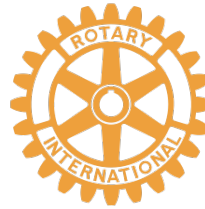


Rotary

Christchurch South



JESS SNOWDON –POLIO AND THE EFFECTS ON PEOPLE NOW

Well done members, families and friends at the Tricky Tray evening. \$624 has been deposited with The Rotary Foundation, for Polio Plus. With 50c for every \$1 from Rotary International = \$936 and \$2 for every dollar thereof, from the Gates Foundation, the total sum raised towards Polio Plus, is a whopping **\$2808!**

Poliomyelitis is transmitted by wild polio virus and by vaccine-derived polio virus – the latter mutated from the former and behaves more like its wild, counterpart. Tonight, through our speaker **Jesse Snowden, Neurological and Aged Care Physiotherapist and founder of *On the Go Physio Ltd* and the new *Polio Hub***, we learned of 'acute' and 'chronic' clinical classifications of the disease:

'Acute poliomyelitis is a disease of motor neurons of the spinal cord and brain stem (random nerves are affected) caused by poliovirus and manifesting clinically in flaccid asymmetric weakness of muscle, due to loss of motor neurons and denervation of their associated skeletal muscles.'

'Polio is spread when stool content of an infected person is introduced into the mouth of another person through contaminated water or food (faecal-oral transmission). Oral-oral transmission by way of an infected person's saliva, e.g. by way of sneezing, accounts for some cases.'



There were major epidemics in the 1930's, 1940's and 1950's (mass immunisation in NZ in 1956, saw our last epidemic) with cases in between. The disease was eradicated in New Zealand in the 1960s.

Also known as infantile paralysis, because of its propensity to affect children, polio killed hundreds of people in New Zealand and left others with a lifetime of disability, for which, "kids were picked on at school". Only 0.5% of exposed individuals developed clinical symptoms. The degree of recovery could be vastly different. For some, treatment included being in an iron lung for months, although rarely up to a year.

Jesse referred to “the NZ long summer” when, in late 1947 a new polio epidemic broke out and schools broke up early and kids didn’t go back to school until Easter.

Jesse acknowledged the long association of Rotary with global polio eradication.

Chronic poliomyelitis ‘comes back after recovery’, expressing as secondary effects/symptoms in e.g. ribs (breathing), arthritis in good leg, cold, pain, fatigue, ... leading to ‘post polio syndrome’ (a cluster of potentially disabling signs and symptoms that appear decades (on average, 30 to 40 years) after the initial polio illness), inflammation, and operation ‘retrigger’ with e.g. hip replacement.

The Polio Hub, is only in ChCh. Formed this year by Polio New Zealand in collaboration with the Duncan Foundation, the hub will enable the estimated 600 polio survivors across Canterbury to benefit from fully funded 1½– 2 hours physical assessments towards subsidised physiotherapy classes involving exercise, massage, occupational therapy, speech/language and dietitian. The late effects are experienced by as many as 50 per cent of those who contracted the disease. Exercise is important in being able to sit and stand (read ‘toileting’) with a goal of up to 15x and one-leg-forward kneel and stand (balance). If you know a

NEW HUB DESIGNED TO HELP POLIO SURVIVORS

<https://www.stuff.co.nz › national › health › new-hub-desi...> 3 days ago — Polio survivor Jennifer Yorke with physiotherapist *Jessie Snowden* at the new ... the *hub* is based at *On the Go Physio* and will enable the ... polio killed hundreds of people in New Zealand and left others with a lifetime of disability

Huge thanks to Mel Opie – meeting reporter

DO YOU KNOW SOMEONE SUITABLE FOR RYLA 2022?

Someone who:

1. Demonstrates leadership skills in your community, workplace, field of study, sports code or volunteer capacity?
2. Has good, positive attitude and is a team player?
3. Do they demonstrate a drive to succeed?



RYLA participants need to be nominated, please make sure you have submitted complete paperwork (attached) to Chris Ayrey by the end of this week for consideration by the Youth Committee.

JOIN THE YOUTH AND COMMUNITY SERVICES COMMITTEE

What: School Christmas Party
Where: Sacred Heart School, 40 Spenser Street
Date: Tuesday 14th December
Time: 1 – 3pm

If you are able to help please let Chris Ayrey (mrs.chris@extra.co.nz) or Sara McKenzie (saramackenzie61@gmail.com) know you will be joining in. Please reply asap and by Friday 10th December.



Upcoming Meetings

24th Nov – Mel Opie (1860's A family diaspora to Lyttleton and beyond)
1st Dec - Paige Sullivan (298 Youth Health & Rotary Project)
8th Dec –2020-2021 Accounts & Trust changes
15th Dec – Christmas Function

Notices

Christchurch
West Inner
Wheel

We would like to invite you to join us for coffee and a chat at the Birdwood Cafe Thursday 25th November at 10am. Please let me know if you can attend as they require numbers.
 Barbara McKinnon 337 6202
 or 0211263801
barbara.mckinnon.47@gmail.com

Duties

	24 November	1 December
Cash Desk	C Ayrey	D Conroy
Cash Desk	L Brown	K Gunasekara
Reception	D Peterson	S Mackenzie
Speaker Host	G Bailey	D Buist
Grace	G Bailey	D Buist
International Toast	D Peterson	S Mackenzie
Thanks to Speaker	L Brown	D Conroy
Quote	C Ayrey	K Gunasekara
Speaker Reporter	M Bruce	V Ellis
Sergeant	A McCully	S Harris

Leave

Who	From	To
M Whitehead	09/09/2015	TBA
J Wylie		TBA
S Haye	11/08/2020	TBA
K Moss	04/07/2019	30/06/2022
R McKinney	03/11/2021	31/03/2022
<i>(apologies for last weeks error, Robyn McKinney is on leave)</i>		

Reminders

Record your apology by:

- Notifying the Reception Desk
- Email alan.barbara.mckinnon@gmail.com before 11am on that Wednesday
- Emergency apologies to Liz Bermingham on 021 2456875
- You will receive an email reminder a couple of days before the meeting re apologising or bringing a guest
- If you are unable to do your allocated duty, it is your responsibility to arrange a substitute and advise the President
- Please advise all leave of absence (three or more weeks) to the Secretary by email or in writing