



Polio NZ Inc

POLIO NEWS

December 2017



Polio Auctions Aid Pakistan

Marlayna Zucchiatti (left) displays the fruits of her successful bidding in one of the auctions at the 2017 Polio NZ Retreat in Rotorua.

The 50 people who attended the Retreat raised \$1134 in auctions, raffles and donations in aid of Polio Pakistan.

Marlayna's prize was a photograph donated by Rebecca Robinson of Christchurch, the daughter of Board Member, Brian.

It shows the wreck of the *Janie Seddon* resting on the beachfront at Port Motueka.

Marlayna was one of the organisers of the Retreat which brought great pleasure to many people, so it's fitting that something good came her way too! (*More inside*)

Below: An early photograph of what was then known as the Queen Elizabeth Health complex in Rotorua. Happy Polio Retreats have been held there and the venue for Retreat 2018 is likely to remain unchanged.



PolioNZ Inc.

Polio NZ is an incorporated society dedicated to seeking support for people who have had poliomyelitis. It does this through information sharing and where possible, assistance to Polio Society members and their families, whether or not they are experiencing problems at present.

The Society's Board of Management meets regularly, either in person or by teleconference, and the annual general meeting of members is usually held in September or October.

Polio News is published three times a year (usually April, August and December) and sent to all members either by mail or e-mail.

Contributions are welcomed and the deadline for copy is the 5th of the month before publication. Ideally, it should be received well before that date.

Disclaimers: Opinions expressed in the newsletter are those of the writers and not necessarily those of the Society.

This newsletter is not intended to provide medical advice. For decisions about health matters, first consult your health professional.

Similarly, no brand name product mentioned in this newsletter has any formal endorsement by Polio NZ.

Acknowledgements:



Directory:

Free phone: 0800 4 POLIO

(0800 476 546)

Website: www.polio.org.nz

Email: secretary@polio.org.nz

President:

Barry Holland

Email: president@polio.org.nz

Secretary / Treasurer:

Jeannette Aldridge

PO Box 791, New Plymouth 4340

Tel: 06 758 0507

or 0800 4 POLIO (0800 476 546)

Email: secretary@polio.org.nz

treasurer@polio.org.nz

Programme Manager:

Gordon Jackman

Email: gjackman1@outlook.com

686 Kauaeranga Valley Rd, RD 2

Thames, 3577

Tel: 07 868 5248 or 021 101 8948

Editor:

Mervyn Dykes

Email: mervyndykes@gmail.com

106 Fitzroy Street

Palmerston North 4410

Tel: 06 354 2466

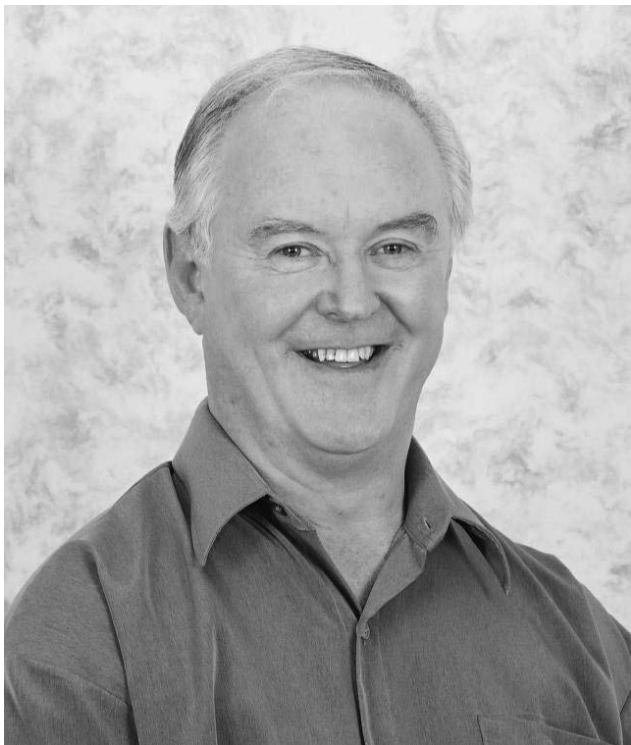
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To pay your subscription, or give a donation, please use the following bank details:

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The Society expresses thanks to the Lottery Grants Board for its assistance towards the cost of this newsletter. Our thanks also go to Primo Wireless for providing free Internet connection and data pack for our administration; and to the Freemasons Foundation for help with our training and rehabilitation programmes.

From the President's desk:



Barry Holland

Looking back over 2017

Sadness was mixed with celebration in the last year as we lost several of our members due to age.

While we honour all of them, we call special attention to the passing of our 1989 Founding President, Phillipa Morrison.

Phillipa's tenacity got a whole group to the United States to attend the first international conference on the Post-Polio Syndrome at a time when little was known and many wild theories circulated amid fears that the virus had come alive again.

Just as in the summer days of the epidemic years, speculation was met with both anxiety and prejudice. Thanks to decades of research, we now understand the late effects of polio and we have many tools for managing and minimising the symptoms.

Sadly, those who had the vision for the Purposes of the Society have died waiting for the health system to respond to their needs.

The good news is that we have the first of our clinics up and running. Julie Rope's neuro-physiotherapy clinic is in Auckland where polio survivors can receive assessment and rehab assistance. Jessie Snowden provides these services in Christchurch through "On the Go Physio". Jessie holds clinics in Dunedin also.

Most importantly, Polio NZ members can be financially assisted to visit these clinics after some extremely generous funding from the Duncan Foundation, which was set up this year by Joe Duncan, son of our Patrons, David and Vicky Duncan. For details on access to the clinics, please go to secretary@polio.org.nz.

We are in the process of updating our website. We are planning to have the most comprehensive information for polio survivors available by the end of the year. Our significantly upgraded website has been made possible by the generosity of the Sir Thomas and Lady Duncan Trust.

Here is a quick summary of other developments this year.

Health Professionals: Progress can seem quite slow here, particularly when dealing with the DHBs, but we must persevere. In the first instance, building relationships with the DHBs and health professionals is extremely important. Programme Manager Gordon [Jackman] has continued to work tirelessly and is talking to the right people and "getting their ear". Be assured, Gordon continues to receive lots of positive reaction as he builds a growing awareness of the Late Effects of Polio (LEoP).

Orthotics: Funding from the public health system for adequate orthotics is still a problem. However, Gordon has been very pro-active in researching the latest techniques. He's announced another tri-planar orthotics course in Auckland next year and personally I can't wait. I continue to hope for a "miracle" in this area before I drop off this earth.

Retreat: I'd also like to acknowledge and offer thanks to your Vice-president, Sue Griffin, and her voluntary helpers Marlayna Zucchiati and Marie Collins, **(Ctd. Over)**

who again organised another wonderful Retreat at QE Health in Rotorua. This is an important opportunity for our members to get together to listen to an inspiring group of guest speakers and share their experiences in managing the Late Effects of Polio (LEoP).

Support Groups and Branches: From July 1 when new Charities Services rules came into effect we've had to make adjustments to our support groups' relationship with Polio NZ Inc. All support groups now have an informal relationship with Polio NZ. We remain totally supportive of the groups, believing they are an important social aspect for polio survivors. They are organised by their members without any obligations to Polio NZ. With some alterations to our Constitution, we will be able to establish a formal process for becoming a Branch of Polio NZ for those that can fulfil the legal requirements – particularly for managing funding arrangements.

Exploring new funding arrangements is vitally important for Polio NZ if we are going to continue finding ways to make life more comfortable for our members.

To our members, on behalf of the Board, I thank you for your membership subscriptions and an extra thanks to all those who added a donation to their sub (which is most of you!). Thank you. You keep us going.

We have several other significant projects in the pipeline that we require funding for, so may I ask members to pass on to our Secretary, Jeannette the details of any philanthropic groups or individuals who might care to donate or make a bequest.

It doesn't have to be a large amount as every little bit counts these days.

[Based on the President's Report presented to the 2017 Annual General meeting in October.]

BRUNO BYTES

The Type A behaviours that were supposed to make polio survivors feel "normal" and accepted actually made them feel lonely and unacceptable – Dr. Richard Bruno, author of *The Polio Paradox*.

Why Polios should belong to Polio NZ

This was written by Secretary/Treasurer Jeannette Aldrige to encourage people to attend the AGM, but it's well worth repeating.

There are lots of good reasons to be a member of Polio NZ Inc. these days. More than ever before, it is worth being counted among those who have had polio and are living in New Zealand.

If you know someone who has had polio and therefore would benefit from being a member, please pass the attached membership application form on to them [You can get one from Jeannette if you missed the original message – Ed.].

To give them an idea of what Polio NZ Inc. is about, please find attached the first draft of a revision of the Constitution which will be discussed at the AGM in Rotorua next Saturday. [Copies of this were circulated widely at the AGM and are still available.]

The cost [of membership] is \$15 a year and the year ends on June 30 each year.

If you can't be at the AGM, we will be remembering the members we have lost this year. It has been a significant year that included losing our Founding President Phillipa Morrison, and a long-serving Treasurer Pam Owers. Unfortunately there were many others including Ethne Crabb who was well known.

We have also accepted at least as many new members as we have lost – perhaps more. We are definitely growing in our capacity to help people now and in to the future, so it is a poignant time – sad and happy.

Membership to Polio NZ Inc. and its Branches is for those who have had polio. Exceptions are made for those who can help the purposes of the organisation in other ways such as providing financial help or by supplying contacts useful for advocacy. [See Jeannette's contact information on Page 2 of this newsletter.]

Looking Back on Polio Retreat 2017

With Retreat 2017 a resounding success, the organisers could be excused for resting on their laurels. Instead, they're busy planning Retreat 2018 and are interested in hearing your suggestions and ideas. Here's a report from one of the organisers, Sue Griffin.

The success of Retreat 2017 was shared by 50 PNZI members from both North and South Islands and five associated international members.

Our visitors from overseas were Reggie Kumar from Fiji, whom some will remember from the retreat in 2016; Dr John Tierney, the Patron and President of Polio Australia; and his fellow Australians Suzanne Mackenzie, her husband Graeme and Paul Cavendish, a new employee of Polio Australia.

Paul is a qualified Exercise Physiologist and his role is to educate health professionals on treatment of post-polio patients. Good thinking by the Australians again, it would be great to have that option here.

Dr. Tierney told retreat attendees he would be resigning as president, but will remain as patron of Polio Australia. He will leave big shoes to fill.

Suzanne MacKenzie gave a thought-provoking presentation on fund raising which included some good ideas to start our own fund raising for PNZI, and for Retreat 2018.

Our own patrons, David and Vicky Duncan, were present for lunch on Saturday, and the AGM afterwards.

Queen Elizabeth Health and Wellness Spa, (QE) is showing her age, and despite the many fond memories we have of time spent there, it is surely not a luxury retreat. Despite this, there was real joy and pleasure at being there.

It was especially heart-warming to see the group of previous patients from the Duncan

Hospital together. Some had not seen each other for many years. Some met at last year's Retreat, but others had not seen each other since they were together as children.

The photoboard had some great photos from those early years.

Graeme Gillies was a visitor of another kind. He did not attend the Retreat, but came down for a chat each day in his mobility scooter to contribute to the group.

We auctioned off a beautiful photo taken and donated by Brian Robinson's daughter, Bees, and along with other generous donations, raised \$740 to help establish Polio Pakistan,

Marie Collins held several raffles over the weekend, and added the \$344 she raised, to make a total of \$1,084 – a wonderful effort from everyone.

Trivia night was again popular, but the Karaoke machine won the entertainment vote, with even our esteemed president singing – and very well too!

Thanks also to Frank Andrews, who is so patient taking photos, especially the group photo. We will put up photos as they become available.

It is so rewarding to read on Facebook all the posts that talk about the great time and the personal connections made. The Saturday morning sessions (spouses' group, creative writing and meditation) were well received and comments were all positive. The short poems written by those in the creative writing segment, were truly touching.

It is hard work, but now Marlayna and I are already planning the 2018 Retreat, and how we can make it even better! So stay alert for more information and news about 2018 as it becomes available. – *Sue Griffin*.

The dates for Retreat 2018 have been set. Block in October 5, 6 and 7 in your diaries and start making plans.

The venue will be advised later.



Two beggars who are Polios resting at the roadside in Tanzania.

Polio Encounter in Tanzania

Polio NZ member, David Whyte, has had an unexpected encounter with polio in Africa,

By David Whyte

My wife and I have taken the opportunity to work as volunteers in Tanzania for a couple of years. We've been here since March, 2017.

Although Tanzania is officially polio-free, there are still plenty of individuals visibly affected.

As MST reps (Mvumi School Trust) we are required to report to the trustees in London in June and December.

This requires a 9-hour trip to Dar es Salaam on which our party passed through rice-growing areas and descended toward the coast.

Mvumi's elevation is close to 1000 metres so it has a dry climate. There's only one comfort stop en route at Morogolo.

Two beggars were resting there.

It took me 10 seconds to recognise polio survivors. These two could not use their legs and had been given customised trikes to get around. They were at least 20 years younger than me.

I spoke with them briefly and paid them several shillings for permission to take their photographs.

Bad Service Prompts Survey on Standard of Home Care

Waikanae member, Karen Butterworth, is not happy about some of the home support she has received, so wants to discover if others have had the same experience.

She is seeking comments from Polios who receive home support through the public health system.

"Are you willing to report your experience of home support over the last three years to assist Polio NZ to advocate for members?," she asked.

"If yes, please contact karenpetbut@xtra.co or post to – K Butterworth, Apt 240, Chas Fleming Village, 112 Parata St, Waikanae 5036."

She said her request was prompted by her own adverse care experiences and those of two other Polios in her District Health Board (DHB) area.

"I will collate the results and send them to our Programme Manager, Gordon Jackman, to inform his dialogue with DHBs," she said.

"Please number your responses, writing n/a [to questions] where applicable. Your name will not be used in my report."

This is the information she is seeking: respondents to supply are:

1: The name of your DHB. 2: Do you receive housework help, personal care, or both? 3: Is help provided by a DHB, or a contracted organisation? 4: Have you a choice of more than one care organisation? 5: Are you assessed by your care provider, or an independent assessor? 6: Are you assessed by phone or face-to-face? 7: Has either your household or personal care been cut within the last three years? If yes, by how much? Have you become less disabled, the same, or more so? 8: Does your help meet your reasonable needs? 9: Any other experiences such as extra kindness, or disrespect, or neglect? 10: Have you made a formal complaint to your care organisation, DHB, or the Health and Disability Commissioner? If yes, was it dealt with to your satisfaction?

There was little doubt after listening to the Spouses' Session at Retreat 2017 that there are at least two people deeply affected by Polio in each household. Here is a brief report from group co-ordinator, Marlayna Zucchiatti.

Communication holds the key to harmony

Our discussion took several branches but of course they are all from the same tree (the Polio Tree?).

I remember a lecturer in my training years ago saying that in the herd of issues, there is one issue with the bell around its neck which the other issues stem from and follow (a herd of cows obviously being the metaphor).

Everything we talked about was important and had the potential to take us to a little deeper place where we could think about things that are sometimes painful.

Without disclosing in too much detail what we talked about specifically, I can share that there appeared to be common thinking by the "able-bodied" spouse that part of their role in the relationship was to take care of their polio loved ones, reminding them, as necessary, about what they should be doing in order to avoid such things as pain and fatigue.

There can be feelings of anger and frustration when their polio person doesn't listen to them and found themselves in physical strife because of it.

The Polios felt they were having their independence taken away from them by their spouses. It came to the thinking that "why can't we be the ones to determine what we think we can do, or what we decide we are going to do even though we know we will suffer to some degree? We don't want to give up things in our lives ..."

However, the spouses commented that they were the ones who were left to take care of their suffering and fatigued loved ones.

The questions asked were:

"Do you have to take care of polio spouses during these times? Can the polio spouse, knowing themselves what they require to



recuperate (usually it's rest for a few days) take care of themselves? It isn't that we want to be ignored or looked at in ways that say to us, 'I told you so', but that we want to be able to feel like independent adults who still have love and attention from our loved one."

So on one hand we have the (able-bodied) spouse wanting (needing?) to take care of their polio person and on the other the polio spouse trying to cling to what little independence they may have left and wanting to make some decisions about what they can manage or not manage.

Ideally, couples share their feelings honestly with each other during those times when all is calm. Negotiation is key to working out how to manage the challenges of existing together happily and with a deeper understanding of each other and their individual needs.

Manawatu Turns Fundraiser

Three members of the Manawatu group were guest speakers at an "End Polio Now" dinner held by the Terrace End Rotary Club at Massey University, Palmerston North in October.

Raylee Murphy, Bob Skipp and Mervyn Dykes spoke of their experiences with polio and helped raise sufficient funds to inoculate 1560 children in Africa.

Those at the dinner also donated 123 unwanted spectacles which will be refurbished, calibrated and sent to new users in the Pacific Islands.

It is the second year Manawatu Polios have taken part.

We have been saddened in recent months by the passing of several stalwart members of Polio NZ. Two of them are honoured in this issue, but there others who should not be forgotten.

With this in mind, the Board of Polio NZ Inc. has created an Obituary Book to record our lost ones.

If you know of someone who has passed away, please let the Board know such basic information as name, region and date of death of the person so that the roll can be kept up to date.

Thank you all.

[Submitted by Brian Robinson, PNZ Board Member, Box 50 Tapawera 7055.

E-mail: dalandbrian@outlook.com]

Ethne Crabb

Ethne passed away peacefully on September 4, aged 85. She was well known to many people with polio throughout New Zealand as she attended polio conferences regularly over the decades.

Her husband, Des, was never far away and together they made a huge contribution to the Western Bay of Plenty Polio Support Group. (Later named Polio Westbay)

Their home in Te Puke hosted meetings for Polios, their families and friends. Often people driving past would call in for a chat about polio and other matters.

Both Des and Ethne were active in fund raising, organising picnics, café gatherings, and informative meetings about living with polio.

She was supportive of Des being on the Polio NZ board, and later serving as Vice-president for two years. Ethne was an elegant and cheerful person whose impact and influence made a difference to the polio community and in a wider sphere.

We acknowledge her life and remember her contribution to our organisation.

Ethne was 25 years old and had only been married two years when she got polio during Easter 1956. She was placed in an isolation

room off the children's ward in Tauranga Hospital with her own special nurse, who applied hot packs all day for seven days.

Physiotherapy followed, with progress not taking place fast enough for impatient Ethne. She desperately wanted to walk again, but refused to consider having a brace on her left leg. Her orthopaedic surgeon called her a "vain, conceited creature".

Eventually she was given a pair of crutches and was finally mobile. But she was always falling over and other patients in the ward would constantly call out "Mrs Crabb's out of bed again" or "Mrs Crabb's on the floor again".

After three months she was discharged as she wanted to recover at home faster than the therapist had time to give her.

However, Ethne could not dress herself and needed help with bathing, and husband Des filled that role. He would take her to the physiotherapist on his lunch break and she would come home by taxi.

Ethne said in her own words "He (Des) certainly had his hands full with a bolshie bird like me".

Then a bombshell. Ethne was pregnant. They were speechless. Des was in despair as Ethne continued falling over, so they went to family in Auckland with Ethne waddling with a tremendous list both ways and wielding two sticks. Their son was born in April, 1957, about a year after Ethne caught polio.

Their Plunket nurse was Mona Bisley, who was one of the six nurses and doctors Thomas Duncan had sent to America to learn the Kenny treatment. Consequently Ethne was sent to the Duncan Hospital in Wanganui.

The five-month old baby could not go and it was dreadful with him in Auckland, Des in Tauranga and Ethne in Wanganui.

Six weeks in the Duncan Hospital saw Ethne throw away her sticks and walk out on cloud nine. The elation and joy she felt could never be written down. They were a family again. Des deserved that.

Once again Ethne could look after him and it relieved a lot of pressure. It took a while to adjust to the new Ethne. Another son was born in January, 1960 and Ethne was able to run up

and down the sideline while the boys played sport. She enjoyed an active life with her young family.

Post-Polio Syndrome set in as the decades passed. For many years Ethne benefitted from annual visits to the Polio Clinic at the former Queen Elizabeth Hospital in Rotorua where she received massage, physiotherapy and steam baths. The three-week clinic gave Des a change and a rest.

By her mid-seventies Ethne had physically slowed down and used a wheelchair full-time, having lost the power of her muscles. Ethne said herself "I have had a good life with a wonderful husband, family and friends". *[This brief profile of Ethne's polio journey is based on her own words in the booklet Treasured Memories of the Duncan Polio Hospital 1945 - 1979 and was compiled by Edith Morris.]*

Pam Owers

We were saddened this year to lose one of our founder members, Pam Owers, who passed away aged 90 in Christchurch. Pam is survived by her husband, Ken, to whom she had been married for 65 years, four children, and four grandchildren.

Susan Kerr reports:

Ruth Hall told me that Pam founded the Christchurch branch of the Post Polio Support Society of NZ, on June 19, 1989, with six others.

This was initially a social evening to learn about one another's problems, but they agreed to continue meeting at her home in Buffon Street.

A few days after that first meeting, Pam sent a letter to Ann Morgan at The Foundation of Healing Arts, to have a notice included in their magazine. This attracted a number of Polio Survivors who joined the growing group.

Phillipa Morrison welcomed them to the national body and gave them valuable information about funding. Bruce Meder from COGS (Community Organisation Grants

Scheme) attended a meeting the next month. He also went to Pam's home and was extremely helpful with various funding sources and names of people to contact including Trust Bank. They also gained access to The Hydrotherapy Pool at Burwood Hospital on Sundays, from 10am to noon.

In September, Pam started having day-time meetings. The first of these was attended by 18 people. The gatherings were held at The Disabled Persons' Centre once a month on the fourth Wednesday – an arrangement that has continued to the present day.

After a year, there were 50 members, and Pam and her committee organised speakers and outings, holding pot luck teas at her home and barbecues at the home of the late Weston Shuttleworth in Akaroa.

"Our meetings were held at various places as the group grew: we had to find new venues. With thanks to the late Peter Humphreys we found The Cashmere Club where we still meet."

Alongside her work with the Christchurch Support Group, records show that Pam served as a national Board Member from 1990 to 1995, when she became Honorary Treasurer until 1999. She served another term as a Board Member until 2000.

She was recognised for her willingness to work hard, and her kindness to others. I was also told that she "enjoyed a good yarn".



From left: Pam Owers, Patsy Bell, Joan Radburn and Denis Hogan en route to the second conference in Masterton

Write to us

By Susan Kerr

Greetings from Picton!

At last it feels as if spring has properly arrived. Most days I am able to leave my winter woollies behind and I feel lighter and happier.

It is the best time of the year for the garden. I love spring flowers. Wisteria is blooming and roses as well.

The weather turned cold for the retreat in Rotorua, but the atmosphere was warm and friendly. We give special thanks to the organisers, and those who served us delicious, hot meals. We made a lot of new friends and were reunited with old ones.

May Ling White handed me this letter from Lorraine Skevington who has written to us from Christchurch. I have not been able to include her whole story and hope that we could include the rest of it on our new website when it is finished.

In December 1952, I was 10 years old and in my last year at West Spreydon Primary School in Christchurch. On the last day, the leavers were treated to a party which included scones with jam and cream, pikelets with hundreds and thousands, and jelly and ice cream. Such a treat!

About three or four days later, my mother took me and my nine month-old brother, David, to Hay's roof to see Santa.

On the way back to the car, I felt hot and strange, so my mother put me in David's large cane pushchair and carried him.

When we got home, Mum rang my grandparents to come and take David to their house for three weeks – that was the quarantine period when polio was diagnosed – and she feared that this might be the cause of my illness.

The doctor said that I was the third case that day and the other two had also been at the same party. He told my mother that there was no treatment given in the early stages of polio so I

was better staying at home, unless breathing difficulties occurred. The isolation wards were over-crowded with beds in the corridors, but Dr Wilson called every day.

Christmas that year was very quiet, but Santa left me a cage with two dear little white mice: Pinkie and Nora. On New Year's Eve, however, it was noisy outside and I was struggling for breath.

The ambulance was called immediately and while I waited, I grabbed one of the mice, put it in a small chocolate box and took it with me. Nobody at the hospital enquired what was in it.

Hospital was frightening and it took three nurses to hold me down for a very painful lumbar puncture. After this, my bed and the chocolate box were placed in the corridor for a week as rooms were full.

One night Pinkie chewed through the box and was loose in my bed. I told the nurse and she told me to hang onto him. She rang my mother who rushed to the hospital and retrieved the mouse and put him back in the cage with Nora.

By the time I got home they had increased their family by three.

I was never put in an iron lung because they were all in use. I was given oxygen at times to help my breathing. I still have trouble with my breathing as my diaphragm and epiglottis are partially paralysed.

I could not lift a spoon or fork as I found them too heavy. The nurses tried to feed me, which I didn't like, nor did I enjoy the hospital food.

In the end, my mother came in every day with sandwiches, chicken drums and cake that she knew I enjoyed.

Once the isolation period ended, my mother got me discharged, but when I was well enough I had physiotherapy, massage, and heat packs.

Three years later these were resumed to improve my mobility.

Please keep writing, whatever is on your mind (including name, address and phone number) to: Susan Kerr, 32 Seaview Crescent, Picton 7220, or email: spkerr1946@gmail.com
Letters may be edited for length, sense and good taste.

Olive Pope Checks In

By the time this is published, I will have been in a rest home in Levin for exactly 10 months.

I've put on weight as I'm being too well fed. Perhaps it's better to be that way than not getting enough!

My story with Polio began toward the end of January, 1952, just a short time before my 16th birthday on April 3.

It was summer and I loved swimming, tennis and any sport that was on the go at the time. These all involve arm movements as well as the legs, but somehow my legs were not affected.

I had eight months in Waikato Hospital. I could not even hold a spoon. The nurses had to feed me like a baby. But after a month in bed I was able to walk to the physiotherapy department.

My parents lived 25 miles out in the backblocks of Te Kuiti which being on a winding road took one and a half hours to get there to see a doctor who said I had a bad dose of the 'flu so I was taken back home.

Two days later, my sister came into the bedroom to see if I wanted anything. I asked for a glass of water, but when she brought it in I went to reach out to take it but found my arm could not do so.

A message was sent to my father who was working in the bush to take me to the Te Kuiti Hospital. I was working as a shop assistant in Te Kuiti at the time and used to go home for weekends.

The polio virus destroyed the big deltoid muscle in my shoulder.

Over the years, checkout girls at the supermarket noticed my left hand was different to my right hand and asked if I had had a stroke.

Just recently, when I told a young girl I had had polio when I was nearly 16, her reply was that she had never heard of it. I was astounded.

I feel that these young mothers who do not believe in vaccination would regret doing so if a child ever got Polio.

I hope it never happens.

Duncan Fund Guidelines

The Duncan Fund programme of Polio NZ Inc. is made possible because of generous donations from the Sir Thomas and Lady Duncan Trust. Its purpose is to assist in addressing the needs of those living with the long-term effects of polio, for which no other funding is available.

The qualifying criteria for this assistance are as follows:

- The applicant is living with the long-term effects of having had polio.
- The applicant is in good standing as a member of Polio NZ Inc. (having paid their \$15 per year sub).
- The applicant shall produce evidence or otherwise convince the Duncan Committee that the purpose of their application is necessary in the management of their post-polio condition.
- Other avenues for funding need to be investigated before applying to the Duncan Fund. The Fund is for where there is no other funding available, or possibly where alternative funding would take so long as to make it impractical.
- The purpose of the grant must be for the personal benefit of the applicant in managing the effects of polio.
- The terms of the grant shall be determined by the Duncan Fund Committee of Polio NZ Inc. The Committee may decide to approve partial or full funding of the application. The approval or denial of any application is at the sole discretion of the Board of Polio NZ Inc. An application form for the Duncan Fund can be requested from:

**The Secretary/Treasurer, Polio NZ Inc.,
PO Box 791 New Plymouth 4340
or e-mail : secretary/treasurer@polio.org.nz**

Random Retreat Moments



Sue Wooton conducted a creative writing session and also donated her latest book of poetry, *Magnetic South*, to the Retreat auction in aid of Polio Pakistan.



Marvellous Munchies!



Laptop Techies in a twist!



Polio Oz Patron and President, Dr. John Tierney, holding forth.



Another Aussie, Suzanne Mackenzie, outlines fundraising ideas.

Now there's only one thing left to do – have a great Christmas, a wonderful holiday season and a marvellous start to the New Year!

