

Geelong Polio Support Group News



Dept. of Human Services
Community Grant Recipient

OCTOBER 2018

Next Meeting:
1st October

at 10:30AM
REMEMBER OUR NEW VENUE

Speaker

Bev Lewis
'My Life with Len'

In the Chair
Jennifer Merrett

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Meetings are held on the
1st Monday of every month 10:30am
VENUE CHANGED to Main Conference
Room, first left passed reception desk
just before The Hub Cafe
Access via Main Front Entrance



October Birthdays

Jennifer McGregor 21st
Denise Stanford-Buller 28th

Here's hoping you have a
great Birthday

...from the Editor's Desk

I was sorry to hear so few made it to the last meeting, that includes me. Apology recorded. But for those who did attend, it sounds as if you had a Rock and Rolling good time thanks to **Noel Will**.

I do hope he'll be invited back for an encore. By all accounts he was a smash hit.

Because both Winnie and I were away Robin stepped in and wrote Meeting Minutes - her report is over the page - thanks Robin.

Winnie has something to say about our Christmas Lunch this year, please see her words and do a little research so you have some ideas to offer at the meeting.

Truly looking forward to hearing **Bev Lewis** speak at the next meeting. Her topic 'My Life with Len' should be lively. Len, her late husband, was a first class character and a long time member of our Support Group.

There was a 10year Timeline from Polio Australia included in their newsletter this quarter. It would take too much expensive ink to reproduce so I have typed up the key points for you. It makes for interesting reading, these are events many of us have witnessed and been part of.

Jan sent me an interesting article involving Lord Snowden and Alan Marshall - you can read what they have in common.

My apologies once again, for missing the last meeting, through a series of unexpected changes that day, Doug and I were able to spend a lovely quiet day together celebrating our second wedding anniversary. -Ed

← **If your name doesn't appear in the Birthday lists why don't you let me have it?**

Send a message with your name and the dates so we can celebrate with you! -Ed

Winnie's Words-

I am so sorry I missed our last meeting. I was enjoying a brief holiday in Brisbane with my teenage friends, 1 lives in Brisbane and 2 flew in from Singapore to meet us there. We had a great time behaving like teenagers again - so much fun 😊

How very grateful I am for supportive and committed members who often chip in when I'm away.

Thank you, Robin, for doing a great job chairing the meeting, I knew you would!

(I was also told)

You will read her report in this Newsletter.

I understand that Noel's session was enjoyed by those present. Pity for those of us who missed out due to different reasons.

We need to make a decision regarding our **Christmas Function** and I would encourage you to 'shop' around for a place that we can go to for our lunch.

I have visited the Sphinx Hotel and will update you at our Oct. meeting.

Robin will be popping into the RSL Club to get some info. So please do your bit if you have an idea and share with us at our next meeting.

We need to make a decision then. Please let me know by the next meeting if you are coming for the Christmas lunch on the 3rd December so that I have an idea of the numbers of people to book for.

The Polio Wellness Retreat in Adelaide is this month, four of us are attending.

Don't forget that Polio Day is on the 20th Oct, so please register if you are going. Information on this was given at our last Newsletter.

Piece of advice: If you have not had your Bone Density test done, please do it.

Meeting minutes - Robin Stringer

Welcome to everyone especially Noel Will, our Speaker

Attending numbers 10, 7 apologies received.

During the Treasurers report the question was asked regarding purchase of another filing cabinet, funds will be assessed.

Polio Day - Kaye Bird is interested in attending, but only if others are going. No others indicated interest.

Kaye Bird also thanked Owen Bourke's family for giving her his mobility chair.

Christmas Lunch - many people thought that perhaps we may need to go to a venue eg the RSL @Belmont, use a room and buy our own meals there instead.

Noel Will was introduced, he told us he is now on the Polio Australia Board. Noel has become interested because of Gary's Polio History; they are brothers in law.

He then took us on a musical journey through the American Rock and Roll scene, singing and playing his guitar and inviting us to join in. The music of Chuck Berry, Little Richard, Roy Orbison, The Everly Brothers, Elvis Presley, and others were included. It was music that many of us 'lived through' too.

It was very enjoyable time.

We vacated the room in good time @12:15pm

**You have your
wheelchair
I have my rocking
chair, who says we're
too old to Rock and
Roll!**

Meeting Dates	Speakers	In The Chair
5 th Nov	Singalong!	Winnie
3 rd December	Christmas Lunch	VENUE TBA

EVERYONE INCLUDING PARTNERS AND GUESTS ARE WELCOME

Disclaimer: This newsletter is written for interest and information only. Information of a medical nature in this newsletter, is not authorised in any way. Please contact a medical professional before adopting or acting upon anything contained herein. The writer of this newsletter accepts no responsibility for the authenticity of services and does not warrant they are

WHAT DO THE LATES ALAN MARSHALL AM AND LORD SNOWDEN HAVE IN COMMON?

Plenty it seems. Lord Snowden designed this 'Chairmobile' (pictured left) in 1972. Snowden aka Sir Antony Armstrong-Jones, was a well known British photographer and film-maker, once husband of Princess Margaret, and Brother in Law to Her Majesty the Queen.

With accolades like that why was he designing mobility aids?

Well, my friends, it seems he too was a fellow Polio Survivor. At 15 years of age he contracted Polio whilst on holiday in Wales. He was hospitalised for 6 months in Liverpool Royal Infirmary, and spent another 6 months 'in bed'. The disease left him with an affected leg, but he says he still 'did most things'.

Sure enough he was Cox for the winning team Cambridge, in the 1950 Boat Race. He was 20 years of age and weighed just 8st 8lbs.

Upon marriage to the Princess Royal, Armstrong-Jones was made Earl Snowden. This allowed him a seat in the House of Lords. In April 1972, Lord Snowden gave his maiden speech on the problems that disabled people suffered in everyday life. That same year a 'Chair-mobile' was flown to Australia and gifted to Alan Marshall, for his 70th birthday. Alan Marshall became a renowned Polio Survivor having drawn the public gaze to the disease, through his book '**I Can Jump Puddles**'. He also penned many other stories and books most of which are set in the Australian Bush.

Alan Marshall AM, died in 1984, aged 82. He had contracted Polio at 6 years of age. The physical disability it left him with became worse as he grew older. Sounds familiar doesn't it?

His written works include:

I Can Jump Puddles ('55) followed by

This is the Grass ('62) ISBN 1-743-31486-8

In Mine Own Heart ('63) completes a three part autobiography.

His fictional works are:

How Beautiful Are Thy Feet. ('49) ISBN 0-14-005241-0

Fight for Life ('72)

Whispering in the Wind. ('69) ISBN 0-00-670500-6

is a children's story; his collections include

Aboriginal Myths, ('72) ISBN 0-7260-0113-9

Nilimbik Shire, where Alan Marshall lived for many years, established an annual short story competition for emergent writers, and on Main Road Eltham Victoria, you can find The Alan Marshall Reserve.

The 'Chairmobile', which was suitable for indoor use only, was available for sale at £99.50, cheaper than most electric wheelchairs at the time. It was exhibited at the London Design Festival in 2003, and can be seen on the Science Museum website.

Lord Snowden went on to establish the Snowden Trust UK in 1981, to provide grants that would help disabled students to compete on an equal footing. Founded with the princely sum of £14000, the accumulated fees from photographs of the Royal Family during his first marriage, the Trust has helped approx 2,500 students.

Anne de Courcy worked with Lord Snowden to write,
Snowden: The Biography ISBN 0297852752

Pictures

Top: The Chairmobile,

Middle: News clipping from Jan MacDonald that seeded this article

Bottom: Sir Antony Armstrong -Jones - Lord Snowden



Numerous sources used include:

[https://](https://www.snowdontrust.org/our-founder)

www.snowdontrust.org/our-founder

[http://](http://broughttolife.sciencemuseum.org.uk/broughttolife/objects/display?id=93302)

broughttolife.sciencemuseum.org.uk/broughttolife/objects/display?id=93302

[https://en.wikipedia.org/](https://en.wikipedia.org/wiki/Antony_Armstrong-Jones,_1st_Earl_of_Snowdon)

[wiki/Antony_Armstrong-](https://en.wikipedia.org/wiki/Antony_Armstrong-Jones,_1st_Earl_of_Snowdon)

[Jones,_1st_Earl_of_Snowdon](https://en.wikipedia.org/wiki/Antony_Armstrong-Jones,_1st_Earl_of_Snowdon)

Jan McDonald for the news clipping that started this!



Polio Australia: A Timeline

2008-2009

Polio Australia was incorporated
Gillian Thomas was elected as inaugural President

2010

Part-time National Program manager Maryann Liethof was employed

Head office in Kew opened

First Polio Health and Wellness retreat was held in Sydney.

2011

Three year grant from Balnaves foundation allowed polio Australia to offer Maryann a full time position

2012

House of Representatives Standing Committee on Health and Ageing Public Roundtable Forum on PPS/LEoP was held

Published first resource - The Late Effects of Polio: Introduction to Clinical Practice

Dr John Tierney PhD OAM was elected president

2013

Gave evidence at a NDIS public hearing arguing against the 65 year cutoff
Gillian Thomas appeared on ABC's Q&A - An Audience with Bill Gates

2014

Facilitated first Clinical Practice Workshop in Vic
Produced The Late Effects of Polio: Managing Muscles and Mobility resource for health professionals

2015

Undertook pilot program of 8 Clinical Practice Workshops in Sydney
Polio Health website was launched

2016

Held first ever Australasia - Pacific Post-Polio Conference: Polio - Life Stages Matter

2017

Obtained funding from:
The Federal Department of Health for \$150,000pa x 3years
Grant from Spinal Life Australia \$100,000pa x 2 years

Employed four new staff members:
Samantha O'Meara (Bequests Officer - since resigned)
Rachel Ingram (Health Promotions/Admin Officer)
Paul Cavendish (Clinical health educator)
Bonnie Douglas (Fundraising Officer)

2018

33 Clinical Practice Workshops held equating to 420 additional health professionals trained in the Late Effects of Polio (as at 30/07/2018)

Employed
Steph Cantrill (Polio Community Officer for Victoria)
Jake Malsbury (Administrative Officer)