

# Polio News

P R E S E N T E D B Y

W I L D R O S E P O L I O S U P P O R T  
S O C I E T Y

*STAYING POSITIVE FOR OUR FUTURE*

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## A MESSAGE FROM YOUR PRESIDENT

SPRING 2026

Hey! Hey! Hey! Spring is almost here! And our Annual General Meeting is happening later this month.

At that meeting we always ask for nominations for new directors. This year, by the time of the meeting, the number of directors could be as low as four, which could be critical to the society.

Therefore I am making this appeal to you, the members of this society, to seriously think about assisting us in guiding the WPSS into the future.

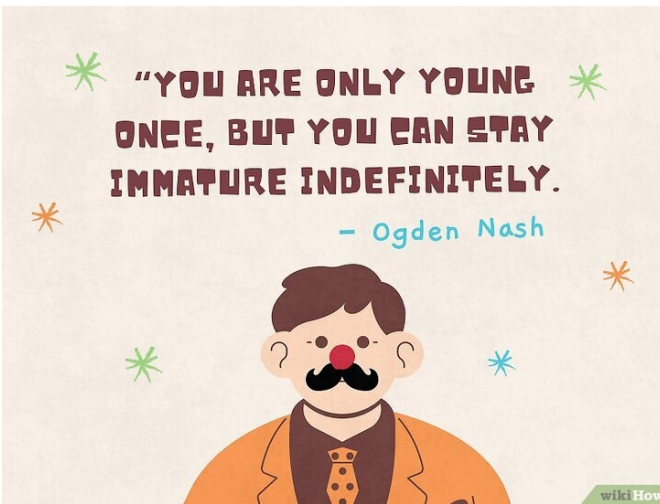
Being a director is not an onerous task. We hold an hour to hour and a half meeting approximately once a month at the St. Albert Legion; and there may be some tasks to do in the days following the meeting. Since our meeting room is right next to the Legion Lounge, we are "required" to retire to the Lounge for some liquid refreshment after the meeting.

Seriously though, folks, we do need more directors. If you are considering letting your name stand for director of WPSS, you can contact me for more information – John at 780 460 5492 or [jmsug@telus.net](mailto:jmsug@telus.net)

*John Sugden, President*

# LAUGHTER IS GOOD MEDICINE

- I'm not old. I'm chronologically gifted.
- I'm not forgetful... I just like to test my memory in real time.
- I'm at the age where my back goes out more than I do
- Seniors don't get old, they upgrade their stories
- Growing older is mandatory, but growing up is optional



- Forgetfulness is just a creative brain reboot
- Why do seniors love computers? They have memory!
- You know you're getting old when someone calls at 9 p.m. and asks if they woke you.

## EDITOR'S NOTES

Any organization is a reflection of its' membership. It's strength lies in the active participation of that membership. I have invited you to participate in the production of our quarterly newsletter, Polio News, since I took on the position of Editor in 2019. I have had some excellent articles, images, and content submitted over the years and my hope is that you will step up with even more content in the coming year(s). I see the Polio News as not just a vehicle for society business news or news from the larger polio world but also news of our individual lives which we can share with each other. This grass routes participation is what makes the society work by helping us to know each other better! Come on people, show your creative selves!!

Participation in your society also means recognizing that there is some business work to be taken care of - decisions must be made, directions planned out and communication conducted. These are the things the Board of Directors is tasked to do. The

work is not hard and it does not require huge commitments of time but it must be done and many hands make for lighter loads, to paraphrase an old saying. The side benefits are that you are always "in the know" and you have the opportunity to socialize after meetings!! This may not seem like much but it is fun and definitely worthwhile!

You will have seen a similar message from President John on the front page of this newsletter and you will see it again some of the pages which follow. That tells you how serious we are about getting you on board. I hope you will take this to heart and seriously consider boosting your participation through the Polio News and/or by joining us as a Director on the Board! The core group which continues to serve is looking forward to some new blood, new ideas and new conversations!

Cheers,

*Bernd Schwanke, Editor*

# **NEWS and UPDATES**

## **REIMBURSEMENT & MEMBERSHIP STATISTICS**

To date in this fiscal year, WPSS has reimbursed members \$4,406.00 for Therapy, \$2,055.00 for Aids and Devices and \$2,648.00 for the Swim Program (includes Equity Fitness charges). Our membership statistics show that we currently have 26 single and 32 couple paid up memberships in good standing. We have 6 single and 2 couple memberships in arrears.

Remember, memberships run from January 1 through December 31 and that you are not eligible to participate in WPSS events and programs if your membership dues are in arrears.

**Please do renew your membership ASAP.**

### **SWIM PROGRAM**

Be aware that the ACT Pool is closed until the end of April

## **BOARD of DIRECTORS**

Rick Meunier has agreed to remain as Vice President.

## **TRANSPORTATION REIMBURSEMENT**

If you are a WPSS member in good standing and are unable to attend a WPSS function due to a transportation issue, you may be able to claim partial reimbursement for taxi or Uber rides. This pertains to persons who don't own cars or cannot drive or are unprepared to do so in inclement weather. In these instances the Board has passed a motion to implement reimbursement of 75% of the cost of a taxi or Uber when and where DATS does not provide transportation service. Use our regular claim form with receipts. These claims do not count against your \$3,000.00 yearly reimbursement limit.

### **EXECUTIVE**

President: John Sugden

Vice President: Rick Meunier

Secretary-Treasurer: Patricia Murray

### **DIRECTORS**

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Bernd Schwanke

## **DISCLAIMER**

Information published in the Polio News and/or the Wildrose Polio Support Society web site may not represent the opinion of the Society. It is not to be regarded as the Society's endorsement of treatment, products or individuals. If you have or suspect you may have a health problem, please consult your health care professional.

## UPCOMING EVENTS

### Wildrose Polio Support Society Notice of Annual General Meeting [for year-end Oct. 31, 2025]

Date: Thursday, April 23, 2026

Location: Royal Canadian Legion Branch 271  
6 Tache St.  
St. Albert, AB  
T8N 2S4

Registration: 11:30 am  
Lunch: 12:00 pm  
Members' visiting time: 1:00 pm  
Meeting: 1:30 pm

Please join us as we update the Society's business from 2024/2025.

This meeting is open to all. There will be a hot lunch served buffet style, and there is no charge for this lunch.

Please email [wpss@polioalberta.ca](mailto:wpss@polioalberta.ca), or phone 780-428-8842 by April 17, 2026 if you plan to attend.

8640-64 Ave, Edmonton, AB, T6E 0H5,

[wpss@polioalberta.ca](mailto:wpss@polioalberta.ca),

780-428-8842

#### WPSS Social Calendar has upcoming events :

- July - Picnic in the Park
- August - Jubilations Dinner Theater

Full details will be available on the web site and in the July newsletter.

# **BOARD OF DIRECTORS**

## **TO THE MEMBERS OF THE WILDROSE POLIO SUPPORT SOCIETY**

**— URGENT —**

By the time you receive this newsletter you will have been made aware of the upcoming AGM on Thursday, April 23, 2026.

The Board of Directors of WPSS has ten chairs. With the recent four of which are vacant. Your current Board consists of six members who have been serving for numerous years. All six have agreed to serve another term, however it is felt that some new voices are urgently required.

As active members, each of you, if able, should consider letting your name stand for election at the AGM.

If you are aware of someone who may be interested but needs a little push, please talk to them and get their consent to be nominated. We need you to step up!

You can contact the office and talk to **Pat:** **780-428-8842**

You can contact members of the nominating committee:

**Bernd Schwanke:** **780-935-5241**

If you, or someone you know, have an interest but with reservations, please call and we will be happy to fill you in on the duties and responsibilities of a Director. Also, please read the President's Message on the front cover of this issue of the Polio News.

### **BOARD of DIRECTORS RESIGNATION**

With regret but complete understanding, your Board has accepted the resignation of Marie Kunec from her seat at the Board of Directors table.

As noted above, this leaves the Board with four vacancies and vulnerable to not meeting Quorum for regular board meetings. The current quorum is four members and if more than two should be absent for any one meeting, quorum will not be met and the meeting would have to be cancelled. Not only would this be very inconvenient for the directors present, but it would mean the board is unable to conduct the business of our society — most significantly, approval of reimbursement applications and subsequent payments would be delayed.

Once more, we need you to step up and allow your name to be put forward for a board position!!

## RECENT EVENTS

On Friday, February 6 WPSS hosted a luncheon social at the St Albert Legion. We enjoyed a light lunch of soup, sandwiches, dessert, tea and coffee and were entertained by the Alberta Veteran's Guitar Band. This group of Canadian Armed Forces veterans played many of the oldies but goodies from the 70's and other times of our youth! It was a fun afternoon for a good turn out of WPSS members and guests!



## OPINION PIECE

*We live in crazy, turbulent times! Our world has changed in so many ways over the past few years, especially since 2016. As we try to navigate this confusion I think it is important to listen carefully, to do research, to speak one's mind with confidence and to respect the opinions of others even if they do not align with our own.*

*With that in mind, I saw this piece written by a "problem solver", an analyst by the name of Sharon Hayes, who works from Montreal. She addresses Canadian structure and Identity historically and in today's world. I thought the piece to be very relevant for us as ordinary citizens of this country, and as "westerners", just trying to live our lives.*

*The piece is very thoughtfully written and definitely provides some food for thought, whether we are in agreement or not.*

*Whatever your personal feelings may be, I hope you find it interesting and thought provoking!*

*Bernd Schwanke, Editor*

### ***When Feelings Replace History: How Canada's "Values" Debate Went Off the Rails***

I'm a strategist and a problem solver by trade. When people say something is "broken," "lost," or "unrecognizable," my instinct isn't to argue. It's to slow the conversation down and ask a different set of questions. What specifically changed. When it changed. Why it changed. And whether the story being told actually matches the facts on the ground.

We keep seeing the same claim surface again and again in Canadian political conversations: "I don't recognize Canada anymore." It shows up in anger about Carney, in modern conservative rhetoric, and in separation talk out West. It's usually framed as a loss of values, identity, or culture.

Here's the uncomfortable truth a lot of people are skating past:

That claim collapses the moment you look at actual Canadian history instead of vibes and nostalgia.

Canada was never built as a melting pot. That was the American model. Assimilate, flatten differences, become one thing, pledge loyalty to a single dominant identity. Canada deliberately chose something else. We called it a mosaic decades ago, not last year, not under Trudeau, not under Carney, decades ago.

The idea was simple and radical for its time. You could be Canadian without erasing where you came from. Language, culture, religion, customs were not obstacles to citizenship. They were part of it. The state did not demand sameness as the price of belonging.

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That was not an accident. It was a defining difference from the United States. This is also where the “woke” accusation falls apart.

What people now dismiss as wokeness is often just Canada continuing a long, deeply ingrained tradition of social progressivism. This country led, not followed, on many of the very issues now framed as radical or new. Universal healthcare was once denounced as socialism. Same sex marriage was legalized nationally in 2005, long before most Western democracies. Abortion was fully decriminalized in 1988, without replacing it with a new criminal framework. Multiculturalism was made official policy in the 1970s.

None of that was imported recently. None of it was fringe. It was Canada acting like Canada.

So when people say “Canada has changed,” the real question is this: changed from what, exactly?

From a white, Anglo, British dominated Canada that existed largely because immigration was restricted and Indigenous people were actively suppressed? From a version of Canada that excluded most people by design? From a period where difference was tolerated only if it stayed quiet and invisible?

Because the values people claim we’ve abandoned were never universal Canadian values. They were power arrangements.

What has actually changed is not Canada’s core philosophy, but who is visibly included in it.

We still believe in collective responsibility over rugged individualism. We still believe healthcare is a right, not a product. We still believe the state has a role in buffering people from total market failure. We still believe diversity is not a threat to cohesion but part of it. We still believe that expanding rights is not moral decay, but moral progress.

Those are old ideas here.

This is also where the Western grievance often skips an important step.

When people say “the West was never like this,” they are usually remembering a different demographic moment, not a different set of values. Immigration was more limited. Indigenous people were pushed out of sight or off the land. Resource booms created stability that masked fragility under-

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neath. Towns had clear social roles, predictable work, and the promise that if you showed up and worked hard, life would move forward.

That stability didn't come from cultural sameness. It came from exclusion, cheap land, and economic conditions that no longer exist.

What people remember as "the West before immigrants" was actually the West before volatility.

Boom bust cycles hollowed out communities. Global capital distorted housing markets. Wages detached from productivity. Jobs disappeared or became precarious. Social roles that once anchored identity vanished. All of that happened at the same time population patterns changed.

Immigration became the most visible variable, not the causal one.

People do not revolt against values. They revolt against instability, then attach fear to whoever looks new.

Stability created by exclusion is not the same thing as stability created by shared values.

And here's the part people really don't want to confront.

Canada's population is aging. Birth rates have been below replacement for decades. Retirements are accelerating. That means fewer workers supporting more retirees. Healthcare, pensions, and public services don't run on nostalgia. They run on people. Younger people. Working age people.

Countries don't get to opt out of demographics.

The alternative to population renewal is not "the Canada we remember." It is a smaller workforce, higher taxes, weaker services, and faster decline, especially in regions that already rely heavily on federal transfers and face chronic labour shortages.

Immigration is not a cultural experiment. It is system maintenance. It is how Canada keeps the promises it already made to its citizens.

Do I think the Liberals under Trudeau made mistakes with immigration? Absolutely. But I also believe that whoever won the last federal election would have had to confront the same challenges. No immigration is not the answer; smart immigration is.

This is also why modern conservatism in Canada feels so disoriented.

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It increasingly adopts an American framework built on individualism, constitutional absolutism, and culture war identity politics, then tries to graft it onto a country shaped by parliamentary pragmatism, collective responsibility, and incremental change. That mismatch creates constant outrage, because the problem is not that Canada has betrayed its values, but that the framework being used to judge it never fit here to begin with.

And none of this is to deny that people lost things.

They lost economic security. They lost clear paths forward. They lost the feeling that the future would be better than the past. That grief is real. But there is a difference between mourning lost stability and rejecting pluralism.

One is human. The other is a choice.

It is easier to say “the country has lost its values” than to admit “the country no longer centers me by default.”

Separation talk or culture war rhetoric wrapped in “values” language is especially revealing. If your values fracture the moment you are no longer culturally central, those were not shared values. They were preferences enforced by power.

Canada is not becoming something foreign. It is becoming more fully itself.

At the heart of it, Canada hasn’t changed. The story has always been the same.

What’s changed is who gets to belong visibly, who gets to speak without permission, and who no longer gets to mistake dominance for neutrality.

And that question isn’t really about Canada at all. It’s about whether people are willing to live inside the country they already have, instead of the one they were once most comfortable in.

Sharon Hayes

# POLIO HISTORY

June 15, 2021 [Health & Medicine](#)

## Searching for Isabel Morgan

Reconsidering the fate of an overlooked polio fighter.

by [Anita Guerrini](#)

Isabel Morgan.

Wikimedia Commons/Barbara Morgan Roberts



I first came across polio researcher Isabel Morgan in the late 1990s while writing the first edition of my book *Experimenting with Humans and Animals*. In it I noted that Morgan and Jonas Salk were the only individuals working on a killed-virus polio vaccine in the early 1950s, which wasn't entirely true. When I wrote a heavily revised second edition in 2020, I was determined to find out more about Morgan, spurred on in part by David Oshinsky's account of her in *Polio: An American Story* (2005). Oshinsky devoted nearly three pages to Morgan's background and polio research, which ended in 1949 when she left vaccine research altogether. Morgan was more important than I had realized.

As relayed in several accounts, Morgan's life seems depressingly similar to the lives of other women scientists. According to Oshinsky, she had little chance of advancement at the Rockefeller Institute in the late 1930s and was paid less than men doing the same work. And so, the story goes, she left science in 1949 to get married—as if these two things were incompatible—and become a 1950s housewife. Her husband, former U.S. Army colonel Joseph Mountain, an early entrepreneur in computer data analysis, earned an obituary in the *New York Times* when he died in 1970, but when Morgan died in 1996, the *Times* was silent. I felt much of her story remained untold.

When I first encountered Morgan, I thought, “Oh cool, a woman,” and went on to tell the story of [Salk and Sabin](#) and monkeys and children with disabilities. I seem to remember getting a note from some of her family members thanking me for even mentioning her in my book, but I did not follow up. This time around I wanted to know more. I looked for her scientific papers, which were much easier to find than in the 1990s, when my browser was Netscape and the whole idea of doing research online was still new (at least to me).



*Children with polio-related paralysis receive physical therapy, 1963. CDC/Charles Farmer*

I found, as I expected, a lot of papers written from 1936, the year she obtained her PhD at the University of Pennsylvania, to around 1950. These included work on influenza, pneumonia, [eastern equine encephalomyelitis](#), and some early work on *Streptococcus* infections. It also included many papers on polio, some single-authored and others written in collaboration with Howard Howe and David Bodian at Johns Hopkins University.

Howe had organized the polio lab at Johns Hopkins in the late 1930s and recruited Bodian; in turn, Bodian recruited Morgan, who was working with virologist Peter Olitsky at the Rockefeller Institute. Between 1944 and 1949, the team of Howe, Bodian, and Morgan did critical work on typing the different strains of the poliovirus. They determined there were three strains—all dangerous—and named one Brunhilde, after one of the team's experimental chimpanzees. They also developed a vaccine made with killed poliovirus that provided immunity against all three strains in experimental monkeys and chimpanzees.

At the time there were two types of vaccine technology, killed virus and weakened live virus. Both could induce immunity. Killed-virus vaccines were safer because,

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# POLIO HISTORY



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unlike live-virus vaccines, they could never induce the disease. But there was much debate about killed-virus vaccines' long-term effectiveness.

A poster for National Foundation for Infantile Paralysis, later renamed the March of Dimes, by Bauhaus artist Herbert Bayer, 1949. Library of Congress

In the 1930s Maurice Brodie had shown that killed-virus vaccines could produce polio antibodies, but a lack of clear statistical proof and the inability of others to repeat his results discredited these vaccines for several years. Morgan, who was the major player in the vaccine work at Johns Hopkins, provided that missing proof in 1948 in a solo article announcing the successful long-term immunization of monkeys with a killed-virus vaccine. Her article is characteristically thorough, critically but judiciously reviewing past attempts to create a killed-virus vaccine, particularly Brodie's, before demonstrating that inactivated virus from two of the three strains of polio (Brunhilde and Lansing) produced effective immunization against those strains.

This was five years before Salk's public announcement of his vaccine. Oshinsky comments that if Morgan had continued her work, we would be talking about the Morgan vaccine rather than the Salk vaccine. So then why did Morgan stop working on polio? Both Oshinsky and a 2012 biography of Bodian published by the National Academy of Sciences state that she was reluctant to take the next step in vaccine development: testing on humans.

Because polio, also known as infantile paralysis, was viewed primarily as a disease of children, any human trials would have to include children. (Brodie had tested his vaccine on thousands of children.) Children with disabilities, particularly those with developmental disabilities in state institutions, were a first stop for many kinds of experimental trials. Sure enough, in the early 1950s both Howe and Salk tested polio vaccines grown on human nerve tissue on such children.

At the time, scientists believed poliovirus would only grow in nerve tissue. Morgan opposed such testing, concerned that a vaccine grown on nerve tissue posed too great a risk of autoimmune encephalitis, in which the vaccine triggers the immune system to attack the brain. In 1949 John Enders found a way to grow the virus on non-nervous tissue, using discarded foreskins from circumcised baby boys. But by then Morgan, now Isabel Morgan Mountain, had left Johns Hopkins and vanished into 1950s suburban domesticity.

She published a few more articles on polio, with and without Bodian and Howe, in 1949 and 1950, then emerged briefly in 1958 to take her place as the only woman inducted into the Polio Hall of Fame.



Morgan (*center*) with other honorees at the Polio Hall of Fame in Warm Springs, Georgia, January 1958. Wikimedia

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## POLIO HISTORY

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Commons/U.S. National Archives and Records Administration

But why did she leave? It's hard to imagine such a talented and successful researcher—with one of the century's greatest scientific achievements within her grasp—walking away from it all for a quiet family life. It's not as if her work situation was bad. Morgan seemed happy at Johns Hopkins, doing good science with a congenial team. Bodian, who had recruited her and who, along with his wife, Elinor, had become a good friend, was an exceptionally collaborative scientist, notably so amid the [hothouse competition](#) surrounding the development of the polio vaccine. What's more, while Morgan left Johns Hopkins and vaccine research, she did not abandon science or polio research altogether. A look at her family background might give some clues about her motivations.



Morgan came from scientific royalty. Born in 1911, she was the youngest child of pioneering geneticist Thomas Hunt Morgan. By then her father was in his mid-40s, a professor of experimental zoology at Columbia University who had already started teasing out the genetics of inheritance through his famous *Drosophila* fly experiments, work that would earn him a Nobel Prize in 1933.

Thomas Hunt Morgan with his daughters Isabel (*left*) and Lilian, ca. 1918. Marine Biological Laboratory Archives

Morgan's mother, Lilian Vaughan Sampson Morgan, had been a graduate student of Thomas Morgan while at Bryn Mawr in the 1890s. They married in 1904 and had four children between 1906 and 1911. Lilian Morgan gave up her own scientific career to care for their children and run the household, but she did not abandon science forever. At the Morgans' summer vacation home near the Woods Hole Marine Biological Laboratory in Massachusetts, Lilian and the Morgan children would have encountered a constant stream of visiting biologists. (In 1944 Bodian met Isabel Morgan there and recruited her for his lab.)

Lilian home-schooled her children until third grade; as soon as her youngest reached that stage she returned to her husband's lab, where she continued to work for the rest of her life. She published 16 single-

authored papers, many of them on the X chromosome in *Drosophila*, providing important evidence for her husband's chromosome theory. A 1983 biographical sketch of Lilian by Katherine Keenan notes that she always worked alone. When Morgan was growing up, both her parents were working scientists, but only one of them had household responsibilities. Among her siblings, Morgan was the only one who chose to become a scientist. Her sisters married scientists, while her brother became an engineer.

In many ways Morgan followed her mother's path. She married late: Lilian was 34, Morgan 38. In Morgan's case, her marriage came with a family and a house in the suburbs of New York. Mountain had an 11-year-old son, Jimmy, who is usually described as having a learning disability. Unlike her mother, Morgan did not wait 16 years to publish her next article. She took a job with the Westchester County Department of Laboratory Research, where conditions were not ideal for the research she wanted to do on the processes of antibody production. Even so she obtained a grant from the National Institutes of Health and made do with limited resources.

*Lilian Morgan working with Drosophila in a Caltech lab, undated. Caltech Archives*

Morgan did not stay in Westchester for long. Only the first of her five research articles published in 1955 had her Westchester address. Her next address was Babies Hospital, Columbia-Presbyterian Medical Center, New York. Hattie Alexander, a pediatrician and pioneer in the study of bacterial infections, led the microbiology laboratory at Babies Hospital and hired many women to work in her lab. In July 1955 a paper on polioviruses appeared with Morgan and Alexander as coauthors, along with two other women from the lab. Perhaps Alexander invited Morgan to Columbia because of her expertise in polio and other viruses. The 1955 paper turned out to be the first of many, and Morgan's association with Alexander and her lab extended at least into 1959.



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# POLIO HISTORY

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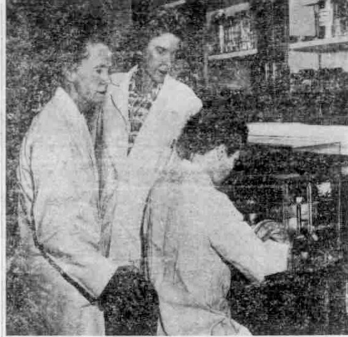
In 1960 Morgan's stepson, Jimmy Mountain, was killed in a [mid-air plane collision](#) over the skies of New York City, a loss she found devastating. At some point she left Alexander's lab and pursued a longstanding interest in biostatistics, obtaining a master's degree from Columbia and leaving polio research behind for good. Later in the 1960s she collaborated with her husband, Joe, and several others on epidemiological studies of the effects of air pollution; she also collaborated with other scientists on studies of cancer therapies at the Sloan-Kettering Institute for Cancer Research. Joe Mountain died in 1970, after which Morgan continued her cancer work. My impression of her in the 1960s and 1970s is of a restless researcher without a firm institutional base. The last scientific publication I found for her is from 1979.

## Women Play Key Role In 'Dimes' Research

Growing a killer virus in a laboratory test tube to see what makes it tick may not seem like an ideal pastime for women. Yet in recent years an increasing number of women have attained top-rank recognition as medical research scientists, many of them under grants supplied by The National Foundation with New March of Dimes funds.

The researches of these women have enlarged the body of new medical information and helped solve a wide variety of health problems. Not least among these was the conquest of a virus that killed and crippled its victims in wave after wave of epidemics—polio.

**Pioneer in Protection**  
Dr. Isabel Morgan Mountain is one of the most famous of these women scientists. As a member of the Johns Hopkins research group some years ago, she won medical recognition for demonstrating that animals



L. to r., Drs. Hattie Alexander, Isabel Morgan Mountain and Katherine Sprunt.

Clipping of a *Helper (Utah) Journal* article about Morgan, Hattie Alexander, and other women conducting polio research, January 4, 1960. Marriott Digital Library, University of Utah

Later in life, Morgan assumed the position of keeper of the family history. She took on custody of the house at Woods Hole, and she was the

family member who showed up for various events commemorating her illustrious father. Her own scientific work mostly faded from view.

Was Morgan written out of the polio story because she was a woman? If so, it is an example of the "[Matilda effect](#)." The term was coined by historian of science Margaret Rossiter and references activist Matilda Gage, who in her 1870 essay "Woman as Inventor" first described the tendency for women's scientific work to be overlooked or attributed to men. There is some evidence for this being the case. Writing in 1983, geneticist Ray Owen recalled a 1950 genetics conference at Caltech at which Morgan is listed as the only woman in attendance. In his introduction, the editor of the proceedings, Max Delbrück, called her contribution interesting but too narrowly focused. Therefore, he omitted her from the volume. We can see some echoes here of James Watson's disregard of Rosalind Franklin in the same period. Interestingly though, Rossiter herself devoted only a very short passage to Morgan in the first of three volumes on women scientists in the United States.

Whatever the case, I believe Morgan's story complicates a narrative based mainly on sexism. The choices she made in life also contributed to her future obscurity. Her polio work was not suppressed but built upon by others, particularly Salk, who had a poor record of acknowledging his colleagues and predecessors. Had Morgan continued her vaccine research and proceeded to human trials, she almost certainly would have developed the killed-virus vaccine before Salk, and we would indeed be talking about the Morgan vaccine rather than the Salk vaccine.

Oshinsky argues that Morgan "never got the chance" to pursue her vaccine. But, in fact, she *chose* not to go forward, both for personal and ethical reasons. Instead, she chose to do other kinds of science, and she chose to make her family a priority. Did 1950s societal norms constrain the choices available to her? I struggle with that, but I don't see her as a victim.

Archival evidence might shed light on her choices, but Covid-19 restrictions have blocked access for more than a year. Oshinsky cites uncatalogued papers of hers housed with the Bodian papers at Johns Hopkins. There may be correspondence in the Hattie Alexander papers at Columbia that shed light on how Morgan became attached to the lab at Babies Hospital. There are some materials among the Olitsky papers at the American Philosophical Society. Notably, her papers are mingled with those of the men she worked with rather than being in a separate archive. This too may be a result of the choices she made in 1949.

Would we be questioning Morgan's choices or motives had she been a man?

I believe that she made her choices with open eyes and an open heart, and that once she made them she did not look back. Historian of biology Garland Allen, who knew her well, described her to me as "a wonderful friend . . . I admired her a great deal," but also referred to her as "very strong, almost stoic." This strong, smart, compassionate woman deserves more attention from historians of science than she has thus far received.

[Anita Guerrini](#) is a historian of science and medicine and an emeritus professor at Oregon State University. Her most recent book is [Experimenting with Humans and Animals: From Aristotle to CRISPR](#).



*Thomas, Lilian, and Isabel Morgan with the children of friends during a trip to retrieve Thomas Morgan's Nobel Prize, ca. 1930s. Marine Biological Laboratory Archives*

# RESEARCH

*Locally, our very own University of Alberta has a top notch Faculty of Rehabilitation Medicine which not only trains many of our future therapists but also conducts research into mobility issues, among other topics.. Below is an excerpt from their web page outlining some of their current research in wheelchair technology and usage.. I hope you enjoy the read! I have attached the link to their web site here so you may explore further what is happening at U of A. Just type the following into your internet browser to connect!*

[Biomechanics and Disability | Faculty of Rehabilitation Medicine](#)

*Bernd Schwanke, Editor*

Globally, an estimated sixty-five million people require daily use of a wheelchair. Racial and gender diversity are growing in our university, and in our communities. Health research is increasingly including community members, patients, and family members in project planning and execution. It's clear that inclusion and access are becoming more and more of a priority in our academic world. So how do we as research labs keep pace?

We keep an open mind.

Keep reading to learn about our efforts to support the wheelchair user community, patient partnership in research, sex and gender based analysis, and Indigenous support.

## **Wheelchair Biomechanics**

Millions of people with disabilities worldwide use wheelchairs as a primary mode of transport, but pain and fatigue can be a major barrier, in addition to other barriers like infrastructure (think: no ramp, steep hills, unshoveled snow on sidewalks) and social attitudes (think: assumptions about capability, tokenism, infantilization). Tackling these issues takes a double-sided approach: social change and scientific understanding. Our team works to advocate for accessibility measures on and off campus, including through one of our startups, ClickNPush Accessibility. On the science side, understanding more about the biomechanics of wheelchair propulsion can help with better wheelchair design, better pushing styles, and better supportive add-ons that all combine to reduce injury, stress, and pain.

## **Patient Partnership**

Patient-Oriented Research, Patient Partnership, and Patient Participation are all new(ish) terms to the research world that essentially mean that we want to involve people outside of research and academia in research projects – and not just as research subjects! People with lived experience are vital to research, particularly in health research, because we aren't always focusing on the real problems people struggle with if we don't listen to them!

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# RESEARCH

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If you're interested in learning more about Patient-Oriented Research, check out the Alberta SPOR Support Unit, and their course on integrating POR across research areas!

## **Sex and Gender Based Analysis (SGBA+)**

It's no secret that the vast majority of health research has traditionally been conducted on cisgender white males, and this has led to all sorts of mistakes in health care. Even though many of the research we undertake here at the Rehab Robotics Lab is Pilot Research (small scale exploratory research), we take sex and gender variables very seriously and are working to improve our understanding of the impacts, social and scientific, that sex and gender have on human participant research.

Interested in learning more? The Canadian Institute for Health Research (CIHR) has an excellent SGBA+ course to get you started!

## **Indigenous Engagement**

A majority of our Virtual Care work has the potential to support Indigenous communities both on and off reserve. We will provide updates and resources as we navigate engaging Indigenous research partners in a respectful, appropriate manner.

## **Technology**

Explore some of the technology used for our Biomechanical research below!

VIDEO: EON iCube system helps wheelchair users get back to moving around pain-free  
Follow us!

## **EON iCube**

The iCube is an immersive VR space that strives to simulate the real world in a more confined and controlled environment. The system is ideal for visualization, modelling, and motion simulation. The Cube is equipped with Optitrack motion capture cameras, which can collect quantifiable movement data from the subject inside. Additionally, Vicon motion capture cameras add to the immersive power of the Cube by incorporating head tracking capabilities, allowing for a more authentic VR experience. We are utilizing the Cube to explore wheelchair biometrics by coupling it with a wheelchair ergometer. This combination allows us to collect metrics that can be used in conjunction with VR to

*(Continued on page 17)*

# RESEARCH

study and sequence wheelchair propulsion, enabling the gathering of quantifiable data which can help to develop improved propulsion techniques.

## Motion Capture Space

Motion capture records the 3D movement of objects and can be used to detect movement of objects over time. Traditional motion capture analysis in research looks at the changes in joint angle over time. The twenty-four motion capture cameras in the lab cover an area of about 2 X 4 metres and can be used to measure gait or propulsion style.

## Sagitta

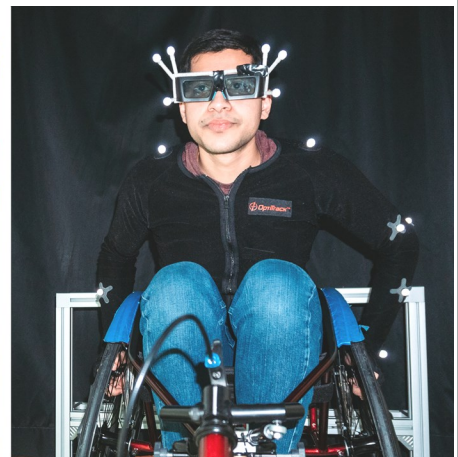
Sagitta is a lightweight, non-contacting, battery-powered activity monitor that can be attached to the spokes of a manual wheelchair user's wheels. Velocity, acceleration, distance traveled, applied force, and resistive force are collected using Sagitta.

## Track Compensator Indicator

This device will digitally represent the activation and deactivation of a racing wheelchair's steering mechanism. Standard racing wheelchairs today have three wheels and are steered using a track compensator device. The digital indicator our lab has created will tell a racing athlete when they have engaged their track compensator, which may help them steer more efficiently.

## Wheelchair Ergometer

The wheelchair ergometer consists of two rollers, which have inertial characteristics like those encountered when propelling a wheelchair on a flat smooth surface such as linoleum. Two current controlled magnetic brakes are used to adjust the rolling resistance of the ergometer in real-time. For a participant to turn the ergometer, the wheel furthest from the center of rotation is rotated at a greater speed than the opposing wheel, causing the chair to travel in an arc.

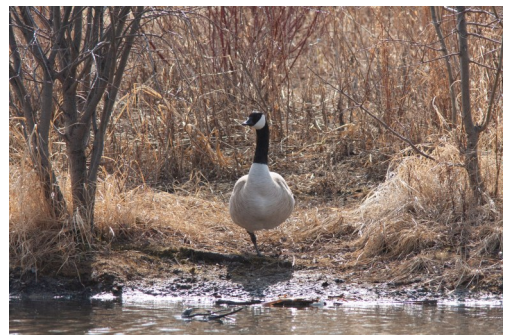
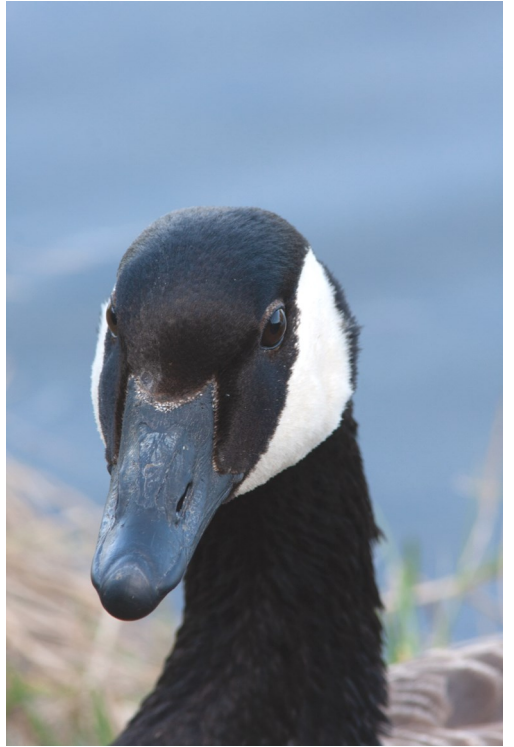


## GALLERY

*Well, it is officially spring time again and each year some of the first signs of the change of seasons are the return of the Canada Geese. They generally push things a bit and end up having to endure some harsh weather before warmer days are here to stay!*



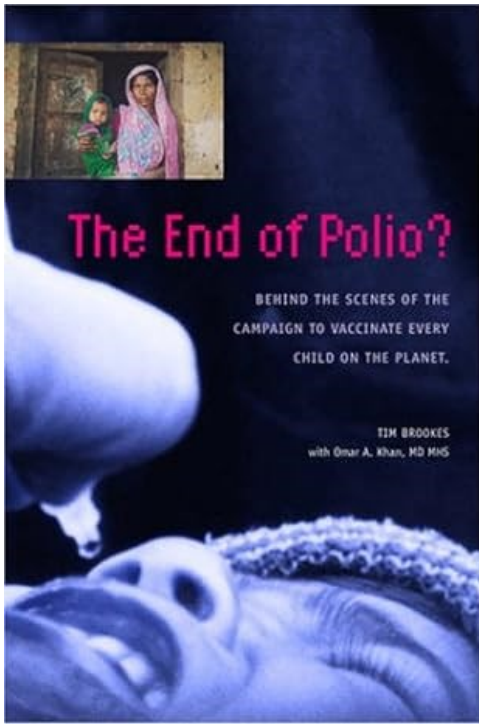
GALLERY



## BOOK REVIEW

### End of Polio?: Behind the Scenes of the Campaign to Vaccinate Every Child on the Planet

We are close to eradicating polio from the earth. Through a collaborative effort on the part of many health organizations, including CDC, WHO, and USAID, among others, there has been a global campaign to vaccinate every child on the planet against this dreaded disease. Travel with our authors as they take part in one of the last vaccination campaigns, and read about the successes and obstacles affecting the final goal. Includes numerous photos of campaigns in various parts of the world



TIM BROOKES — About the Author

Born in England and educated at Oxford, I have lived in the United States since 1980. I've worked as a teacher, guitarist, soccer coach, writer, editor and, most recently, woodcarver of endangered alphabets. I've been lucky enough to be able to write about whatever has interested me, which has included books about asthma, hospice, my gravel driveway, the guitar, SARS, commuting, hitchhiking, polio, writing, publishing, and, most recently, endangered alphabets. I have two wonderful daughters, of whom I'm immensely fond and proud. I live on the shores of Lake Champlain.

### The End of Polio: A Global Effort to End a Disease

Internationally acclaimed photographer **Sebastio Salgado** focuses on human determination in this inspiring and poignant chronicle of the global initiative to eradicate polio. In a world convulsed by war and hatred, the Global Polio Eradication Initiative, begun in 1988, stands as a rare and inspiring example of what can be done when the world works together against a common enemy. Sebastio Salgado, known for his dedication to the plight of the world's dispossessed in *Workers* (1994) and *Migrations* (2000), traveled to five polio endemic countries—Democratic Republic of Congo, India, Pakistan, Somalia, and Sudan—to photograph the campaign to eradicate polio by 2005. He shares those photographs here. The book also includes a substantial essay by UNICEF writer Siddharth Dube, a comprehensive history of the disease presented in the form of an illustrated timeline; and information on how to help. ‘THE END OF POLIO’ is an inspiring testament to the possibility for successful cooperation between nations and communities on levels ranging from local to global, as well as an important volume for those whose lives have been touched by polio.



## MUSIC REVIEW

*I received this review from our fellow member, Doug MacEachern. Thanks Doug and I'll be sure to check these guys out!*

Members of the Wlidroze Polio Support Society will be aware and proud of their fellow Canadian polio survivors and giants of the popular music scene such as Joni Mitchell and Neil Young. Other countries have their polio surviving super stars as well, and none bigger than Cecil "Skelly" Spence, Albert "Apple" Gabriel and Lascelles "Wiss" Bulgin, who all met as children in a Kingston, Jamaica rehabilitation facility where they were recovering from acute polio attacks.

They all went their separate ways on being discharged from rehab but met up again when they were all living on the streets of Kingston some years later, drawn together again by their

love of music. As the band members relate their stories in interviews they would scrounge enough during the day to get a meal together that they would cook outdoors in the bushes off the roadways in Kingston and then spend the evening singing to pass the time. Their singing attracted lots of appreciative listeners and a few coins to help sustain them for the next day. Many listeners encouraged them to cut a record but they did not have the money to pay for the production or the studio time. Fortuitously however each of them had converted to the Rastafarian religion separately, and among the appreciative street audience were members of the faith who financed a single 45 rpm record and gave the group the name Israel Vibration. Well, like so many show biz stories, after years of poverty, marginalization and rejection they became an "overnight" success. Israel Vibration went on to cut 20 albums, perform all over the world and share the performance stages with the other giants of reggae music such as Bob Marley and Jimmy Cliff.

Unfortunately only one of the three founders of Israel Vibration is still alive, Wiss Bulgin, but the band still tours. All of their albums are on Spotify and are well worth listening to but you really should



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## MEMBERS' PAGE

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watch them on You Tube and see the incredible performances put on by these charismatic musicians. A good starting point would be their rendering of "Surfing" at the Sierra Nevada Music Festival of 2018 and there many more on You Tube.

I am very late to the party as far as Israel Vibration is concerned but I am glad I got to learn their incredibly inspirational stories and listen to their wonderful music and I encourage our club members will check them out as well.

*Doug MacEachern*

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### *Enjoy these wonderful Words that need to be shared...*

What does it feel like to be old?

Someone asked me that once, and I didn't really know how to answer.

Not because I was offended, just surprised. I don't wake up every day thinking, "I'm old." I just wake up, stretch, and get on with it. But later, when I sat with the question, I realized something:

Getting older isn't something I fear.

It's something I'm learning to appreciate.

I'm not in a rush anymore.

I don't worry about keeping up with everything and everyone.

Some days I get things done. Some days I don't.

Either way, life moves on.

I've stopped trying to fix things that don't matter.

I've learned that silence is an answer.

That peace is more important than being right.

And that some people will never understand you, and that's okay.

There are things I've lost along the way... people, moments, parts of myself.

And yes, some of that still hurts.

But I also carry more love than I used to.

More patience. More softness.

More understanding of what really matters.

I no longer pretend to be fine when I'm not.

I don't explain myself as much.

And I don't waste time worrying about what people think of me.

If I want to sit and watch the sky for an hour, I will.

If I want to cry over an old memory, I won't stop myself.

If I want to laugh at something silly, I'll let myself.

Because I've learned that time doesn't slow down.

And joy doesn't wait for permission.

So if you ask me what it feels like to be old...

I'd say it feels like freedom.

The kind that comes with letting go of things you used to hold too tightly.

I don't know how much time I have left, none of us do.

But I'm not wasting what's left of mine chasing perfection.

I just want to live quietly, honestly, and in my own way.

And if that's what being old feels like...

I'll take it.

*Submitted by John Sugden*

## MEMBERS' PAGE - INSPIRATION

### “WHAT’S THE DOWNSIDE”

*By Gil Alder*

What’s the downside?

Shame??

So you don’t use the wheelchair? Or the walker? Or the cane? Or the shower chair?

So you don’t go where you want to go? Because someone might see you dragging your leg? Or sitting while they are still standing?

So you stay home? Because they might notice the tremor? The spasticity? That your words come out slower now?

So you stay when you shouldn’t? You don’t leave early? You don’t cancel last minute? You don’t ask for special seating? You don’t ask to change the plan?

You carry it instead? You absorb it quietly?

Shame? Seriously?

Who are they that you are afraid of?

Afraid of being seen as reduced?

Afraid of being reclassified?

Afraid of falling in some invisible hierarchy?

Who gave them that authority?

Are they even here? Are they really watching?

And if they are – won’t their bodies fail too? Won’t their strength leak away?

Won’t they end up exactly where you will?

Why are you betraying yourself?

## MEMBERS' PAGE



These are photographs of Ward D of the polio ward at the U of A Hospital in the 1950's.



Long-time member Hilda (Burgess) Karbonik found this while sorting through some memorabilia with her daughter Debbie. Along with some of the other patients on Ward D of the University Hospital in 1953, they wrote a song to be sung to the tune of "Side by Side"; the Dean Martin version from 1953. At the time, Hilda was 16, and maybe one of the youngest patients on the ward. Does this bring back memories for any of you? We would love to hear your recollections!

## MEMBERS' PAGE

### OUR POLIO SONG

Oh, we ain't got all of our muscles,  
And maybe it's been quite a tussle,  
But we've come a long way and numbered the days,  
Side by side.

Don't know how we caught it,  
But the physios they have fought it,  
Now we're on our feet again,  
With brace, crutch and cane,  
Side by side.

Here we are in Ward D,  
Lined up against the wall,  
Anxiously waiting to go home,  
But the good times we recall,  
Oh! we've shared our tears and laughter,  
And parties 'til midnight and after,  
Oh we've shared scotch and rye,  
That we drank on the sly,  
Side by side.

Yes we've played our games together,  
And lots of jokes on each other,  
Oh! we've seen smiles and frowns  
And we've had ups and downs,  
Side by side.

So until we meet once again  
Hold your heads up proud  
But also watch where you're stepping  
When you fall don't cuss out loud,

No we can't go back where we started,  
Things will change when we've parted,  
We've mastered part of the hill,  
But there's some to go still,  
Side by side.

# MEMBERS' PAGE - INSPIRATION

## TALE OF THE TWO FROGS

A group of frogs were travelling through the woods when two fell into a deep pit. All the other frogs gathered around the pit.

When they saw how deep the pit was, they told the unfortunate frogs they would never get out. The two frogs ignored the comments and tried to jump out of the pit.

The other frogs kept hopping around telling them to stop; telling them they were as good as dead and would never get out of that deep pit.

One of the frogs took heed to what the other frogs were saying and simply gave up. He fell down and soon died. The other frog, however, continued to jump as hard as he could.

Once again, the crowd of frogs hopped around and yelled at him to stop his pain and suffering and just die, but the frog jumped even harder and finally made it out.

The other frogs asked: "Why did you continue jumping? Didn't you hear us?"

The tired frog explained to the group that he was deaf and because he could only see them, he thought they were encouraging him to keep trying the entire time.

\*\*\*\*\*

We hold great power in our words. A positive word to one who is down can lift them up, while a negative word to one who is down is all it may take to harm them. Be mindful of what you say.

\*\*\*\*\*

"A single act of kindness throws out roots in all directions, and the roots spring up and make new trees." --*Amelia Earhart*

BE AN ANGEL to someone today, and any day, act on one of your perhaps previously made New Year's resolutions.

GIVE--- without asking for anything in return.

HELP--- without hindering.

CARE--- without controlling.

LISTEN--- without lecturing.

LOVE--- without limiting.

\*\*\*\*\*

## LIFE IS LIKE A CAMERA

Just focus on what is important,

Capture the good times,

DEVELOP FROM THE NEGATIVES,

and if things don't workout.....

TAKE a another shot!

\*\*\*\*\*

**Powerful Three Word Quotes to help us whenever we face a "steep learning curve.**

Seize the day.

Never give up.

Be the moment.

Keep moving forward.

Believe in yourself.

Let it go.

Live, Laugh, Love.

*(Continued on page 27)*

## MEMBERS' PAGE - INSPIRATION

Love conquers all.

Count your blessings.

Never stop dreaming.

Learn from yesterday.

Someday becomes never.

Share your dreams.

This shall pass.

Grace under pressure.

Don't hold grudges.

Little by little.

Progress, NOT perfection.

Laugh out loud.

Be yourself,....ALWAYS.

Interact, Inspire, Influence.

Strength from within.

Struggle builds strength.

Ask for help.

*I was so motivated by the 3 word quotes that I decided to make one of my own.*

ADMIT

(that I am handicapped)

ADAPT

(change the way I go about my life)

ADVANCE

(Not all is lost.....more learning and living to do.)

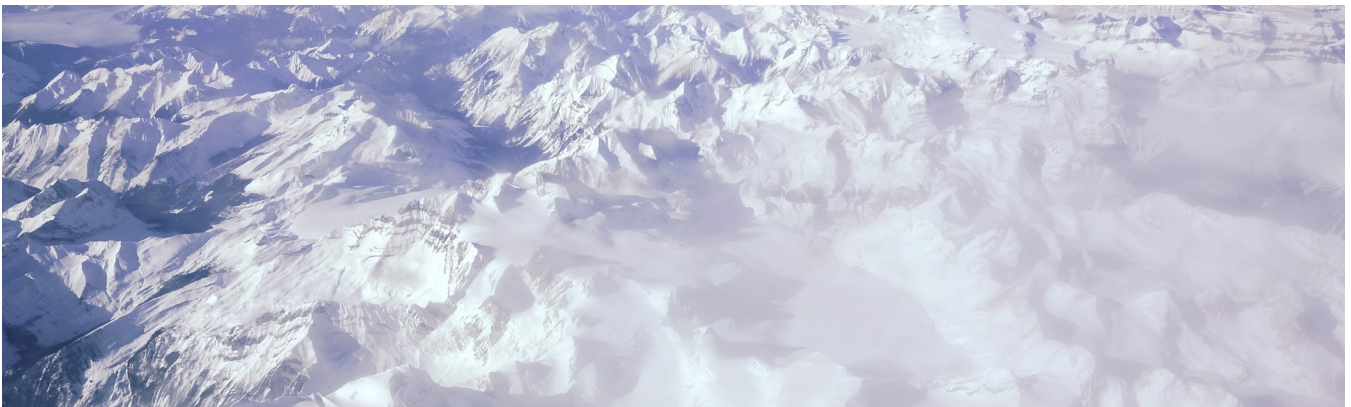
***A CHALLENGE for our readers. Invent YOUR OWN 3 word quote. Use the same letter of the alphabet for the words. SEND IN YOUR CREATIONS FOR THE NEXT NEWSLETTER.***

"Take on the attitude of a good student, never be too big to ask questions, never know too much to learn something new." —Maya Angelou

### EACH DAY'S TO DO LIST:

1. Smile
2. Don't sweat the small stuff
3. Think positive
4. Inspire yourself and others
5. Love
6. Be grateful
7. Be happy

*Submitted by Marie Kunec*



# ADAPTIVE DEVICES AND AIDS

## Hugo Ultra-Grip Cane Tip

### PRODUCT DESCRIPTION

The new Hugo Ultra-Grip Cane Tips feature a shock absorbing Ultra-Grip Edge which provides fluid surface contact over all varieties of terrain. From the sidewalks of spring to the foliage of fall and everywhere in between, you'll be able to go anywhere you want to go!

- Fits most aluminum canes
- Fluid surface contact
- Superior grip
- Absorbs impact shock

### London Drugs

Our Price

\$7.99



## Walker Basket

[Drive Medical](#) SKU: 10200B

Price:

**Sale price \$41.95**



## Description

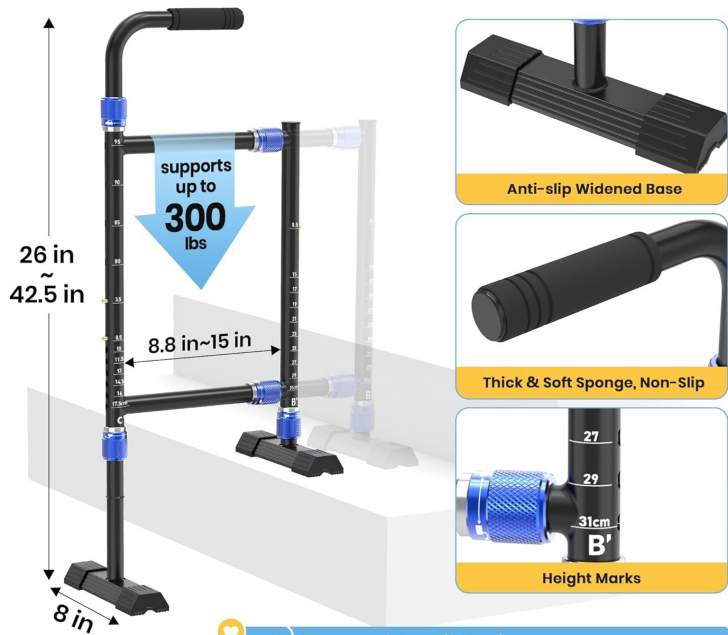
### Features and Benefits

- For use with all 1" folding walkers
- 10200B comes with plastic insert tray with cup holder (10200B -1) (Figure A)
- Includes retail For use with all 1" folding walkers
- 10200B comes with plastic insert tray with cup holder (10200B -1) (Figure A)
- Includes retail boxes in shipping cartonboxes in shipping carton

# ADAPTIVE DEVICES AND AIDS

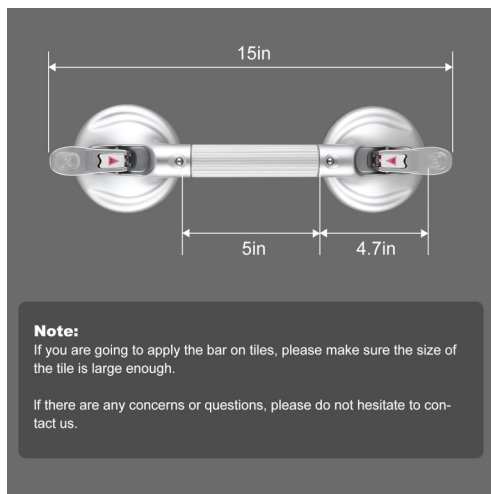
Height & Width Adjustable Stair Assist Cane for Seniors, Customizable to fit Most Indoor/Outdoor Steps, Wide Anti-Slip Base, Professional Stair Climbing Assist Cane for Sore Knees & Post-Surgery

**Fully Adjustable Height & Width**



**TIPS** For your safety, verify the fit. Always confirm the dimensions are right for your stairs.

Shower Handle Upgraded 15 inch Grab Bar for Bathtub, Shower Handles with Strong Suction Cup Grab Bar, Bathroom Safety Grab Bar for Handicap Elderly Seniors and Disabled, Silver



## ANNOUNCEMENTS

### SWIM SCHEDULE

#### ACT Aquatic & Recreation Centre

In the heart of Rundle Park  
2909 113 Avenue NW Edmonton Alberta  
(780) 496-1494

**TUESDAY:** 5:00 pm to 6:00 pm

**ACT pool is closed through April**

**SATURDAY:** PERMANENTLY  
CANCELLED

**RATES:** No charge to members, guests  
during WPSS scheduled times.

#### *Welcome to New Members*

*Ramesh Weiers*

#### *In Memory Of*

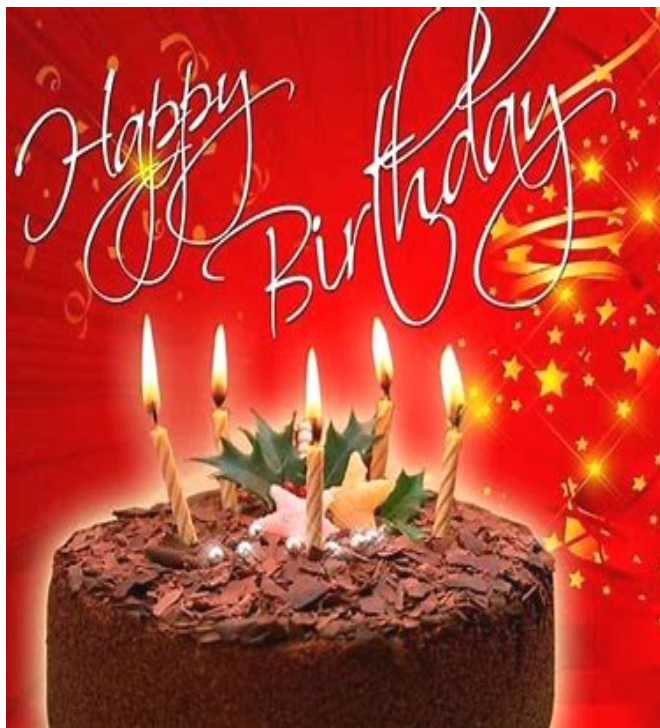
##### **LOVE LIVES ON**

*Those we love remain with us  
For love itself lives on,  
And cherished memories never fade  
Because a loved one's gone.  
Those we love can never be  
More than a thought apart,  
For as long as there is memory,  
They'll always live on in our hearts.*

## HAPPY BIRTHDAY!



Dianne Turner	Apr 4
Joanne Langford	Apr 14
Madeleine Theodoses	Apr 30
Joe Kokotilo	May 12
Jonathan Smethurst	May 17
Dave Norton	May 23
Allan Scott	May 30
Joan Grierson	June 2
Rodney Pike	June 2
Janice Hovey	June 3
Riki Roy	June 13
Muriel Onushko	June 21





WE'RE ON THE WEB  
<https://polioalberta.ca>

## WILDROSE POLIO SUPPORT

8640 - 64th Avenue NW  
Edmonton AB T6E 0H5

Phone: (780) 428-8842  
E-mail: [wpss@polioalberta.ca](mailto:wpss@polioalberta.ca)  
[wpss@telus.net](mailto:wpss@telus.net)



**Providing support for Polio survivors**

The Wildrose Polio Support Society (WPSS) was formed in 1999 to provide information and support to Polio survivors.

The objects of the WPSS are:

- 1 To provide education to members in respect to post polio syndrome;
- 2 To provide group and therapeutic support to polio survivors and to provide other support as approved by the Board of Directors;
- 3 To disseminate information concerning research and treatment about post polio syndrome;
- 4 To raise monies for research into post polio syndrome and to donate same to such institution that is conducting research into post polio syndrome as the members of the Society shall decide;
- 5 To develop awareness, communication and education between the Society and the Community.

WPSS News sponsored in part by



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*Do you have an announcement that you would like us to publish?*

**Send an email to:**  
[wpss@polioalberta.ca](mailto:wpss@polioalberta.ca)  
**Telephone:** 780-428-8842  
**Mail:** 8640 - 64th Avenue NW  
Edmonton AB T6E 0H5

# Wildrose Polio Support Society

8640 – 64<sup>th</sup> Avenue NW

Edmonton AB T6E 0H5

Telephone 780-428-8842

Web Page <https://polioalberta.ca>

## 2026 Membership / Donor Form

[Membership year is January 1 to December 31]

NAME(S): **MEMBER** \_\_\_\_\_

[Polio Survivor]

**ASSOCIATE MEMBER** \_\_\_\_\_

[Husband/Wife/Caregiver]

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ POSTAL CODE: \_\_\_\_\_

PHONE (DAY): \_\_\_\_\_ PHONE (EVENING): \_\_\_\_\_

FAX: \_\_\_\_\_ POLIO YEAR: \_\_\_\_\_

E-MAIL: \_\_\_\_\_ BIRTHDAY MONTH: \_\_\_\_\_ DAY: \_\_\_\_\_

SENIOR [60 or over] Member Yes \_\_\_ No \_\_\_

Associate Yes \_\_\_ No \_\_\_

### MEMBERSHIP:

Individual (\$20.00) \$ \_\_\_\_\_

Couple (\$30.00) \$ \_\_\_\_\_

DONATION: \$ \_\_\_\_\_

TOTAL ENCLOSED: \$ \_\_\_\_\_

DATE: \_\_\_\_\_ paid by cheque [ ] cash [ ] e-transfer to [wpss@polioalberta.ca](mailto:wpss@polioalberta.ca) [ ]

I would like to receive my newsletter by email  by regular mail.

HOW DID YOU HEAR ABOUT WPSS: \_\_\_\_\_

The Wildrose Polio Support Society will use this information solely for the express purpose of the functions of the Society. We will not disclose personal information for commercial purposes without your permission.

**Registered Charity No. 867883985RR001**

FOR OFFICE USE ONLY:

TOTAL PAID: \_\_\_\_\_ RECEIPT NO: \_\_\_\_\_

DATE: \_\_\_\_\_ RECEIVED BY: \_\_\_\_\_