibility and offered Adam a Comment Form. She explained the Park administrators might replace the building some day. Surely, he could see it didn't make sense to make any changes to this one. The ranger also found an Access Guide in the dusty depths of the Park files. Meanwhile, I had the opportunity to meet some very interesting bikers and watch the Park rangers chase bears across the road while I waited in the parking lot.

The Access Guide said there was another Access Guide providing information about the services and facilities in Waterton townsite. "Please ask at the Park Gate." Well, there was our problem. We should have asked at the Park Gate. Silly us. Strange, though, they hadn't said anything at the Park Gate when we asked about handicapped camping sites. We reloaded the scooter and headed off to the Park Gate.

We waited patiently in line behind hoards of the people trying to get into the Park. Our turn finally came. We flashed our Access Guide and politely requested the Townsite Access Guide. The ranger looked around and finally decided that since she had never seen one, they must be out of them. She also explained the Park policy. Giving information was not the prerogative of the Park Gate Rangers, giving information was the privilege of the Visitor Reception Centre. She seemed sympathetic that I couldn't actually get into the Visitor Reception Centre and suggested I fill in a Comment Form

Tenaciously persisting in my effort to enjoy the Park, I reviewed my Access Guide and found Cameron Lake. At Cameron Lake there would be an accessible picnic area and exhibits and more importantly to my bladder, accessible washrooms. Cameron Lake is a

Thank You

We received a lovely card from **Javonne Miller** that reads:

"Special thanks for the card, gift certificate and get well wishes I received from Polio Regina Inc. Thanks also to the members who phoned, sent cards or visited me during my long hospital stay. In whatever way you remembered me, I did appreciate it."

Signed Javonne Miller

P.S: We are glad you are able to be back in your own home once again, Javonne!

Virginia and Maurice Denzin wish to thank Polio Regina for the lovely fruit basket they received after Maurice returned home from the hospital earlier this summer. We are happy to hear Maurice is recovering day by day.

Blenda & Fred spent an enjoyable afternoon and evening visiting with **Georgina and Allan Heselton** a few weeks ago. It's good to see Georgina getting her strength back again. Allan did a great job of barbecuing supper for us. Thanks guys!

Reminder: Please let us know if you are hospitalized or if you have been ill at home. You may call Verna at 771-2619.

A letter has been received from **John (Betty) Funk** informing us that they hoped to move to Saskatoon in mid-August. He included a donation and thanked us for the package of information that we had sent him. We wish them all the best in their new city.

At the next Twin Cities meeting, “member Larry Kohout suggested that since we have found a sponsor of sorts in the support group in British Columbia, we should consider changing our official name.

“**The Post Polio Awareness & Support Society (PPASS) of B.C.** has offered to twin with us. They have already provided us with many medical articles and suggestions on how we organize and run our group,” Larry said.

“Larry moved that in honor of Canadian sponsors, our official name be changed from the Twin Cities Post Polio Network (which generates an unpronounceable acronym) — to **Post Polio Awareness & Support Society of Minnesota (PPASS MN)**,” Jeanne says.

“It was seconded and carried and there’s been a remarkable increase in the attendance at meetings, and interest in the programs!”

Thank you to our phoning committee who call you every month to remind you of our meetings. This year they are **Carol Biberdorf, Grace Lekivetz, and Jim Hipfner**. If we have missed calling you, please let Blenda know (543-6380) and she will get you on a list. By the way, we try to put birthday and anniversary dates in the newsletter, so if we’ve missed yours, call and let us know. (We don’t need the year).

Executive 2000

President: Norm Beliveau

Vice president: Suzanne Lalonde

Treasurer: Verna Copeland

Secretary: Don Volpel

Programs: Dr. Mavis Matheson

Phoning Chairperson: Blenda Ramsay

Convener: Verna Copeland

Post Box editor: Fred Ramsay

Two couples awarded life memberships

At our last meeting in April, we honored two member couples with life memberships in Polio Regina. Norm Beliveau, president, is shown presenting a plaque to Lloyd MacPherson (Inge couldn’t attend that evening) of 82 Metcalfe Road, Regina and to Maurice & Virginia Denzin of 2836 Rothwell St., Regina. Both couples have been extremely active in our support group for many years. Congratulations! A story of their involvement was printed in the April edition of Post Box.

Polio Regina Inc. members extend thanks and appreciation to these couples for looking after our needs for so many years.



Lloyd MacPherson and President Norm



*Maurice & Virginia Denzin
with President Norm*

Congratulations and best wishes to **Ross and Verna Copeland** who will be celebrating their **Golden Wedding Anniversary** in October. Ross and Verna have been dedicated and faithful members to our group (much of it behind the scenes). May God grant you many more years with good health and happiness together.

We also congratulate **Clarence Biberdorf** on his recent retirement from Saskpower. Carol tells us they look forward to spending more time at their cottage and they have also planned a winter holiday in the sunny south.