

Geelong Polio Support Group News



JUNE 2018

Next Meeting:
4th June
at 10:30AM

Speaker

**Leonie Dillon for
Advocacy
Assert for All**

**In the Chair
Sharyn Matthews**

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**Meetings are held on the
1st Monday of every month 10:30am
at the ACA (Aged Care Annexe) McKellar
Centre, North Geelong**



JUNE Birthdays
3rd Neil Winters
9th Don Patrick
1 1th Linda Bedford
21st Flora Read
30th Maxine McOwn
What a crowd!

Here's hoping you have a great Birthday

...from the Editor's Desk

As expected **Darby Munro** gave an excellent talk on rubbish, for which we are very grateful. I learnt a great deal and although some of the group were quite chatty at times I'm hoping they all took in the details. For those who didn't and for those who couldn't make it I've made a couple of lists below.

I've also included a poster from REDcycle, the wonderful people who turn the plastic that DOESN'T go into your yellow bin into outdoor benches, bollards, palings etc... these can be purchased from their sales outlet.

I will be feeding their bin at my local Coles with soft plastics for sure!

This month's speaker will be **Leonie Dillon** for **Advocacy** and **Sharyn Matthews** will be in the chair. Hope you will all be there.

Winnie asked for expressions of interest for the Polio Australia Wellness Retreat to be held in Glenelg, SA later this year. Let them know soon if you're interested.

Hopefully you are all avoiding coughs, colds and flu anyway you can. Consider vaccination, but make your own decision about getting it done. - **Ed**



"So that's where he gets his jokes from!"

Winnie's Words-

We had a very interesting talk at our last meeting learning about what you can and cannot put into the Recycling Bin. A basic guideline is that any hard plastic can go into the Recycling Bin and soft plastics can be disposed off at the bins in the supermarkets. I will leave it to Denise to write more on this topic.

I have Recycling Bags which were kindly dropped off by our Speaker, Darby. You can collect one if you like at the next meeting.

Jan McDonald has kindly sorted out our resources and organised a filing system for them.

Thank you, Jan, for doing a great job. I know it's very time-consuming and we appreciate your effort. Please feel free to view our resources, many new ones - thanks to Yarra-Knox Ranges Support Group's contribution, and borrow them.

Polio Day is on the **20th October** but the venue is yet to be confirmed. **Polio Retreat** will be from the **11th-14th October**. It will be in **Adelaide**. Cost is \$450 pp double and twin / \$500 single. Please contact Polio Australia at office@polioaustralia.org.au or 9016 7678 if you have any question or if you are interested in going.

Do keep warm and look forward to seeing you all at our next meeting. 😊 -Winnie

DATE	SPEAKERS	IN THE CHAIR
4 th June	Leonie Dillon - Assert for All (Advocacy)	Sharyn
2 nd July	Arati Vidyasagar (Cota Victoria)	Jan
6 th August	Peter Binns (Feldenkrais)	Bronwyn
3 rd September	Noel Will (Musician)	Gary
1 st October	Bev Lewis - 'My Life with Len'	Jennifer Merrett
5 th November	Singalong!	Winnie
3 rd December	Christmas Lunch TBA	All plus partners/guests

Pain is pain. Broken is broken.

*FEAR is the biggest disability of all,
and will PARALYSE you more than being in a wheelchair.*

Luke Vujčić

What A Load of Garbage - In case you couldn't get to the meeting or failed to take notes if you did, here are a few tips for managing your refuse.

Red Bin Did you know General household waste does not have to be in bags! It can go straight into your bin.

If you don't have a compost bin those food scraps can be wrapped in newspaper (do not put them in the green bin)

Yellow Bin for recyclables What goes in this bin?

Engage the scrunch test,

- ✓ If it **CANNOT** be scrunched into a ball BIN IT!
- ✗ **If it can be scrunched into a ball** see **RED**cycle details below
- ✓ You don't have to wash clean, just scrape as much food out as possible.
- ✓ Don't worry about the triangle and number any more
- ✓ Aerosols 100% recyclable
- ✓ Plastic Bottles, or aluminium cans don't need to be crushed unless you are short of space
- ✓ Glass bottles and jars, Flowerpots seedling trays, Tablet foils
- ✓ Remove lids especially metal lids from glass jars
- ✓ Tiny items such as sales ticket tags, earbuds, flosser heads and brushes, put into a larger container
- ✗ NO drinking or wine glasses



Still in doubt, check online <https://www.geelongaustralia.com.au/recycling/guide.aspx>

Mobile phones/batteries - various centres including Aldi, Council office at Library

Printer Ink Cartridges - Office Works

Geelong Resource Recovery Centre and Transfer Station

open 7 days a week 100 Douro St Nth Geelong, 3215 Ph 52722613

- ✓ anything with a cord, dry paint tins, polystyrene foam, light bulbs mattress collected for a fee

A huge number of items can be recycled through REDcycle. Bins can be found at Coles supermarket and a few Woolworths stores. This is the softer plastic items that can be scrunched into a ball.

- ✓ Look for a row of bins at the Supermarket entrance or ask at the desk.
- ✓ Make sure all items are clean ,dry, no larger than A3 - so cut larger pieces to size please.

Keep plastic out of landfill, better yet aim to REPLACE them altogether!

We have far too much plastic in our Landfill, put there by us. By **RECYCLING** as much plastic as possible we are keeping it out of landfill **REUSING** it for other purposes.

This is vitally important because tiny particles of plastic are being found everywhere, even in the **Great Australian Bight** known throughout the world not only as a pristine marine park but also as a biodiversity hot spot.

If it's going wrong here the problem, for the world, is huge.

"Plastic has been found in ocean-floor sediments 2km below the surface in one of Australia's most precious and isolated marine environments." (source: theguardian.com)

These plastic particles come from landfill and even fine plastic filaments from our clothes each time they are washed. Plastics take a long time to breakdown but even when they do they don't become organic matter, they remain plastic. The impact is yet to be realised, however it has been found that earthworms have reduced growth rate and increased mortality when they ingest microbeads, tiny beads of plastic used in cosmetics, which also wash into our environment.

Tiny plastic particles have been found in soil, in the gizzards of poultry, seafood and household dust! A British experiment found tiny flecks of plastics in the air, as dust settling onto plates and onto food on those plates, to be ingested by us! (source: news.com.au)

It is as yet unknown how this affects the human body, but microplastics can accumulate in the stomach, and gut lining. Concern is they may also be the carrier for more lethal toxins. This is a knowledge gap that needs to be filled, and fast!

As well as responsible recycling we need to consider replacing all plastic with organic alternatives. I'm looking at using fabric shopping bags as much as possible; we're using fine net produce bags instead of plastic bags at the greengrocers, but I think they are still synthetic. Perhaps I need to make my own out of cotton butter muslin, or better yet buy brown paper lunch bags and use those, like we used to! -Ed

From the Archives - Jan McDonald
Baxter House, Geelong

So Baxter House/The Geelong Private Hospital is changing again, this time to a maternity and children's hospital! They say things go around in circles. But what of the early days?



*How did Baxter House come about?
In the 1920s
"Keerie Kara,"
the home of Dr S.*

*Grimwade was on the site of the future Baxter House in Ryrie Street, Geelong. Here the family entertained, among others, the Governor-General. Though we have no photos of this building, it must have been substantial.
At some stage the Baxter family acquired it, and later donated it to the Geelong Hospital.*

The Geelong Hospital committee yesterday decided to rename the home Keerie Kara, presented to the hospital by Mr and Mrs J. P. H. Baxter, Baxter House. A minute was placed on record in appreciation of the gift. As Mr Baxter is already a life governor Mrs Baxter was appointed a life governor. *The Argus (Melbourne, Vic. : 1848 - 1957) Thursday 23 July 1942*

GEELONG, Thursday. — Baxter House and grounds, which were presented to the Geelong Hospital three years ago, have been chosen as the site for a 60-bed maternity hospital. Building is not likely to commence for some time, and meanwhile Baxter House may be used as a home for nurses. *The Age (Melbourne, Vic. : 1854 - 1954) Friday 22 March 1946*

In 1954 Baxter House (Maternity Hospital) opened and operated as a busy maternity hospital until it closed around 1998, and the maternity section of the Geelong Hospital relocated elsewhere in the Geelong Hospital. The Geelong Private Hospital then took over the empty Baxter House. This hospital did not have a maternity section. (Public Records Office Victoria)

So now, in 2018, it is to be transformed into a new maternity and paediatric section of Barwon Health. Goodness, round and round we go. - Jan

Polio Australia
Improving health outcomes for Australia's polio survivors

Polio Australia will once again be facilitating a **4 day / 3 night Polio Health and Wellness Retreat** for polio survivors and their partners/family members from **Thursday 11 to Sunday 14 October, 2018 in beautiful Glenelg, South Australia.**

The holistic 'Body / Mind / Spirit' theme will continue and may include sessions such as:

Interactive group sessions and one-to-one consultation opportunities with a variety of allied health professionals
Hydrotherapy and exercise options
Latest orthotics, aids and equipment displays
Seated Yoga and Meditation Sessions
Activities To Keep The Mind Active
Creative Workshops

See details of previous retreats at www.polioaustralia.org.au/retreat-2017/

If you are interested in the event please email office@polioaustralia.org.au with your name, address and telephone number.

Approx. cost of registration fees for 3 nights



Black Hawk helicopters over Melbourne and Southern Victoria during May.

Australian Army Black Hawk helicopters and personnel are taking to the skies over Melbourne and the Melbourne region in Victoria, to practise operations against simulated terrorist targets in mid to late May 2018.

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