

# multiple news

*The bi-monthly newsletter from Multiple Sclerosis Auckland*

**BREAKING NEWS - Page 19**

## Pharmac Consults on New MS Drugs



*Life Buoy for MS – Our wonderful hostesses who assisted on the day*

# Our People

## Patrons

Dr. E. Willoughby  
Dr. J. Pereira

## Ambassadors

John & Lorraine Street

## President

Neil Woodhams

## Vice President

TBA

## Treasurer

Peter Wood

## Secretary

Fran Watts

## Committee

Graham Wear  
Michael Cole  
David Compton  
Louise Reed  
Joan Thomson  
Robert Irving  
Catherine Wilson

## CEO

Thérèse Russel

## Field Workers

Dianne Bartlett  
Georga Forgac  
Diane Hampton  
Carol Andrews

## Office Manager

Mark Blackie

## Fundraising and Marketing Manager

Pam Smith

## Office Assistant

Kirsty Whitehouse

## Newsletter Editors

Thérèse Russel  
Go Digital Design+Print

Multiple Sclerosis Auckland  
Mayfield Centre, 5 Mayfield Road  
Glenfield, Auckland 0747

Ph: 09 845 5921  
Fx: 09 845 5923  
Email: [info@msakl.org.nz](mailto:info@msakl.org.nz)  
[www.msakl.org.nz](http://www.msakl.org.nz)

## DISCLAIMER

Please don't rely on the information in these pages to imply any diagnosis or course of treatment. You should not rely on this information in place of a visit, call, consultation or the advice of a physician or other qualified healthcare provider. Content neither indicates nor reflects the views of MS Auckland. Any research, study, clinical trial, event, news or other item included in Multiple News is not intended to imply endorsement or approval of it by the Society. Although we have made a conscientious effort to provide high quality information, MS Auckland disclaims any implied guarantee about the accuracy, completeness, timeliness or relevance of any information.

# A few words from the CEO...

We are certainly at our busiest time of the year, having just accomplished an awesome Fundraiser Lunch at the Royal New Zealand Yacht Squadron where we raised \$84,000 – we were just thrilled that people were so generous.

It took several months of planning with the help of a selected Events Committee (Lorraine Street, Joan Thomson, Helen Homer, Margaret Bates, Kath Burrett, Pat Carran and Ali Gilmour) to bring this very successful event together. We have been inundated with positive and very complimentary feedback by those guests that attended. I want to give special mention to staff members Pam Smith and Kirsty Whitehouse who were outstanding throughout the lead up to this event and on the day.

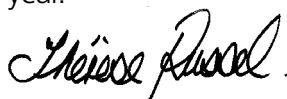
The event was sponsored by Fidelity Life, Harcourts – Cooper & Co, Heartland Bank and Man O'War Wines and 310 people attended. They were treated to a very polished performance by our MC Peter Montgomery (you could listen to his voice all day), our guest speaker Graeme Sinclair (Gone Fishin' fame) and a special interview between our MC and ex-Team New Zealand yachtsmen, Rick Dodson and David Barnes. Every table had their own personal Hostess identified by their orange scarf (see front cover) to look after them and make sure their day was special.

Don't miss this event next year, when MS Auckland will be celebrating our 50th Anniversary, so mark your diaries now – Sunday 24th May 2015. We have already sold a table!

Without time to catch our breath we are now totally focused on our Street Appeal and HELL campaign. We are so pleased that HELL are involved for a second year by once again contributing money to our Society from every HELL pizza sold during our Awareness Week 31 August – 6 September. Please support them, so they can support us. They have so many delicious variety of pizzas or you can be healthy and order the gluten free option.

You will see later on in this issue our advertisement asking for volunteers to collect – please, please respond as this is the only event of the year we ask for your help so that we can help you more. We would love just a couple of hours of your time on either Friday 5th or Saturday 6th September.

We have one Wellness Workshop left in September and I would have to say that these Wellness Workshops have been well supported by the Members and they have found them informative, entertaining and life changing. Don't miss the last one on Pain Management – see advertisement later in this issue. These Workshops have been so successful, we are hoping to offer some more next year.



THÉRÈSE RUSSEL  
Chief Executive Officer



**ms.**  
Multiple Sclerosis  
AUCKLAND

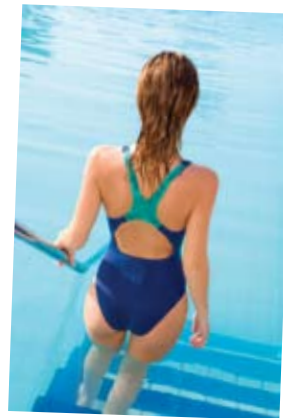


# Notice Board

## Put this in your Diary!

Members Christmas Lunch Sunday 14 December 12 – 2.30pm. Commerce Club of Auckland, 27-33 Ohinerau St, Remuera. Loads of parking.

**Saturday Hydrotherapy**  
Classes are held at Diocesan School in Epsom. Concession cards cost \$50.00 (\$5 per session). There are limited spaces so first in first served!! You asked for it and we have delivered - don't miss out.



## DREAMs

Do you have a reasonable "Dream"? Tell us about it and we will see if we can make it happen. No promises and don't make it huge. Email [therese@msakl.org.nz](mailto:therese@msakl.org.nz) or phone 845 5921.

## Honorary Life Members

Always appreciated – Never forgotten  
David Ashton  
Jo Smith  
Ken Wadham  
Judy Wear  
Tina French  
Barbara Broome  
Nancy Caughie  
Judith and Rob Linton  
Bruce Cameron  
Ken Hall

## HELL



We are excited to be working with HELL again this year during our Street Appeal. HELL will donate money to MS Auckland for every pizza they sell during our Awareness Week – 31st August to 6th September.

## WE NEED YOU!!!

We are now looking for volunteers for our Street Appeal Friday 5 & Saturday 6 September. Call Pam to register your interest. Or email [streetappeal@msakl.org.nz](mailto:streetappeal@msakl.org.nz)



## Calendar

## Important dates to remember...

**31st August - 6th September**

**MS Auckland Awareness Week**

**31st August - 6th September**  
**HELL Pizza Campaign**  
**Buy a pizza from HELL**

**5th-6th September**

**MS Auckland Street Appeal**

**13th September**  
**Wellness Workshop**  
**10.00am - 12.30pm**  
**Paim Management**  
**Dr Patrick Fong**

## From the field...

## Our Field Workers



Diane Hampton,  
North Shore



Carol Andrews,  
Central



Georga Forgac,  
West



Dianne Bartlett,  
South

Hello everyone. Here we are in August already! The year is nearly gone and spring is just around the corner. Time seems to have galloped on very quickly this year!

We hope that you have all survived the winter and are looking forward to spring and all that comes with it. A new season full of hope, better temperatures, more sun and less rain and lovely spring flowers. Hopefully this will lift all of our spirits.

We are about to embark on our annual MS Awareness week and Street Appeal in September and we could do with your help. The days this year that we are collecting are Friday 5th and Saturday 6th of September.

The MS Society has a new co-ordinator, Jenni Ross-Janett to assist us. We really need some more volunteers to help with the street appeal and any time that you or family and friends, work colleagues, can provide will be gratefully appreciated. Jenni is looking for a few more co-ordinators to look after areas.

I know that there are some of you out there in MS land who have wonderful organisational skills and are fabulous with people so please ring Kirsty in the office on 09 845

5921 or email [streetappeal@msakl.org.nz](mailto:streetappeal@msakl.org.nz) to volunteer for a couple of hours. This is always a huge task each year and we couldn't do it without your help.

Recently, the four Fieldworkers attended a workshop on the Making of Wills and Enduring Power of Attorney. With spring just around the corner it is a timely reminder for us all to reflect on this. When did we last update our wills? Have we got an Enduring Power of Attorney set up? In fact, what is an Enduring Power of Attorney? How is it different to just a Power of Attorney?

After the workshop the four Fieldworkers had a discussion and realised that if we needed to reflect on this personally, then some of you may also need help in this area. If you would like us to discuss any of these issues with you, please just ask your Fieldworker. We have information we can go over with you.

Also just a wee reminder to you from us, please let us know if you are in hospital or going into hospital so that when you are back home we may be able to help with any follow up you may need.

**Take care. Dianne, Georga, Diane, and Carol.**

## Donations Regular Monthly Donors

**We had a repeat performance!**  
**Our lucky winner for July and August was the same person - Carol Lichkus.**  
**Well done Carol and thank you so much for donating it back.**

**Don't forget to ring Kirsty today to set up a \$10.00 monthly donation please.**

Our objective is to increase our regular donors list and our monthly earnings, so if you are keen to be a donor, please call the office. It is a great way for your friends and family to support your Society and the donation can be \$10.00 or more (the cost of three cups of coffee).

Please phone Kirsty on 09 845 5921 to register as a Regular Monthly donor.



## Welcome to new Committee Member Robert Irving

### “MS is one of the best things to have happened to me...”

But that got your attention!

You are probably wondering who this edjit (Scottish accent required) is. Well make yourself comfortable and I will explain my unusual journey with MS.

My name is Robert Irving and I hail from the Scottish Highlands. I arrived in New Zealand on a 4 year contract, 20 years ago with my new wife. Loved New Zealand so much decided to stay, now have a passport, so you're stuck with me.

Now to the explanation... I was diagnosed 10 years ago after a dose of optic neuritis. I was probably luckier than most as I already had what I thought was an understanding of MS as my Mother has lived with MS for over 35 years.

How wrong I was.

I don't think anyone without MS can truly understand what it feels like; it is so difficult to describe. I certainly didn't fully appreciate what my mum had been dealing with on a daily basis, but I do now!

Not long after my diagnoses my wife left and went back to the UK, couldn't deal with it. This is where things get interesting, Very soon after being diagnosed I spoke to a very good friend, we were mates in High School. His reaction was classic, we should build a set of robotic legs.

I should explain we are both engineers.

Discussions began in earnest and after 2 years we sat in a pub and put the first sketches of what would become REX on a beer mat.

Around this time I began to take better care of myself physically and nutritionally. The information and support I received from the society was very useful at this time. One path I took was massage, and boy am I glad I did, for two reasons.

My legs feel so much better after my fortnightly session, and after 5 years the wonderful lady Rachel, with the magic hands, has agreed to marry me.

The business that began as two friends on a mission is now a listed company on the London Stock Exchange and about a hundred people who cannot walk have done just that.

If I did not have MS then those people and many more may not have had the opportunity and I certainly would not be marrying the most sensational woman I have ever known.

As it stands I wouldn't change a thing – I have met some amazing people, fallen in love, helped more people than I could ever have hoped to in a job that is a true passion, all because I have MS.

Hopefully I have explained in some way, why I believe that MS is one of the best things to happen to me, not the worst. A whole new world of opportunities has been opened for me now and I intend to grab it with both hands.

**Robert Irving**



## From the MS Nurses

It's exciting to think there is less than a month until the official first day of spring.

I hope winter has been treating you well? In years gone by we have noticed a trend of people experiencing more MS relapses during the changes of seasons. If you are experiencing symptoms that are troublesome please make contact with your Field Worker or your GP to talk these through.

With the onset of spring it's a good time for us all to think about dusting off our running shoes, or in my case the treadmill that is collecting dust in the garage, and try and focus on increasing our fitness levels.

For those of you interested in embarking on an exercise programme perhaps mention this to your GP at your next visit and ask if you could be given a 'Green Prescription' or you could go to [www.sportsground.co.nz](http://www.sportsground.co.nz) and complete an online self-referral.

The Green Prescription is a free scheme run by Sport Auckland which provides support, motivation and advice to



help you create lifelong healthy habits. This is achieved by

- Bi Weekly and Monthly catch ups
- Linking to community activities
- Education workshops (Nutrition and Medical Condition specific)
- Goal setting

Good luck, and all the best

**Fiona and Nazila – 09 307 4949 ext 25885**

# Rope Neuro Rehabilitation

During the winter months it can be hard to motivate ourselves to exercise with the colder weather- Although often an optimal time to exercise due to the decreases in temperature! It is important that we keep up with our exercises over winter and continue with our therapy plans, in order to maximise our potential. To give yourself the best chance to achieve this it is important to make sure that you follow some simple steps.

1. Plan Ahead: Make sure that you know when you are going to complete the exercises, how you are going to get there and anything else that needs to be decided prior to the exercises- this limits the things that can go wrong and stop you from exercising
2. Organise gear the evening before: lay your clothes and shoes out ready to go the day prior- there is nothing worse than fussing around trying to find the other sock on a cold morning!
3. Phone a friend or tell a family member that you plan to complete this training session: As soon as you let someone know that you plan to do your exercises it makes you accountable for



your actions, a good motivator!

Remember that our hydrotherapy groups run throughout the winter months and are a great way to stay motivated with a group of like minded people. The physiotherapist is always there to help motivate you and help you achieve your goals.

Rope Neuro Rehab is happy to introduce to you three new therapists! Alisha who is taking Millennium hydrotherapy; Sarah



who is taking Lloyd Elsmore and Jess who is taking Manurewa. A big thank you to Fleur who has successfully taken the Westwave pool group for the past couple of years and is now passing the reigns over to Hannah.

Please remember to talk to the Rope Neuro team at the pool groups if you have any questions or would like further input from the Rope team.

Looking forward to seeing you at the pools



**Steph, Julie, Hannah, Fleur, Jess, Alisha and Sarah**

## Recipe Quinoa Meatless Meatballs

### Ingredients

- ½ cup dry quinoa, pre-rinsed
- 1 cup water
- 1 cup cooked green lentils, well drained
- ¼ cup diced red bell pepper
- ½ cup diced onion
- 2 cloves garlic, minced
- ½ cup gluten free bread crumbs or whole wheat panko bread crumbs (add additional bread crumbs if the meatballs need to be firmer and aren't holding together well)
- ¼ cup freshly grated parmesan
- 1 tablespoon freshly chopped flat parsley leaves
- 1 tablespoon freshly chopped oregano
- 1/2 teaspoon freshly ground black pepper
- Sea salt to taste
- ¼ teaspoon cayenne pepper
- 1 egg white (for vegan add 2-3 teaspoons water)
- 3 tablespoons olive oil



### Method

Add pre-rinsed quinoa and water to a medium pot, cover, bring to a boil. Reduce heat to a simmer and continue cooking 15 minutes or until water is completely absorbed. In the meantime, in a large non-stick skillet add 1 tablespoon olive oil, heat to medium-low and sauté diced onions and bell pepper until tender about 4 minutes, add garlic, parsley and oregano and sauté one additional minute.

Remove quinoa from heat and allow to rest 10 minutes. Press down on quinoa with a paper towel to remove any remaining water.

In a large mixing bowl combine sautéed onion, garlic, parsley and oregano along with remaining ingredients, except oil. Use either a potato masher or fork and mash the ingredients until the lentils are well mashed. Using your hands, shape into balls, place in a large bowl, cover and refrigerate until chilled, about 2 hours.

Add remaining 2 tablespoons oil to a large non-stick skillet, heat to medium-low and add quinoa (meatless) meatballs. Brown meatballs, turn over and brown on the other side. Cook until browned and heated through, about 16 minutes. Remove from skillet and drain on a paper towel.

**Sandra Perry** Dip.Nutrition  
Nutritionist



**360** nutrition

55 Bushlands Park Drive Albany 0632

p: 09 415 2676 m: 021 1546999 e: nutrition360@xtra.co.nz



## Events

# Wellness Workshops Feedback

The July Wellness Yoga and Relaxation Workshop was all about learning self help techniques in relaxation and gentle yoga movements that would assist members no matter what their disability. We were very fortunate to have Mananda Carrigan who is an experienced Progressive Counsellor, Natural Spiritual Healer, Pure Meditation Foundation & Transformation Hatha Yoga Teacher present to our group.

The workshop had the largest number of attendees so far and it was wonderful to see so many men there. It didn't matter if you were in a wheel chair, walker, unbalanced or able bodied, everyone was able to do the exercises and techniques that Mananda demonstrated. For instance, many of the exercises could be done while sitting and for those who had stability issues they could still complete the exercises while holding on to a chair.

As the class progressed and more questions were asked the exercises demonstrated were specific to the needs of the group. Many could be attempted while lying in bed and before getting up in the morning. Others can be done while doing the dishes or sitting at a computer. The workshop left everyone feeling they could go home and practice at their own pace and ability aiming for more movement and flexibility.

Mananda has vast experience and extensive training in holistic health, energy care and mindfulness. If you would like to know more about Mananda or her classes you can contact her on email at [mananda@riseup.net](mailto:mananda@riseup.net) or on mobile: 0210 812 1246.



## Events

# Last Wellness Workshop for 2014

Saturday 13 September, 10am - 12.30pm

Speaker: Dr Patrick Fong

Dr Patrick Fong is the next guest speaker in our final Wellness Workshop on 13 September 2014 at 10am and he will be talking about Pain Management – a topic that touches many of us.

Dr Fong's background is both as a qualified Pharmacist and Chiropractor and he presents numerous health talks to various organization and companies.

He will speak about neuropathic pain as well as some of the NON pharmacological options available for the management of chronic pain.

Dr Fong left the profession of Pharmacy behind, as he found the management of such illness and conditions tended to only focus on medication options, of which can be self-limiting and not always a good long term strategy to a long term condition.



The format of his presentation will follow along these discussion points:

- Introduction to neuropathic pain
- Current therapies (very brief)
- Alternative options to CHRONIC PAIN MANAGEMENT such as Acupuncture, Diet and Mental Wellness
- Basics of the NERVOUS and PERIPHERAL nervous system and how Chiropractic may assist you
- Conclusion and questions

We do invite you as many of you to attend this particular workshop as pain affects many of our Members. As with all our Wellness Workshops they are being held at Commerce Club of Auckland 27-33 Ohinerau St, Remuera.

We require bookings in advance so we may organise light refreshments so PLEASE book with Kirsty on 845 5921 or email [kirsty@msaki.org.nz](mailto:kirsty@msaki.org.nz). The cost of the workshop is \$10 for Members and \$20 non-members.



Thank you to ANZ Staff Foundation for supporting our Wellness Workshops.

**B**ike the Bridge, Auckland's biggest participation cycling event, is less than 100 days away and Multiple Sclerosis Auckland is encouraging members to help make it the most successful ever.

With over \$170,000 raised to date for the Multiple Sclerosis Auckland Region Trust, and more than 7,500 people taking part over the last two years, Bike the Bridge is firmly established as the major fundraising event of the year.

This year's event takes place on Sunday 16th November and offers opportunities for cyclists of all ages and abilities to take part. There are 105km and 50km races for the more serious cyclist and a modest 20km option which is more suited to families and teams. Each one of these routes includes the unique experience of riding over the iconic Auckland Harbour Bridge and the full length of the Northern Busway. Remember, you don't need a flash road bike to take part, just make sure the one you ride is roadworthy.

This year we are offering an incentive to corporates and have three trophies up for bragging rights based on the following: organisations with up to 100 staff who enter the most riders and fundraise for MS, organisations with more than 100 staff who enter the most riders and who fundraise for MS and a trophy for the corporate who raises the most funds for MS per head of entrants.

All participants cross the same finish line at the North Harbour (QBE) Stadium, where primary school children ride on the closed ring road and toddlers can enjoy their own dedicated track inside the safe confines of the oval.



There's a fantastic festival atmosphere at the stadium, with entertainment and hospitality creating one big party for everyone to enjoy.

Members can help out in many ways as some did last year. Louise Reed took on the challenge of the 50 kilometre ride, Fran Watts had the honour of handing out medals at the finish line and Bronie Hyder did the 20 km ride.

This year HELL have sponsored Bronie and bought her a brand new bike to do the 20 km ride again.

You may just like to encourage your friends and family to partake or ask them to make a donation.

All participants get the opportunity to donate when they enter and absolutely anyone can contribute via Everyday Hero. Just log on to [http://everydayhero.co.nz/event/](http://everydayhero.co.nz/event/bikethebridge2014)

[bikethebridge2014](http://everydayhero.co.nz/event/bikethebridge2014) and you can set up a page and start fundraising straight away.

There's also the ability to make a donation to someone else's cause via Everyday Hero, which is ideal if you know people taking part.

Finally, don't forget we are always looking for volunteers to help out at the finish line and show our appreciation to all of the riders young and old.

To enter go to [www.bikethebridge.co.nz](http://www.bikethebridge.co.nz) and don't forget that there are early bird discounts on offer until 31st August. You can sign up as a volunteer or ask any questions by ringing us on 09 845 5921 or e-mail [pam@msakl.org.nz](mailto:pam@msakl.org.nz).

## Fidelity Life toasts a great event

**Fidelity**Life

**N**ew Zealand-owned life insurance company, Fidelity Life, is proud to have joined with Multiple Sclerosis Auckland in the inaugural Life Buoy for MS fundraising lunch held at the Royal New Zealand Yacht Squadron.

The event last month raised more than \$83,000 for MS Auckland. The great support for the auction and the wallets emptied for the cause was a brilliant result, says Fidelity Life CEO, Milton Jennings.

"It was tremendous to see so many people there to support this great cause - the wonderful Pete Montgomery as MC, inspiring speakers, Graeme Sinclair and Rick Dodson and a generous audience made it a hugely successful event," adds Milton.

Fidelity Life is New Zealand's largest locally owned and operated life insurance company and the team witnesses on a daily basis the impact Multiple Sclerosis can have on individuals and their families.

"Working with other organisations making a big impact

on New Zealanders' lives is important to us and we're pleased to have been able to work with MS Auckland to help raise awareness and funds for people living with MS," says Milton. "One of the key messages many of us took away was that despite having Multiple Sclerosis you can still achieve huge goals in a purpose-filled life. Something all of us can learn from."

Fidelity Life has been providing life and trauma protection to New Zealanders for 40 years. Four decades on the company is still New Zealand owned and operated, employing nearly 300 people around the country.

"To everyone involved in organising this inaugural event – congratulations and thank you for a wonderful afternoon. A superb venue, fine food, a special cause, awesome speakers and great company – a truly winning combination."

For more information on Fidelity Life please visit [www.fidelitylife.co.nz](http://www.fidelitylife.co.nz).





## WE BELIEVE IN KEEPING FAMILIES STRONG

At Fidelity Life our motto is 'Keeping Families Strong' and we believe that's what Multiple Sclerosis Auckland is all about too. The management and staff of Fidelity Life are proud to support the outstanding work that the MS Society does for New Zealand families and would like to thank you for supporting the Life Buoy for MS lunch.

**Fidelity**Life  
THE NEW ZEALAND LIFE COMPANY

TO FIND OUT MORE ABOUT FIDELITY LIFE VISIT OUR WEBSITE AT **[WWW.FIDELITYLIFE.CO.NZ](http://WWW.FIDELITYLIFE.CO.NZ)** OR CALL US ON **0800 882 288**

**LIVING WITH  
MS  
CAN BE HELL**

BUY ANY PIZZA FROM  
AUCKLAND HELL STORES  
FROM THE 31<sup>ST</sup> AUG - 6<sup>TH</sup> SEP  
& WE WILL DONATE...

50¢ *For Every*  
SNACK PIZZA

\$1 *For Every*  
DOUBLE PIZZA

...TO MULTIPLE SCLEROSIS AUCKLAND.

**ms.**  
Multiple Sclerosis  
AUCKLAND

**HELL**  
X

**WE NEED YOUR HELP**



We need Volunteer  
Collectors all over  
Auckland to help with  
the Multiple Sclerosis  
Annual Street Appeal

Can you donate a  
couple of hours to help?

Friday 5th & Saturday  
6th September 2014  
Help us to raise  
awareness of MS and  
support people with  
Multiple Sclerosis

If you can help, please  
contact Kirsty on  
845 5921 or email  
[streetappeal@msakl.org.nz](mailto:streetappeal@msakl.org.nz)



## Events

# MS Game Changer

In June 2014 researchers from the Federation of American Societies for Experimental Biology solved the mystery of exactly how vascular inflammation is responsible for creating gaps between endothelial cells allowing toxins and other molecules access to the brain.

This discovery helps explain the molecular underpinnings of diseases like MS. Researchers said "this study has the potential to be a game-changer in terms of how we treat neurological conditions"

It also reinforces earlier research titled "Multiple sclerosis as a Vascular Disease" that identifies the role of cerebral endothelial cells (CECs) as the doorway for trafficking inflammatory cells to provoke the flood of cytokine and chemokine within the Central Nervous System.

Find out more at <http://www.msnetwork.org/ccsvihistory.htm#vascular>

**Peter Sullivan. On behalf of  
Multiple Sclerosis Network of Care, Australia**

## STEM CELL TREATMENT

A nephew of one of our Members has gone to Russia for the Stem Cell treatment and if you are interested in following his progress then 'like' his Facebook page - "Say Goodbye To MS". His parents, Simon and Rebekah are posting daily updates on his treatment

*toi toi*  
NEW ZEALAND WINE

*Inspired by Nature*  
[www.toitowines.co.nz](http://www.toitowines.co.nz)



**20% discount off normal price**

Go to [www.toitowines.co.nz](http://www.toitowines.co.nz) click on Buy on Line.  
Enter MS in the coupon code.

**5% of all sales to  
MS Auckland**



## Movie @ Monterey



**Sunday 19 October**

**12:00 pm**

**THIS IS  
WHERE  
I LEAVE  
YOU**

**Bookings Essential  
Call Kirsty on 09 845 5921**

The Foxman family doesn't get along, and they haven't all been together in years. But when the patriarch dies, the whole clan is expected to fulfill his final wish and sit Shiva for him for an entire week.

Now newly divorced, newly jobless Judd Foxman has to travel home to face his dysfunctional family, including his hot-to-trot psychiatrist mom, his sarcastic older brother, his unhappy sister and his too-perfect younger brother in an effort to see if family bonds will prevent them from killing one another.

**Tickets**

**\$20 - Movie and Ice Cream**

**\$25 - Movie and Glass Wine**

**Monterey Cinemas  
4/2 Fencible Dr, Howick  
Wheelchair parking available**













HEALTH POLICY

List with us for  
no complications,  
less stress & great  
outcomes for all

As proud supporters of the 'Message in a Bottle' fundraiser at 'Lifebuoy for MS' our own company message is clear - we are proud to be part of your community! Congratulations on a spectacular event and an even more spectacular result.



**VOTE** Harcourts Cooper & Co  
For A Better Tomorrow



**Harcourts Cooper & Co:**

Albany 451 9300, Beach Haven 482 3779, Birkenhead 481 0900, Browns Bay 477 0848, Devonport 446 2030, Greenhithe 413 6255, Mairangi Bay 478 6049, Milford 486 1029, NAI Commercial 486 9250, North Shore Central 444 6629, Sunnynook 410 9087, Takapuna 486 4747, Waiheke Island 372 8727

[www.bettertomorrow.co.nz](http://www.bettertomorrow.co.nz)



## DREAMs

### Sharon's cooking now!

Sharon is holding onto the voucher which Loven, the fabulous oven cleaning people from Takanini have given to her. She has a year in which to use her voucher.

Sharon is very excited to have her oven cleaned as she finds it difficult to get up and down off the floor to do this. She won't be waiting a year, she tells me!

Sharon wishes to express her great big thanks to Loven for giving her this voucher and she can't wait to call them up to get it arranged.

Many thanks Loven from Sharon and the MS Society.  
www.loven.co.nz



### Adrienne loves her Lazy Boy

I just want to say a very big thank you to MS Auckland and Furniture City for providing me with a brand new lazy boy chair.

I was very excited to have received such a generous gift. And to the two lovely delivery men, whose names I didn't get, they were absolutely great.

We all had some laughs choosing the right spot for my new lazy boy. Even to the Furniture City's lovely receptionist who kept my Field Worker in the loop every step of the way, ringing her to inform her when they would be delivering, and even notifying her a half hour prior to them arriving. What a fantastic service.

You have made me so very happy and I can't thank you enough Jan for being so quick to say 'Yes we can help you' and MS Auckland.



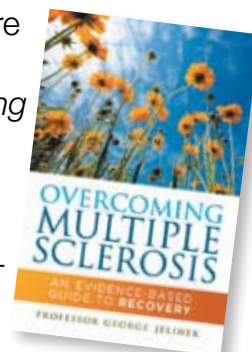
**A very happy Member, Adrienne**

Celebrating  
**30**  
years  
of service to  
the community

## Learn practical ways to halt the progression of MS

### Overcoming Multiple Sclerosis Retreats The Gawler Foundation, Australia

Teachings at the retreat are based upon Prof George Jelinek's book 'Overcoming Multiple Sclerosis' and The Gawler Foundation's 30 years of experience in lifestyle medicine and self-help healing programs.



**"I went to the Overcoming Multiple Sclerosis retreat feeling broken and was given the tools to put myself back together"**

Karen (QLD)

The Overcoming Multiple Sclerosis Retreat complements prescribed medical treatments.

**Call 1300 651 211 [www.gawler.org](http://www.gawler.org)**



**The Gawler Foundation**

An integrated approach to health  
healing and wellbeing

## Member's Stories

### Gurnard contest aims to buy hoist

The devoted husband and father was working as a divisional manager and spending his spare time at the Mangere Boating Club catching fish with his two daughters.

But his life changed dramatically when he was diagnosed with multiple sclerosis.

"I started having problems with my back and falling off ladders so I knew something was wrong. When I found out I had multiple sclerosis, I was devastated," he says.

The progressive disease of the central nervous system affects movement, sensation and body functions.

The 42-year-old could no longer work, travel or go fishing. He began using a wheelchair and because of that had no means of transport.

Now his fellow fishermen at the Mangere Boating Club are helping out their devoted member.

They are holding an inaugural gurnard fishing competition in August to raise money for a wheelchair hoist that will allow Stewart to get his life back on track.

Stewart has been a member of the club for 15 years and has won many fishing competitions.

"The hoist will allow me to get back to the club and go fishing again with my two girls," he says. Stewart is just \$5000 short of the \$21,000 needed for the hoist, with \$1500 donated by the Freemasons in Onehunga.

He hasn't been fishing since August last year and misses it dearly.

"I miss getting out in the water and the camaraderie with my mates," he says.

"But I am thankful for everything that everyone has done for me. I'm bloody lucky. It puts my faith back into humanity."

He also has a message for those who are entering the gurnard fishing competition.

"Just go out there and have fun. If you catch a fish, well that's just a bonus."

Club president Keith Hedges says more than \$1500 has already been raised for Stewart by holding a quiz night and raffles.

"Ric is a great guy. He has just taken it on the chin and getting on with life," Hedges says.

The gurnard fishing competition is open to the public and will be held on August 2.

Tickets are \$20 adult and \$5 for under-12s, with \$5 from each ticket going towards the wheelchair hoist.

There is a \$500 prize for the heaviest gurnard as well as second and third-place prizes and spot prizes.



### MS Diagnosis, Now What?

Hearing the diagnosis of Multiple Sclerosis in 1988 from the neurologist in Colorado, USA was followed by the words, "It's not the best news to hear, but it's not the worst and there is treatment to help".

After hearing this I thought, "Oh no, me, Linda Boughman, speech therapist and mother of a three year old daughter is not going to have the planned road ahead in life now.

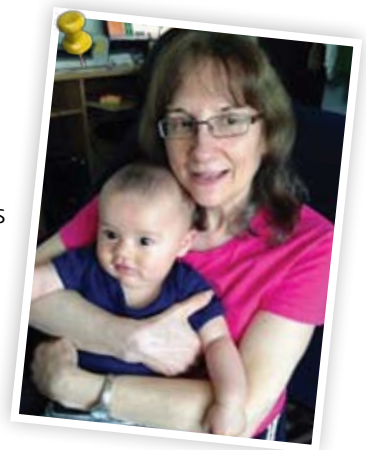
The tingling, numbness, stiffness, weakness in the limbs, the irregular walking gait and fatigue symptoms of my relapsing-remitting MS meant a big change to come in life. It meant quitting my full time speech therapist job, getting onto disability benefits and deciding which treatment route. It also meant my daughter growing up realising mommy couldn't do everything other mummies did.

I chose the alternative natural treatment of a low fat diet and supplements after the initial Solumedrol drug treatment to reduce the inflammation. I, my husband, and daughter moved to NZ in 2002. In 2009 my MS field worker for West Auckland gave me a flyer about Conductive Education at Tui Glenn in Henderson. I observed a session, was impressed with the exercises and the explanation of Conductive Education and signed up. I have been attending weekly sessions ever since.

The friendly, patient and encouraging team of conductors

bring their own expertise to challenge clients to build on existing ability. The exercises, done on the plinths, at the bars and tables are very beneficial to me because they lessen the stiffness and improve balance, fine and gross motor movements, stepping and walking.

The clients can ask questions about any exercise and how it helps in movement and the conductors will explain. When the conductors vary the tasks in the routine, it builds on and strengthens my existing ability. The variety encourages my mind to body connection for better coordinated movements. I can feel and see improvement in all these areas and when someone else comments they can too, that confirms that CE sessions have and will continue to be beneficial. A plus is these exercises can be done at home in between weekly sessions doing them on the bed, at a chair and at a table. The improvement of movement due to CE sessions will also allow me to interact better with my grandson when we get together!



**Linda Boughman – Client**



Hi, my name is Antye and I am originally from Germany. When living in Sydney in 2006 I was diagnosed with MS, which of course was a great shock. I now know that my first relapse was back in 2004.

The neurologist basically sent me home to wait for the bad things to happen to me (sounds familiar? :-). The prognosis was that I would be in a wheelchair in 10-15 years.

Six months later we moved back to Auckland (my partner is a Kiwi) and in my first meeting with the field worker I was introduced to the Jelinek diet. I remember thinking (quite stubbornly) "Me??? A vegan? Never!"

I was about a quarter through the book, when I found the chart outlining the effect of saturated fats on the disease process. I then realised, that I couldn't afford not to go on the diet.

The Jelinek programme and the monthly self-healing group with Dr. Robin Kelly organised by the MS Society set me off on an amazing journey! I am so grateful to the MS Society for all of this! I also remember at that time being afraid that the journey would end. I now realise that it never will. It's a matter of attitude and wanting to learn more.

Almost 8 years on from diagnosis I am not in a wheelchair. And although not entirely symptom free, I feel good and have a full life. I have realised that worrying is my worst enemy and is the main contributing factor when I am not doing well.

I don't talk about MS any more these days. I focus on

wellness. I will talk about my limitations when relevant (I can't see that, I can't walk that far...), but I don't think about MS as a whole, that's too big a beast to handle.

My passion for helping others and sharing what I know has led me to become a certified NLP Practitioner, a certified EmoTrance practitioner and completing a number of other trainings. I have set up the coaching practice 'Power of Your Mind' to assist others through their own challenging times. In the coaching sessions I do, I focus on emotional support and emotional healing.

I would like to extend a 30% discount to members, as follows.

One hour: \$40 (\$60 for non-members)

Set of three one-hour sessions: \$90 (\$130 for non-members)

If you are interested, please give me a ring 0221 623 175 or send me an email [HYPERLINK "mailto:antye@powerofyourmind.co.nz"](mailto:antye@powerofyourmind.co.nz) antye@powerofyourmind.co.nz or simply check out my website [HYPERLINK "http://www.powerofyourmind.co.nz/"](http://www.powerofyourmind.co.nz/) www.powerofyourmind.co.nz.

I look forward to hearing from you!



## TESTIMONIAL FOR ANTYE

Embarking on a journey into the subconscious and overcoming many of the barriers that had conditioned my thinking for so long, has been an enormous step forward on my road to wellness. I feel so much more positive, and I am a much happier person than I was before. Much of the emotional baggage that had plagued me for some time has faded into insignificance.

The processes that we followed allowed me to dig deeply and find out what was really going on for me and preventing me from living life to the full. Many of the emotions were released and any additional concerns that were also standing in the way were resolved with a variety of techniques and readings that were both empowering and transformative.

I am so grateful to have been given the opportunity to lay these troubling concerns to rest and move on with my life unimpeded. The whole experience has been life changing and has given me the tools to face life's challenges. Most significantly, I have learned that your mind has the capacity to default to the affirmative and that negativity can be greatly diminished.

My sessions with Antye have taught me how to use it in a very effective way and to realise its unlimited potential.

**Anna Page**

**SPECIAL OFFER**

No lock in contracts. Low fees. Open 24/7.

## Multiple Sclerosis Special Offer

- \$50.00 joining fee
- \$19.95 per person per fortnight\*
- No lock in contracts or cancellation fees
- Free one on one professional consultation
- Free access to mibodycoach.com
- Qualified and friendly staff
- Free access to all clubs across NZ & Aus

Contact your Jetts Club and quote MULTIPLE SCLEROSIS to claim this special offer!

0800 JETTS 247  
www.jetts.co.nz



\*Terms & conditions and additional fees apply.

**jetts**  
24 hour fitness



**Once-a-week AVONEX® treatment...  
now made even easier.**

AVONEX is indicated for the treatment of relapsing forms of multiple sclerosis (MS)  
to slow the progression of physical disability and decrease relapse rates.



**Patient information:** AVONEX® (solution for injection, in pre-filled pen) is a Prescription Medicine containing 30 micrograms of interferon beta-1a in 0.5mL of ready-to-use solution. Use strictly as directed. Consult your doctor, pharmacist or other health professional in case of side effects. AVONEX is reimbursed for those patients who meet the special authority criteria in the Pharmaceutical Schedule. Normal Doctors' fees and pharmacy charges apply. AVONEX (interferon beta-1a) is indicated for the treatment of relapsing forms of multiple sclerosis (MS) to slow the progression of physical disability and decrease relapse rates. Before starting AVONEX, please tell your doctor if you have ever experienced, or are currently experiencing, depression or other mood disorders, seizures, blood or heart problems, liver disease or kidney problems. AVONEX is NOT recommended for pregnant women or those who are planning to become pregnant. People who have had an allergic reaction to interferon products or to any other ingredient in the medicine should NOT use AVONEX. AVONEX must not be used by someone who is severely depressed or having suicidal thoughts. Many people who take AVONEX will experience flu-like symptoms (e.g. fever, chills, sweating, muscle ache and fatigue) early on in their therapy. These effects are usually manageable and often diminish with continued treatment. For more information, please refer to the Consumer Medicine Information booklet or call the AVONEX Helpline on 0800 286 639 (0800 AVONEX). This number is for enquiries concerning AVONEX therapy from patients already prescribed AVONEX. For further information see the Consumer Medicine Information for AVONEX at [www.medsafe.govt.nz](http://www.medsafe.govt.nz). Medicines have benefits and some may have risks. Always read the label and use strictly as directed. If symptoms persist or you have side effects see your doctor or pharmacist. Ask your doctor if AVONEX is right for you.

Biogen Idec NZ Limited, 54 Carbine Road, Mt Wellington, Auckland, New Zealand. ©AVONEX and AVONEX PEN are registered trademarks of Biogen Idec MA Inc. ©2013 AV-NZ-0011c(1) TAPS PP4921 BIO0041/MS inCeptiv March 2014.

biogen idec®



# Pharmac Consults on New MS Drugs

*Just as we were going to press with this issue of Multiple News, news broke of Pharmac's proposal to give MS sufferers better and quicker access to new drugs on the market. We reproduce the article here, along with a link to the RadioNZ piece that was aired on Friday and news of upcoming meetings in relation to submissions.*

Hundreds of patients with multiple sclerosis are set to receive faster access to new drugs that work better than their current ones.

The new drugs are part of major proposals just released by the drug-buying agency, Pharmac, for public consultation.

The proposals cover provisional agreements between Pharmac and drug companies Novartis and Biogen. They cover 19 medicines, 10 of them never before funded.

New treatments for multiple sclerosis (MS) are a focus, with Pharmac labelling these planned changes the most significant in 15 years.

About 600 New Zealanders get treatment funded for a type known as relapsing-remitting MS. Until now patients have only been able to get access to three funded treatments: two beta interferon drugs and glatiramer.

Access has been restricted, so to get beta interferon they have had to have a particular disability score, and a certain number of relapses a year.

Patients have to go off the medicine again if their score goes above a certain level, causing dissatisfaction about what Pharmac conceded was a very limited arrangement.

Multiple Sclerosis Society spokesperson Neil Woodhams said access to current drugs was unduly restrictive, and people had moved to Australia and other countries to find a way round the system.

"Just recently there was Tim Bateman, the Hurricanes player, (who) took his wife to Japan so he could get access to (the drugs)," he said.

### Risks and benefits

Pharmac is proposing to fund two new treatments, natalizumab from Biogen (trade name Tysabri), an infusion given in hospital, and the tablet fingolimod from Novartis (Gilenya). Natalizumab is associated with an increased risk of viral infection of the brain. Consultation papers released by Pharmac said there was a very low chance of getting this, but for patients who did, it could be very serious involving death or severe disability.

Pharmac chief executive Steffan Crausaz said that, if approved, risks and benefits of that treatment would need to be carefully weighed between each patient and their specialist neurologist. But he said the proposed new MS treatments were considerably more effective than the current treatments, and understood to reduce relapses by 60 percent to 70 percent.

Most people with this type of MS are expected to go onto the new drugs, and could begin after diagnosis, rather than having to wait for a deterioration of their condition. Existing treatments would continue for those who couldn't tolerate the new ones. But, if a patient on one of the new drugs did not show signs of benefitting, they wouldn't remain on the treatment.

### Potential 400 new patients

Pharmac said it expected 400 new patients to move to the new MS treatments over the next five years if they're approved, following consultation.

Also part of the proposed multi-product agreements were new medicines for severe allergic asthma; the respiratory condition chronic obstructive pulmonary disorder; chronic myeloid leukaemia; Alzheimer's disease, and to treat a type of brain tumour that mainly affects children and where surgery was the only option currently.

Pharmac said one of the two agreements, with Novartis, involved the most medicines Pharmac has ever listed in one agreement with a drug firm, 17. It said negotiating the complex agreements had taken six months, but if approved they would benefit 11,000 people over five years.

Public consultation closes on 29 August, with the Pharmac board expected to make a final decision in late September or October.

**Karen Brown, Health Correspondent - [karen.brown@radionz.co.nz](mailto:karen.brown@radionz.co.nz)**

RadioNZ aired this piece on Friday, listen to it here:  
<http://www.radionz.co.nz/audio/player/20145225>

**MS Auckland along with MSNZ and a number of MS Societies intend to make submissions. We want to involve interested members in this process. We propose holding two meetings [subject to member interest] next Wednesday 20 August at 10.30 am and 12.30pm at central venue (to be decided).**

**We expect the meetings to last no longer than one and half hours each.**

**The Pharmac decisions affect newly diagnosed people with MS and those whose disease has not progressed beyond EDSS score of 4. It is a significant improvement on the drugs currently available and the entry criteria. We are currently contacting the drug companies involved and the neurologists at Auckland Hospital in the hope that they can attend these meetings as well**

**If you want to learn more and to have your voice heard on these important developments please contact Kirsty 845 5921 to confirm your attendance. These meetings will only proceed with the numbers to justify them.**

# HOW DO WE STAY IN OUR FAMILY HOME?



NOT FOR  
SALE

If you want the financial freedom to spend your retirement how you choose, with independence and dignity, you should talk to us.

Our **Heartland Home Equity Loan** will allow you to borrow against the equity in your home without having to sell it – releasing cash for a well-earned and comfortable retirement.\*

**At Heartland Bank, we pride ourselves in finding products for people, not people for products. We're the specialist bank that helps you *Do More*.**

**HEARTLAND**  
BANK

*New Zealand's Specialist Bank*

0508 432 785  
[www.heartland.co.nz](http://www.heartland.co.nz)

\*Lending criteria, fees and charges apply. For further information please contact us on 0508 432 785.



### DISCLAIMER

MS Auckland advises that you do not simply rely on the information in these pages to imply any diagnosis or course of treatment for any particular individual. You should not rely on this information in place of a visit, call, consultation or the advice of a physician or other qualified healthcare provider. Content neither indicates nor reflects the views of MS Auckland. Any research, study, clinical trial, event, news or other item included in Multiple News is not intended to imply endorsement or approval of it by the Society. Although we have made a conscientious effort to provide high quality information, MS Auckland disclaims any implied guarantee about the accuracy, completeness, timeliness or relevance of any information.

# Combining Copaxone Treatment with Female Hormone Reduces Multiple Sclerosis Relapse Rate

**A**mong multiple sclerosis (MS) patients, a combination of estriol and Copaxone (glatiramer acetate) reduced the rate of relapse by 50% percent within one year of treatment, according to data presented at the 66th American Academy of Neurology Annual Meeting, held April 26, 2014, to May 3, 2014, in Philadelphia.

In a preliminary phase 2 clinical trial, neurologist Rhonda Voskuhl, MD, Director of the MS Program at UCLA, observed 158 women with relapsing-remitting MS for 12 months. One participant group was treated with a combination of Copaxone, an MS medication, and 8 mg of estriol, a female hormone, while the other groups received a combination of Copaxone and placebo.

After 12 months, Voskuhl found the women who were prescribed estriol and Copaxone experienced 47% fewer relapses than those on the Copaxone and placebo treatment regimen. Additionally, patients who were prescribed Copaxone and estriol scored higher on cognitive tests than those taking Copaxone and placebo.

After 2 years of treatment, the MS patients taking only Copaxone saw an improvement in their symptoms; however, the effects were not as strong as in patients who



received Copaxone with estriol.

The results further supported Voskuhl's earlier research that found estriol repaired brain cells in mice models with MS. According to Voskuhl, the hormone was responsible for an increase in connections between neurons, which resulted in improved cell transmission.

"Currently, all of the available drugs reduce immune attacks on the brain, but none of them protects the brain," Voskuhl noted in a statement. "Estriol is particularly promising because it both reduces attacks and protects the brain directly. It's a 2-pronged approach: an anti-inflammatory prong to reduce the attacks, and a neuroprotective prong to make the brain suffer less damage in case of an attack."

Although the combination therapy offers potential for MS patients, Voskuhl said further study would allow the effects of estriol to be observed in a larger pool of patients.

See more at: <http://www.hcplive.com/conferences/2014-aan/Combining-Copaxone-Treatment-with-Female-Hormone-Reduces-Multiple-Sclerosis-Relapse-Rate#sthash.XgW8jcvf.dpuf>

**Jacquelyn Gray | May 12, 2014. HCP Live Neurology Specialty Page**

## Sarah Wheldon

*You may remember we ran an article in our February/March 2013 Newsletter about Dr. David Wheldon and the antibiotic treatment he was administering to his wife – a Person with MS. I followed up with David and Sarah to see how she was going and this is what David had to say...*

**S**arah began treatment for SPMS ten years ago; since that time she has had no new episodes of disease and has experienced much improvement. Here is the web-page on the evidence of infection being at the root of at least some variants of MS:

<http://www.davidwheldon.co.uk/ms-treatment1.html>

Here is the web-page on updates on Sarah's progress:

<http://www.davidwheldon.co.uk/updates.html>

I've now retired from medicine and have left the NHS. However, I have treated some sixty patients with MS diagnosed at consultant neurologist level. Most with RRMS stop getting relapses. Most with early SPMS also improve.

However, in persons with severe and late SPMS and PPMS the disease is often continues to progress despite treatment. I have a hunch that this is because true secondary auto-immunity has set in, and that killing the bacteria makes little difference. (The bacteria produce proteins which resemble host proteins and may provoke a damaging host response – this is called molecular mimicry.)

No-one in the establishment takes much interest. In fact interest in this bacterium is fading across the board. It has been linked to arterial disease, but several big studies with antibiotic treatment have failed to show improvement. I suspect this is because they have not used specific combined therapy. There is a widespread feeling that chronic infection with this organism is untreatable.

Charles Stratton and I discuss this in our letter to Infection which I previously sent to MS.

Here are the links to Sarah's website pages:

<http://www.avenues-of-sight.com>

And: <http://www.avenues-of-sight.com/Sarahlonglands-MSpage-1.html>



**David Wheldon**

## Mobile dental services throughout the Auckland region

We deliver in-home care to:

- Rest homes
- Private hospitals
- Retirement villages
- Private homes
- People with special needs

Specialised oral health care can come to you, right at your doorstep with no hassle.



## Contact us

To start your journey towards optimal oral health, contact us today.

P: 09 522 2334

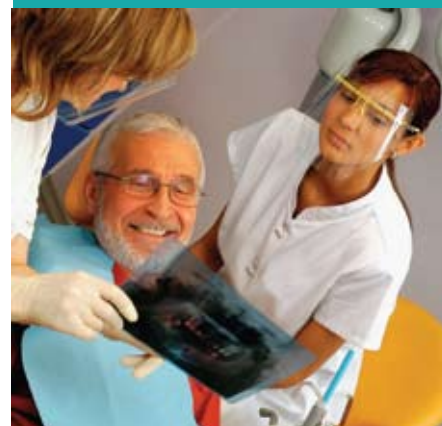
M: 021 522 901

E: [admin@elderdental.co.nz](mailto:admin@elderdental.co.nz)

[www.elderdental.co.nz](http://www.elderdental.co.nz)



**Elder Dental**  
MOBILE SERVICE CARING FOR THE ELDERLY



## Mobile Dental Service

*Caring that comes to you*

## Professional dental care in the comfort of your own home

It's never too late to care for your teeth, regardless of age, physical ability or special circumstance.

Optimal oral health is not only essential to support healthy living, but also vital for general well-being.

That's why Elder Dental is committed to providing compassionate, specialised oral healthcare, right at your doorstep.

You can benefit today from professional dental care in the comfort of your own home.



## Our range of treatment options include:

- General dental care
- Emergency mobile dental visits
- Oral hygiene treatment
- Fluoride treatment
- Basic dental restorations
- Oral surgery
- Full and partial denture services



## Our Elder Dental Care Team

Our friendly team is looking forward to helping you.

Dr Clive Ross

*CNZM BDS (NZ), FDSRCS (Eng), FRACDS, FICD, FADI*

Clive is a part time Clinical Director of the ADHB Regional Oral Health Service, and a specialist in restorative dentistry with over 30 years in private practice.

Dr Guo Ling

*BDS (Otago) DCLINdent (Special Needs Dentistry)*

Guo holds a dental consultant position at Greenland and Middlemore Oral Health Units, and has a special interest in the oral health of older patients.

Lyn Jenkinson

*Dental Practice manager*

Lyn is an experienced dental practice manager with skills in chair-side dental assistance and oral health education, with an emphasis on understanding the needs of the older person.



A huge thank you to the following sponsors, supporters and volunteers for making the inaugural Life Buoy for MS such an awesome success.

THANK YOU TO ALL OUR SPONSORS

**FidelityLife**

harcourts  
cooper&co  
leading real estate on the north shore | mrcnz

**Harcourts**  
COOPER & CO. REAL ESTATE LTD

**HEARTLAND**  
BANK

**MAN O' WAR**  
WARWICK ISLAND  
NEW ZEALAND WINE

**INVIVO**  
  
WINES

 **The Classic Yacht  
Charitable Trust**

**Jerry Clayton** 

 **Maserati Auckland**

  
*Jane Clifford*  
WARKWORTH-NEW ZEALAND

 **PORTS OF  
AUCKLAND**  
TĀMAKI HERENGA WAKA

  
**NAVY**

 **vinnies**  
RESTAURANT *Geoff Scott*

  
**WAIRAKEI**  
golf+sanctuary

  
**DELMAINE**  
FINE FOODS

  
**SOS**  
SAVE OUR SAILS

*Next  
to Skin*  
FINE LINGERIE  


  
**SAILS**  
RESTAURANT

  
**OSTRO**  
WINE & BAR

  
**ROYAL NEW ZEALAND YACHT SQUADRON**

  
**THE SPENCER**  
ON BYRON  
HOTEL  
TAKAPUNA BEACH AUCKLAND

*toi toi*  
NEW ZEALAND WINE  
*Inspired by Nature*

**BERKELEY**  
CINEMAS

**HOUSE OF TRAVEL**  
MILFORD

**HOW KIWIS SEE  
the WORLD**

 **LION  
NATHAN**

 **SPIRIT OF  
ADVENTURE  
TRUST**

**ROCCO & ROUGE**  
beauty therapy & makeup studio

  
**go digital**  
DESIGN + DIGITAL PRINT  
godigitalprint.co.nz

Special thanks to Warwick Russell, Peter Thompson, John & Lorraine Street, Liz Morrow, Peter Hawkins, Bruce Duncan, Keri Dempster, Christine Stanford, Fairyfotos, Pure Potential, Brett & Averley Dennerley, Intimate Lingerie, Signature Grooming Spa, Gay Compton, The Right Honourable John Key Prime Minister, Alison Gilmour, Victoria Jones, Anna Jacobi, Intersea Ltd, Juliet Best, Sofitel Queenstown Hotel & Spa, Amanda Billing, Anthony Ford, David Lyon, Total Care Hair & Beauty, Pokeno Bacon, Mitre 10 Mega – Warkworth and Carol Campbell.

Events Committee: Lorraine Street, Kath Burrett, Pat Carran, Joan Thomson, Margaret Bates, Helen Homer, Ali Gilmour  
MC: Peter Montgomery. Speakers; Graeme Sinclair, Rick Dodson, David Barnes, Mike Clarke, Fidelity Life CEO, Milton Jennings and MS Auckland President Neil Woodhams.

A special thanks goes to the hard working and 'quick thinking on his feet' - Martin Cooper, our superb auctioneer.

Our gorgeous hostesses on the day: Margaret Bates, Helen Homer, Kirsty Whitehouse, Sue Shale, Jenny Bateman, Abbey Russel, Carol Campbell, Sue Ovens, Kerry Bergovic, Gerry Wilson, Karen Ingram, Ann Gibbons and Jan Fisher.

Our thanks to the following organisations for their support...

FidelityLife

BDO

HEARTLAND  
BANK

ROD MILNER MOTORS

Harcourts  
COOPER & CO REAL ESTATE LTD MBNZ

cooper&co

Lynch Phibbs  
Limited

Chartered Accountants & Business Advisors



TOYOTA | Believe



COLUMBUS  
COFFEE

hunch



ASB



COGS  
Community Organisation  
Grants Scheme



John  
Ilott  
Charitable Trust

Guardian Trust  
THE TRUST COMPANY



ms.  
Multiple Sclerosis  
AUCKLAND REGION TRUST

NZCT  
NZ COMMUNITY TRUST



## Our Special thanks to the following:

John and Lorraine Street • Palmers Planet • Palmers Pakuranga • NZIE (Takapuna) • Unitec (Henderson)  
All our wonderful volunteers • Manada Carrigan • Janet Thackray  
MS Good Sorts: Karen Goddard, Wendy Dancer, Barbara Collie, Alice Ransfield, Jo Smith, Diane Molloy

**AUTOPAL**  
vehicle servicing

OPEN 6 DAYS  
(09) 488 9188



If you want great service and first class workmanship then go and visit Autopal at 48 Barrys Point Road in Takapuna. Speak to Andrew and Paul and they will look after you. These guys are so good to Multiple Sclerosis Auckland, they always look after us, so we want to encourage our Members on the Shore to pay them a visit – you won't be disappointed.