

POLIO



POST

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You may visit our website at www.postpolionetwork.ca or email us at postpolionetwork@gmail.com

Presidents Report February, 2021

A BELATED HAPPY NEW YEAR!!

Wishing you and yours Happiness, Health, and Prosperity for 2021.

While I'm writing this report Manitoba is in the midst of a polar vortex. Climate warming is an oxymoron when the temperature is -40 deg.C. with the wind chill. Not only is the weather keeping us indoors; the strict health measures due to COVID 19 are still in place.....This new reality is becoming our lifestyle. Wear a mask, Wash your hands. Stay 6 feet apart. Not since the polio vaccine arrived has a vaccine been so badly needed. Our society is dealing with not only the physical health impact of COVID 19; but, also the mental health impact on our citizens.

Because the COVID-19 pandemic still has its grips on us, the Board of Directors of Post Polio Network (Mb) Inc. has decided to cancel all meetings and events until the vaccination process has taken place. It is my hope that by June or the latest this upcoming September, we'll all be able to meet again. That will be a celebration! In the meantime, if you have a question or concern, you can contact us at 204 975-3037 and leave a message.

Membership fees were due on January 1, 2021. If by chance you haven't mailed in your membership, please do so as soon as you can. Thanks!

Stay Home! Stay Safe! Save Lives!

The women who risk their lives to deliver Pakistan's polio vaccines

Excerpt: THE GUARDIAN, Nov 3, 2020

Global development is supported by the Bill & Melinda Gates Foundation

As activists target female vaccinators, Pakistan remains one of only two countries worldwide not to have eradicated polio

The female vaccinators are often threatened and killed. Chaman, a city on Pakistan's porous border with Afghanistan, in the volatile region of Balochistan, is one of the most dangerous places in the region for the women who work on the frontline of the polio vaccination programme. The polio workers, men and women, go house-to-house administering polio drops to children. But for the female workers, to do their job is to put their lives at risk on a daily basis.

The threats and fatalities are a direct result of a rampant anti-vaccination campaign led by hardline religious leaders and politicians in this highly conservative area. They have pushed the narrative that the polio vaccination drive is a western conspiracy being forced on Pakistan, and is violating Islam by allowing women to work as polio vaccinators. Female polio workers are often the only women seen on Chaman's streets.

Fake reports claiming that polio vaccines have led children to become ill or die have become rife on social media, prompting local protests against the vaccination drive. Polio workers in Chaman and surrounding areas are now not allowed out without security, but last month, after a police officer tasked with protecting female polio workers on their rounds was shot, officers have been reluctant to do the job.

The religious pushback goes a long way to explain why Pakistan is one of only two countries in the world which has failed to eradicate polio. At madrassa Dar al Uloom Rabbania Waqfia, an Islamic religious school in Chaman, about 900 children and adults study under Maulvi Abdul Ghani, a hardline religious leader who has been a prominent voice in the anti-polio campaign. "It is against our culture for men and women to work together," Ghani told the Guardian at the madrassa. "Male and female polio workers go and meet after their working hours are finished. They promote immorality and obscenity in our society and in our country. I don't want women to visit any homes

for polio."

Another local hardline Islamic leader, Maulvi Abdul Zahir, often gives sermons at the mosque in Chaman discouraging parents from allowing their children to have polio vaccinations, calling them *haram* and against Islam. Polio workers said that followers of Zahir would also harass them in their homes, calling them infidels.

The impact on Pakistan's polio programme is tangible. The number of unvaccinated children continues to grow, with parents sometimes pretending their children have died to avoid vaccinations. In the latest polio drive last week, officials recorded more than 13,135 refusals in Killa Abdullah district where Chaman is located, one of the areas in the country worst affected by polio.

With upwards of 25,000 crossing between the Pakistan-Afghanistan border every day, monitoring which children in the border areas have been vaccinated is an almost impossible task. In the disputed border areas of Killi Aashiq and Waris, the Taliban has warned female polio workers not to enter. To complicate matters, people visiting the Pakistan border areas from Afghanistan are equally resistant to accepting polio vaccines.

But even with all the dangers they face, female polio workers in Chaman and the border areas are seen by many as a crucial step towards challenging the patriarchal society imposed upon women in this region of Pakistan. Despite the societal resistance, more than 400 women are now working as polio vaccinators in Killa Abdullah district.

Dr Shams Tareen was the area coordinator for the World Health Organization who first recruited women in the campaign in this district in 2015. "The induction of women into the polio programme is not only empowering them financially but in the most conservative district Killa Abdullah it is challenging the outdated traditions," she says.

Local deputy commissioner of Killa Abdullah Tariq Javed Khan Mengal pledges to stop the attacks against the women escalating. "We have planned tighter security for polio teams," he says. "We will tackle it."

Nutrients That Support the Immune System

Excerpt From Polio Oz News - Volume 10 - Summer 2020

NUTRIENT	SOURCE	BENEFITS
Vitamin C Potent antioxidant	fruits and vegetables	contributes to immune defence by supporting various cellular functions of both the innate and adaptive immune systems — this includes stimulating and supporting the function of white blood cells.
Vitamin D	sunlight, eggs, oily fish salmon, tuna, mackerel, sardines	has a key role as an immune modulator (braking/accelerator system).
Zinc Antioxidant	lean meats, oysters, crab, poultry, chickpeas, pepitas, good quality yo- ghurt	helps to maintain mucous membranes, helps to stabilise proteins (antibodies are proteins) and to create and support the function of enzymes. Is a component of your stomach acid
Iron	meat, poultry, fish, green leafy vegetables, eggs and milk	supports the functions of the cells in the innate immune system
Selenium Potent antioxidant	pork, beef, turkey, chicken, fish, shellfish, and eggs, Brazil nuts	gets incorporated into special proteins that regulate the function of cells and tissues including those used in both the innate and adaptive immune systems
Folate	green leafy vegetables	enhances the production of immune cells, has a role in protein synthesis
Vitamin A	cod liver oil, eggs, or- ange and yellow vegeta- bles and fruits. Beta- carotene (provitamin) such as broccoli, spin- ach, most dark-green, leafy vegetables.	supports skin integrity, anti-inflammatory, anti-oxidant, helps to regulate immunity
Vitamin B6	pork, poultry, some fish (eg. salmon, tuna), pea- nuts, soya beans, wheat germ, oats, bananas	Enhances the production of antibodies and white blood cells
Vitamin B12	fish, meat, poultry, eggs, milk, and milk products	Significant role in white-cell production
Protein	fish, meat, poultry, eggs, milk, and milk products, nuts and seeds, legumes	Proteins are specific — in the immune system they are antibodies and enzymes. Additionally, protein is particularly important for polio survivors to reduce the risk of sarcopaenia.

Members Page

Upcoming Events

Due to COVID - 19 concerns; all Post Polio Network (MB) Inc. events have been cancelled.

PASSAGES

The following members have passed away. They will be in our memories. We extend our sympathies to their families.

Pat McNeill passed away in October 2020. Pat was one of the founding members of the Post Polio Network and continuing supporter of our members as one of our telephoners. For many years she spent countless hours compiling, printing and mailing the Post-Polio Newsletter. In 2006, she was one of 29 polio survivors who have their life experiences archived; "Polio and Post-Polio: An Oral History".

Richard Tittlemier passed away in January 2021 after a lengthy illness. Richard was a long time member and supporter of the Post Polio Network and Manitoba Possible.

Charlene Craig passed away in October 2020 after a lengthy illness. Charlene was a past president of Post Polio Network's Board of Directors. It was under her guidance the 2009 Conference was held.

Martha Houston passed away in August 2020. Martha was a long time member of the Post Polio Network.

Do you have an interesting story to tell?

Or do you know any good jokes, inspirational or humorous quotes or poems? Then you are invited to email them to:

postpolionetwork@gmail.com or mail them to:

Post-Polio Network (Manitoba) Inc.
C/O SMD Self-Help Clearinghouse
825 Sherbrook Winnipeg, MB, R3A
1M5

Laughs for Today



Too Many Figurines

A young girl watched her grandmother move several duck figurines from the bottom shelf to the middle shelf of a cabinet. The grandmother picked up one of the ducks and then set it down on the middle shelf. She picked up another duck figurine from the bottom shelf and set it beside the first duck. She continued moving the ducks from one shelf to the next.

Finally, she stood back and looked at the cabinet. "Hmm..." She moved back to the cabinet and began moving the ducks onto the top shelf.

"Grandma," the little girl finally spoke, "what are you doing?"

"I'm just trying to get my ducks in a row," the grandmother answered. -Sally Painter

OUR DONORS

It is our members and our donors that provide the Post Polio Network with the ability to undertake all that we do. We would like to express our gratitude and appreciation to our donors.

Annette Fenlon, Irene Cassells, Vonda Cranswick, Jean Knight, Kenneth Peters,

Mildred Schroeder, Abe Penner, Edna Ewacha, Jessie Matchett,

Denise Pelletier, JoAnne Bouvier, Jean Burgess, Diane Kellas,

Jean Rozwadowski, Fern Massey, Doris Benson, Wesley Hazlitt, Marlene Milne, Marie Waldron, Helen Willison, Butch Buechler, R. Hurtig, The Kinsmen Club, The Hugh and Margaret Campbell Charitable Fund and to the people that donated to the PPN through the United Way.

Lunar New Year's Traditions and Superstitions, Explained;

By Samantha Vincenty, Feb. 2, 2021
 Excerpt from the **OPRAH MAGAZINE** online

The Lunar New Year, most commonly associated with the Chinese New Year or Spring Festival, typically falls sometime between January 21 and February 20 annually. **Lunar New Year 2021 is (was) on February 12**, and in terms of the Chinese zodiac animal, it's the Year of the Ox. In the U.S. the Lunar New Year is most commonly associated with what's often called Chinese New Year.

Animal	Birth years	Personality traits
Rat	1936, 1948, 1960, 1972, 1984, 1996, 2008, 2020	Ambitious, charming, talkative, resourceful, private, frugal, critical
Ox	1937, 1949, 1961, 1973, 1985, 1997, 2009, 2021	Diligent, gentle, hardworking, reliable, patient, materialistic, stubborn
Tiger	1938, 1950, 1962, 1974, 1986, 1998, 2010	Confident, brave, magnetic, idealistic, thrill-seeking, arrogant, selfish
Rabbit	1939, 1951, 1963, 1975, 1987, 1999, 2011, 2023	Kind, sensitive, artistic, romantic, judgmental, timid, refined
Dragon	1940, 1952, 1964, 1976, 1988, 2000, 2012, 2024	Outspoken, energetic, generous, intelligent, perfectionistic, egocentric, impatient
Snake	1941, 1953, 1965, 1977, 1989, 2001, 2013, 2025	Clever, curious, alluring, wise, anxious, calculating, jealous
Horse	1942, 1954, 1966, 1978, 1990, 2002, 2014, 2026	Amusing, enthusiastic, independent, persuasive, irresponsible, moody, opportunistic
Goat/Sheep	1943, 1955, 1967, 1979, 1991, 2003, 2015, 2027	Easygoing, empathetic, creative, cheerful, disorganized, impulsive lazy
Monkey	1944, 1956, 1968, 1980, 1992, 2004, 2016, 2028	Entertaining, intelligent, optimistic, sociable, fickle, secretive, unpredictable
Rooster	1945, 1957, 1969, 1981, 1993, 2005, 2017, 2029	Adventurous, charitable, funny, loyal, argumentative, boastful, self-involved
Dog	1946, 1958, 1970, 1982, 1994, 2006, 2018, 2030	Helpful, honest, trustworthy, unselfish, pessimistic, anxious, timid
Pig	1947, 1959, 1971, 1983, 1995, 2007, 2019, 2031	Caring, generous, smart, outgoing, fearful, impatient, materialistic

MENTAL AND PHYSICAL HEALTH

Excerpt from: Polio Regina December, 2020

The following is advice from the Government of Canada:

The COVID-19 pandemic has resulted in many changes. You might feel like you're no longer in control of things. It's normal to feel sad, stressed, confused, scared or worried. People react in different ways. Some common feelings include: a sense of being socially excluded or judged, concern about your children's education and well-being, fear of getting sick with COVID-19 or of making others sick, worry about losing your job, not being able to work or finances, fear of being apart from loved ones due to isolation or physical distancing, helplessness, boredom, loneliness and depression due to isolation or physical distancing.

Tips for taking care of yourself: Stay informed but take breaks from social media and the news. Practise physical distancing, but stay socially connected to friends and family through: email, phone calls, video chats, and social media. Practise mindfulness by: stretching, meditating, taking deep breaths Try to: eat healthy meals, exercise regularly, get plenty of sleep. Follow safe food handling and cooking practices to keep you and your family safe by killing the virus and lowering your risk of infection. Think about how to use any unexpected flexibility in your daily routine. Focus on the positive aspects of your life and things you can control. Be kind and compassionate to yourself and others. If you can, limit your use of substances. If you do use substances, practise safer use and good hygiene.

More ways to get help If you need help, you can call: your primary health provider, a registered psychologist, another mental health provider in your community. You may also find the following contact helpful: Download the *Always There* app for additional support. Call the Hope for Wellness Help Line 1-855-242-3310 (toll-free) or connect to the online Hope for Wellness chat.

THE WINNIPEG FOUNDATION ANNOUNCEMENT*

December 21, 2020

The Winnipeg Foundation is pleased to announce that **Sky Bridges** will become the venerable organization's next Chief Executive Officer, effective April 27, 2021.

"After a widespread and thorough search process, the Board vote was unanimous in favour of Sky's selection. Rick Frost has been an exceptional and exemplary CEO, and we are confident that our choice of Sky Bridges will prove to be the right one for the future of The Winnipeg Foundation," said Board Chair Doneta Brotchie.

Bridges will be taking over the leadership role at Canada's first community foundation on April 27, 2021 – the first day of The Foundation's second century. He will become The Foundation's sixth CEO since it began back in 1921 – replacing Richard Frost who is retiring after leading The Winnipeg Foundation for the past 23 years.

**The Winnipeg Foundation has been the major supporter of Post Polio Network's past conferences. We are pleased to have been the recipient of these grants.*

Membership Application Form



Name: _____

Address: _____

City: _____ Province: _____

Postal Code: _____

Telephone: _____ E-mail: _____

Please check one or more of the following options:

New Membership - \$15/year ____ for 20 ____

Membership Renewal - \$15/year ____ for 20 ____

I wish to make a charitable donation of \$ _____

(Tax deductible receipt will be issued for donations over \$10.00.)

Total \$ _____

Please make cheque payable to: Post- Polio Network Mb. Inc.

Your NEWSLETTER delivery preference by: ____ mail or ____ email

Please mail this application form and cheque to:

Post-Polio Network, 825 Sherbrook St., Wpg. Mb. R3A 1M5

For further information please phone 204-975-3037

Signature

Date

Post-Polio Network's Privacy Policy

The Post-Polio Network (Manitoba) Inc. respects your privacy. We protect your personal information and adhere to all legislative requirements with respect to protecting privacy. We do not rent, sell or trade our mailing lists. The information provided will be used to deliver services and to keep you informed and up to date on the activities of the Post-Polio Network (Manitoba) Inc.

You may visit our website at: www.postpolionetwork.ca or email us at postpolionetwork@gmail.com

If at any time you wish to opt out of any services, simply contact us by phone (204-975-3037) or write us at 825 Sherbrook St., Wpg. Mb. R3A 1M5 and we will gladly accommodate your request.