

Geelong Polio Support Group News



MAY 2018

Next Meeting:
7TH MAY
at 10:30AM

Speaker
Darby Munro
(Waste Management)

In the Chair
WINNIE TEO

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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**



May Birthdays

Margaret Collins 3rd
Winnie Teo 15th
Barbara Hamann 19th

Here's hoping you have a great Birthday

...from the Editor's Desk

Last time I wrote from my desk that the March meeting was one big laugh, well... May's meeting may just be a load of Rubbish!

In a good way of course, in fact in a great way because we have **Darby Munro** joining us from 10:30 to unwrap the mysteries of the Recycle Bin!
So don't be late!

Winnie has mentioned **Shirley Ackland** has moved, so if you can please pop in to help her feel at home.

There is some heartwarming news concerning **Dame Jean Macnamara**. **Jan MacDonald** has written of her memories concerning this special woman. If you have memories of her there is a chance to share these, so check out the articles.

ATSO - (Assisted Technology Suppliers Australasia) Have an Independent living expo in Melbourne this month, if you register there are freebies but I imagine you can turn up to view the many suppliers and their wares. You might just find that thing that you need to help you do that other thing you didn't realise you haven't done for ages!

Changes to the musical chairs list has been included, otherwise meetings are at the same place, at the same time, on the First Monday of every month! So, see you there
...hopefully - **Ed**



Winnie's Words- Hello everyone....

It seems so long since our last meeting in March.

I hope you all had a good Easter holiday and keeping well, at least as well as we can be.

As for myself, I had to make a last minute trip to Singapore, staying for 3.5wk as my brother-in-law was very ill.

Our Speaker for June is Darby Munro from the City of Greater Geelong. He will be speaking to us on "Waste Management". I've heard that he is an excellent Speaker. Do come prepared with any question that you may have regarding whether certain items can or cannot go into the Recycling Bin. I'm sure this session will be an eye-opener for many of us. **Please be early or at least punctual for this meeting as Darby will take the session from 10.30am.**

Mabel has informed me that **Shirley Ackland** has moved into **Mecwacare Elstoft House, 12-14 Beulah Street, Hamlyn Heights, 3215.**

You are welcome to visit her. I hope to do so soon.

There's an **ATSA Independent Living Expo** on the **16-17th May 2018** at the **Melbourne Showgrounds**. You are encouraged to register if you are going and you will get a free coffee, free parking and free program. ☺

Lots of free Educational Program too. ☺

I hope to see most of you at our next meeting. Take care and enjoy the sunshine, wind and occasional rain -**Winnie**

DATE	SPEAKERS	IN THE CHAIR
2 nd April	EASTER MONDAY - NO MEETING	
7 TH May	Darby Munro (Waste Management)	Winnie
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	NO SPEAKER	Winnie
3 rd December	Christmas Lunch TBA	All plus partners/guests

Invisible wounds are the hardest to heal for their closure depends upon the love of others, on patience, understanding and the tender gift of time.

source: Call The Midwife

From the Age via Frances Henke, Mornington Peninsular Post Polio Support

"THE Australian Electoral Commission has proposed to change the name of the Federal seat of Melbourne Ports to 'Macnamara' in honour of Dame Annie Jean Macnamara, DBE (1899-1968) for her contribution to medication science and improving the lives of patients suffering from paralysis. "

**Written comments can be made to the AEC by May 18.
Dame Jean's daughter Merran Samuel would appreciate expressions of support for the change from the Polio Community.**

Hi all, it's a small step in recognition well almost
(they didn't use the P word) of the impact of Polio and Dame Jean's role. - Frances

- 1931: Sir Macfarlane Burnet and Dame Jean MacNamara – several types of poliovirus



http://upload.wikimedia.org/wikipedia/commons/thumb/1/13/Burnet_2.jpg http://www.portrait.gov.au/collectors/0/2/50/med_Dame%20Macnamara-Donovan.jpg

(<http://www.polioeradication.org/history.asp>)

From the Archives with Jan McDonald:

Here is an offering that is topical!

Isn't it interesting to see that the Federal Electoral Division of Melbourne Ports in Victoria might be renamed "Macnamara" in honour of Dame Annie Jean Macnamara, DBE.

I wonder -Who of our group was a patient of Dame Jean Macnamara? Where? When?

I was! She really was an amazing woman, whether you agreed with her "immobilizing" and splinting methods or not.

How well I remember visiting Dame Jean every few weeks at her house in South Yarra in the mid to late 1960s. At this stage I wonder if she was semi-retired and working part-time from home.

Was I one of the honoured few who was still able to see her in her older years? or had she worked from home for a long time?

She seemed to be quite a tall lady, and I now read that she was 5ft 2in!!!

I now think it was that her personality and impact was big!!!

To me she seemed a bit daunting, very professional, but with a wicked sense of humour that rose to the fore when least expected.

In the year in which she died she had declared that I was now as physically healthy as the average person.

I felt I was too. Little did we know then about the dreaded LEOP or Post-Polio Syndrome!!

Annie Jean was born on 1 April 1899 to John and Annie Macnamara in Beechworth, Victoria, moving to Melbourne when she was seven.

She graduated M.B. and B.S. in 1922 from Melbourne University.

While working at the Children's Hospital in Melbourne there was a **polio outbreak**, she and Frank Macfarlane Burnet showed that there was more than one strain of the virus, a fact that would be important in the later development of the Salk vaccine.

Between 1925 and 1931 she was consultant and medical officer responsible to the **Poliomyelitis Committee of Victoria**, and between 1930 and 1931 was **honorary adviser on polio** to official authorities in New South Wales, South Australia and Tasmania.

In 1931 she received a Rockefeller Fellowship to travel to England and United States to study orthopaedics. In 1935 she was created DBE for her orthopaedic work. She died from cardiovascular disease in 1968

– a very remarkable woman who made a difference to so many. (*Information partly taken from Australian Dictionary of Biography*). - **Jan**

Here's a chance for you to have an impact helping to rename of Federal Seat in Melbourne and show your support for a legend of the Polio Community!

If you knew of Dame Annie Jean Macnamara, especially if you were a patient, or if you just want to acknowledge her contribution to the fight against Polio,

Write to the Australian Electoral Commission before May 18th 2018



16th - 17th May 2018

Melbourne Showgrounds

Sessions on various subjects

available

but filling fast!

Register now online

https://

www.atsaindependentlivingexpo.com.au/register-now/



Jean Macnamara

The Committee proposes changing the Division of Melbourne Ports to 'Macnamara' in honour of Dame Annie Jean Macnamara DBE (1899-1968) for her contributions to medical science and improving the lives of patients suffering from paralysis.

While working with Frank Macfarlane Burnet, Jean Macnamara discovered the existence of more than one type of polio virus.

As Honorary Medical Officer in the Physiotherapy Department at the Royal Children's Hospital in Melbourne during 1927-1959, Jean Macnamara organised and supervised the care of children suffering from poliomyelitis, training doctors and physiotherapists in the management of the disease.

Her work extended to victims of lead poisoning and to people with cerebral palsy and those with poor posture. The first centre for children with cerebral palsy in Australia was opened on her recommendation at the Royal Children's Hospital in 1940.

The Committee notes that the boundaries have altered such that while it once covered the ports area it now has a stronger residential and urban character.

Contact methods for comments and support

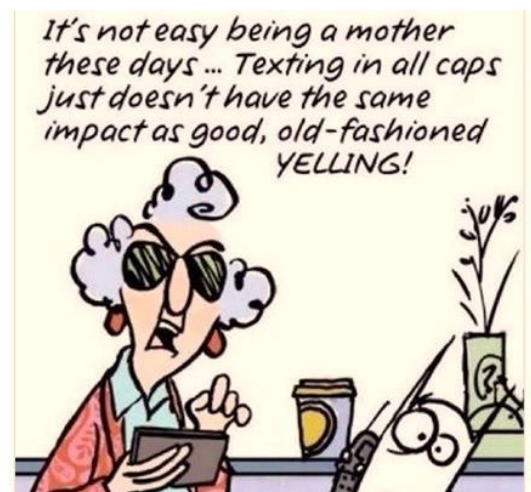
Email: FedRedistribution-VIC@aec.gov.au;

In person: The Australian Electoral Commission (Att: Redistribution Secretariat), Level 1, Urban Workshop, 50 Lonsdale Street, Melbourne (business hours only);

Mail: The Australian Electoral Commission (Att: Redistribution Secretariat), GPO Box 768, Melbourne VIC 3001; or

Fax: 03 6293 7664.

source: Australian Electoral Commission website



ps: Happy Mother's Day

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