

POLIO



POST

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September 2025

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You may visit our website at www.postpolionetwork.ca or email us at postpolionetwork@gmail.com

Presidents Report September, 2025

Hello to our Post Polio Network friends!

I hope everyone had a wonderful summer despite all the haze, smoke & the lack of rain!

We made a trip to Calgary, in early June, for my dear 94 year old uncle's funeral. It was sad but a wonderful farewell to a man who was loved by everyone! I don't think he ever made anyone angry at him in his whole entire lifetime! Uncle Hughie was born in Gimli, MB & he also was a polio survivor! He asked me for advice a few times, which I felt honoured to tell him the things I have learned throughout the years from Polio Regina, PPN Manitoba plus other polio organizations around the globe.

It was wonderful to meet up with cousins & friends whom we hadn't seen for decades in person & get to know more about their lives.

We stopped in Regina on the way to Calgary to visit & touch base with our dear neighbours and it still felt like we never left! We enjoyed our afternoon with them & carried on our journey.

We certainly miss Regina, but are slowly getting to feel like Winnipeg is our home now. Our Post Polio friends are our bright spot in Winnipeg.

We also are fortunate to have so many awesome neighbours, in our condo, who have become like best friends already.

We certainly enjoy our condo, with no stairs to worry about, underground parking for both our vehicles (we know we don't need both but are grateful for them on some very busy days). If I want to do stairs, we still have a stairwell that I use often if I am energetic that day

We do not miss the yard work & all the upkeep of maintaining a home.

A group of us from our PPN group attended the Manitoba Possible & Accessibility's meeting at the Notre Dame Recreation Centre.

Manitoba Possible are in the process of moving to another location close by where they originally are. This has probably happened already as I type this up.

I believe we could call it a very successful year for our group, as our luncheon meetings have been well attended, with around 30 plus attending.

Wilf & I hope you are all doing as well as can be expected with our post-polio aches & pains!

Warm regards,

Carole Tiefenbach

GETTING HEALTHY

Getting Healthy / Doctors Manitoba; website: gettinghealthy.ca

This website has a lot of health information for Manitobans. One can obtain a personalized Getting Healthy guide by answering a few questions.

Information on Health improving tips:

- moving more; getting better sleep; eating healthy; reducing stress; catch up on screenings, catch up on immunizations.

Getting a Healthy guide:

- information on types of screenings, vaccines that are recommended and health issues to watch for.



Winter Holiday 



Celebration Luncheon

DATE: *TUESDAY, NOVEMBER 25th 2025* 

TIME: *12:00 p.m. - 2:00 p.m.* 



WHERE: *Caboto Centre* 

1055 Wilton Ave, Winnipeg

RRSP by November 17th 2025 (need to advise caterer number of attendees)



EMAIL: *postpolionetwork@gmail.com* or 

TELE: *204 975-3037* or

MAIL to: *Post Polio Network, Manitoba Possible, 825 Sherbrook Ave.,*

Winnipeg MB R3A 1M5 

Name: _____

Please list any food allergies:



Plane Crash 1949

The 1949 RCAF Canso Crash Carrying Polio Patients

One of our members, Doug Mihaylk, met a gentleman who was going to visit the location of a plane crash that had on board Inuit polio patients.

In August 1949, a RCAF Canso aircraft carrying polio patients, including Inuit individuals and medical personnel, crashed near Big Stone Lake in Manitoba, resulting in the deaths of all aboard. Big Stone Lake is known for its boggy terrain and dense forests. The crash occurred during a return journey from Chesterfield Inlet after a mercy mission to transport the Inuit population afflicted with the disease to Winnipeg's King George Hospital for treatment.

The crash was attributed to a violent storm and a series of unfortunate events, including low visibility, misjudgment of terrain, and a crash into trees near Big Stone Lake. The crash had a profound impact on the Inuit communities, who mourned the loss of their loved ones and were further traumatized by the government's initial cover-up and lack of transparency.

Update on the crash was reported in the Winnipeg Free Press. The following is excerpts from her posting: Catherine Mitchell Posted: 1:00 AM CDT Sunday, Jul. 26, 2009 Winnipeg Free Press

This spring, spurred on by a call for help from Inuit families in the Eastern Arctic, I went looking for answers to a lot of outstanding questions about the tragedy. The government files I requested from Library and Archives Canada arrived. The details of the investigation's findings are unsettling for residents in Nunavut who lost loved ones near Norway House. Only three years ago they found out their loved ones were buried in a mass, unmarked grave at the reserve, ending 57 years of mystery surrounding the crash there. Why were the bodies of the 7 Inuit were treated differently than the 13 others, all white, all from Southern Canada, and taken with care and respect south to Winnipeg, then transported across the country to the hometowns for burial. Whereas the Inuit were bundled in canvas, placed into a single wooden coffin at the local cemetery. An RCMP report and memos attached to it indicates that a doctor, who was hired by the federal government to serve at Chesterfield Inlet, issued the order not to bring the bodies of the 7 Inuit back to the Arctic.

TOP SCAMS

Excerpt from: rightathomecanada.com

The scammers can use Artificial Intelligence (AI) to impersonate loved ones through video and voice.” According to the National Council on Aging and the FBI, these are among the top scams directed toward older adults:

1. The grandparent scam.
2. Health insurance scams.
3. Tech support scams.
4. Counterfeit prescription drugs.
5. Funeral and cemetery scams
6. Fraudulent “anti-aging” products.

Preventing financial fraud requires awareness, caution, and proactive steps:

- Verify requests for money. If someone claims to be a relative in trouble, contact them directly or check with other family members before sending money.
- Be skeptical of unsolicited offers. Whether it’s a “free” Medicare service or a “limited-time investment,” never share personal or financial information with unknown sources.
- Monitor financial accounts. Regularly review bank and credit card statements for unauthorized transactions. Setting up account alerts can help detect fraud early.
- Shred sensitive documents. Avoid identity theft by shredding statements, medical bills, and other documents containing personal information.
- Report suspicious activity. Report suspected financial fraud to the Canadian Anti-Fraud Centre at 1-888-495-8501 or through their online reporting system, and also report it to your local police.

Upcoming Events

1. September PPN General Meeting

DATE: **September 30th**, 2025

LOCATION: Caboto Centre

1055 Wilkes Ave; WPG

TIME: 12:00 p.m. – 2:000 p.m.

Speakers: Kevin Schur DPS
Kaneski Unruh LLP Law Firm

TOPIC: Wills etc..

TELE: 204 975 3037

EMAIL: postpoliotionnetwork@gmail.com

2. October PPN General Meeting

DATE: **October 28th**, 2025

LOCATION: Caboto Centre

1055 Wilkes Ave; WPG

TIME: 12:00 p.m. – 2:00 p.m.

Speakers: Jon Tiessen
Grace Hospital

TOPIC: Physiotherapy

TELE: 204 975 3037

EMAIL: postpoliotionnetwork@gmail.com

3. November PPN General Meeting

DATE: **November 25th**, 2025

LOCATION: Caboto Centre

1055 Wilkes Ave; WPG

TIME: 12:00 p.m. – 2:00 p.m.

TOPIC: WINTER CELEBRATION
LUNCHEON

TELE: 204 975 3037

EMAIL: postpoliotionnetwork@gmail.com

JUST FOR A LAUGH

People say growing old is a gift. I'd like to return mine for a store credit

You know you're getting older when you use the word 'thingy' all the time because you can no longer remember what that 'thingy' is called.

UPDATE ON POLIO & VACCINES

Dec. 19, 2024 From [hhs.gov>vaccine](https://hhs.gov/vaccine) website: Polio is very contagious. For every one child paralyzed by polio, there are 200–2,000 children infected who show no symptoms. However, these children can still spread the disease to others.

Oct. 17, 2024 From cdc.gov website: From January 2023 – June 2024, 74 cVDPV outbreaks (672 confirmed polio cases) were detected in 39 countries or areas.

From nih.gov website: The cost of vaccine hesitancy and the failure to complete the vaccination routine allows the virus to replicate and regain virulence. We cannot afford to relax our guard. Unfortunately, the vaccine hesitancy is not a problem only for poliomyelitis.

Mr. R. F. Kennedy JR. leads the Department of Health and Human Services (HHS) in the USA. He has been a long-time critic of vaccines and has linked vaccinations to autism in children. He is in control of some of the world's most influential health agencies.

From Apr 1 2025 POST POLIO HEALTH INTERNATIONAL Facebook post: HHS began massive layoffs today, expected to eventually affect as many as 10,000 workers. "The cuts include researchers, scientists, doctors, support staff and senior leaders, leaving the federal government without many of the key experts."

Excerpt from Winnipeg Free Press, Aug. 9 2025 article written by Nicole Ireland

On August 5, R.F. Kennedy announced the U.S. Department of Health and Human Services was halting funding for 22 mRNA vaccine projects worth nearly US\$500 million.

Members Information/Application 2024



PLEASE ADVISE OF ANY CHANGE OF ADDRESS, TELEPHONE or EMAIL.. THANK YOU

Name: _____

Address: _____

City: _____ Province: _____

Postal Code: _____

Telephone: _____ E-mail: _____

I wish to make a charitable donation of \$ _____

(Tax deductible receipt will be issued for donations over \$10.00.)

Please make cheque payable to: Post- Polio Network Mb. Inc.

Your NEWSLETTER delivery preference by: _____mail or _____email

Please mail this application form and cheque to:

*Post-Polio Network MB Inc.
c/o Manitoba Possible
Community Inclusion and Support Services
825 Sherbrook St.
Winnipeg. Mb. R3A 1M5*

For further information please phone 204-975-3037

Signature

Date

Note: as of April 27th, 2023 membership fees to PPN have been waived

Post-Polio Network's Privacy Policy

The Post-Polio Network (Manitoba) Inc. respects your privacy. We protect your personal information and adhere to all legislative requirements with respect to protecting privacy. We do not rent, sell or trade our mailing lists. The information provided will be used to deliver services and to keep you informed and up to date on the activities of the Post-Polio Network (Manitoba) Inc.

You may visit our website at: www.postpolionetwork.ca or email us at postpolionetwork@gmail.com

If at any time you wish to opt out of any services, simply contact us by phone (204-975-3037) or write us at 825 Sherbrook St., Wpg. Mb. R3A 1M5 and we will gladly accommodate your request.