

Bike Enthusiasts –

Phil Keoghan & Callum McNair Bike the Bridge for MS



inside

Callum McNair
biking the bridge

wellness
workshops

food &
recipe

scientific
progress



Shhhh, Aubagio at work

If you're living with relapsing MS, there is a treatment that may suit you.


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Aubagio, working to help quiet MS quietly.*

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*Aubagio has demonstrated a significant and consistent reduction in multiple measures of disease activity in relapsing forms of MS, while its most common adverse events included diarrhoea, rashes/itchy skin, which rarely required treatment discontinuation. For full information on side effects, please read the Consumer Medicines Information available at www.medsafe.govt.nz.

Once-daily 
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our people.

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a few words from Ingrid.

Our General Manager

I have just returned from 2 weeks in North America. The trip was a last minute decision to attend a family reunion. I had an incredibly busy time, and even though I am feeling quite exhausted from it all I have no regrets for taking some time off to spend with family. I also took the opportunity while I was there to visit with two MS offices – one in Seattle, Washington in the States, and the other in Vancouver, B.C. in Canada. It was inspiring and motivating to hear of the work in MS in other countries.

As I write this we are in the middle of Awareness Week and preparing for our big annual Street Appeal event. You can read more about that on pages 14 and 15.

We are also very excited about the release of the first of three videos that Attitude (<http://attitudelive.com/>) has produced for us. The first one is just over a minute long. Please check it out and share it amongst your friends. Let's spread this video as far and as wide as we can! <https://www.youtube.com/watch?v=HO26u07sHHo>

We are also thrilled to be the nominated charity once again for Bike the Bridge. This is a fun family event that will take place this year on the 13th of November. I've gotten my bike out of the garage and am looking forward to riding across the bridge for my first time!

In between magazines we keep people up to date with our e-newsletter. If you don't receive a monthly e-news

from us then please either e-mail us at info@msakl.org.nz and ask to be put on the list, or go to our website and subscribe directly on our home page - <http://www.msakl.org.nz/>.

And finally, just another thank you to everyone that contributed to our very successful Life Buoy event in June which raised more than \$71,000. We are so very lucky to have Fidelity Life and Harcourts Cooper & Co. as our on-going sponsors. They are so very kind and generous with their support.



Ingrid and Mark Inglis at Life Buoy 2016

This year Mazda also came on board too. All three sponsors are keen to be involved with next year's event which is already in the early planning stages and is promising to be the biggest one yet.

We love hearing from you and getting feedback and suggestions so please keep in touch. I can be contacted directly at Ingrid@msakl.org.nz.

With best wishes,
Ingrid

on the front cover. *Phil Keoghan and Callum McNair*



Phil Keoghan, the Emmy award winning TV star of The Amazing Race, was in town for the International Film Festival premiere of his documentary – Le Ride – the story of little known cycle champion Harry Watson.

Phil is also a champion of MS, helping the American National MS Society raise thousands of dollars. He rode from Los Angeles across America in just 40 days, as part of turning 40 years of age and documented it in a film

called The Ride. In his latest documentary he follows the 1928 Tour de France route, as closely as possible, on similar heavy, steel bikes that were used by the competitors in 1928.

Phil's philosophy is 'No Opportunity Wasted' – something he shares with Callum McNair, the founder of Bike the Bridge, which is also hoping to raise funds for Multiple Sclerosis.

For more information on Callum and Bike the Bridge turn to page 12.

events for your calendar.

October/
November

15th October

Wellness Workshop
Managing Wee
Problems



13th November



Bike the Bridge



*Upcoming
events*

11th December



Christmas Lunch



wellness workshop in July.

On the 30th of July 38 people got together to hear Dr. John Davison talk on 'Taking Control of Life Changes'.

His presentation was well received. Most people would have liked the whole day for discussion. We are hoping we can get Dr. Davison back soon for more on this interesting topic. Below is one of the slides he presented on retraining mindsets.

Retraining mindsets

When our brains scan for & focuses on the positive, we benefit from 3 important tools:

Happiness: the more you focus on the things that make you happy, the better you feel

Gratitude: the more opportunities for positivity we see, the more grateful we become

Optimism: the more the brain picks up on the positive, the more we expect it will continue

ms.
Multiple Sclerosis
AUCKLAND

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from the field.

Total Mobility(TM) Card

Are you eligible for a Total Mobility Card?

Maureen didn't know about this scheme until she and her husband, Peter, caught a taxi in Wellington and the driver said "Do you have a Total Mobility (TM) Card?" "No" said Maureen, "What's this?" He told her and Maureen contacted her Field Worker as soon as she got back to Auckland. She has now been assessed for a TM Card.

People with MS often think that they won't use the TM card so don't bother getting one. However, as Maureen found out it can be useful when you're travelling and need to travel to and from airports.

It can also be useful if you have appointments with the hospitals and specialists and parking is an issue, or you don't have suitable transport. Other times where it is useful is when travelling to the city to attend shows and concerts and suitable parking and access is going to be an issue.

It also comes in very handy in emergency situations when you need to get somewhere and no one is available to take you and other suitable transport isn't available.



Peter and Maureen

What is the Total Mobility Scheme?

The Total Mobility Scheme is a nationwide arrangement designed to help people with impairments to access appropriate transport. Eligible clients receive 50% discount (up to a maximum subsidy of \$40/trip in Auckland) on fares charged by contracted transport providers (usually taxis).



Eligibility Criteria

You must have an impairment that prevents you from undertaking any one or more of the following 5 components of a journey unaccompanied on a bus, train or ferry in a safe and dignified manner.

1. Getting to the place from where the transport departs (assumed to be approximately 500 metres)
2. Getting on the transport
3. Riding securely
4. Getting off the transport
5. Getting to the destination

Examples of impairment with Multiple Sclerosis that may qualify are generally physical and neurological related to fatigue and mobility but can also be sensory, intellectual, psychological and psychiatric. It must be your impairment, not any issues with the availability of local transport that prevents you from properly accessing public transport.

Cost

The Total Mobility card fee is \$8 and is valid for 2 years. The MS Field Worker will need to visit you to complete the assessment and also to take a passport type photo for your TM swipe card which will entitle a travel companion to go with you free.

Other Information

Auckland Transport administers the scheme in Auckland. MS Auckland Field Workers are all trained assessors. If you think that you may be eligible and would like more information or an assessment please contact your Field Worker.

You will need to be a member of MS Auckland (membership form available on page 22 or join via our website www.msakl.org.nz).



*Carol
Central
Auckland*

*Dianne
South
Auckland*

*Andrea
West
Auckland*

*Diane
North
Shore*

Contact

Carol, Central Auckland – contact 021 959 187

Dianne, South Auckland – contact 021 845 903

Andrea, West Auckland & Rodney – contact 021 959 189

Diane, North Shore – contact 021 859 187

yoga in August.

On the 14th of August 11 people came out for a gentle two hours of mindfulness meditation and therapeutic Yin Yoga practice. The beautiful studio offered lots of space and comfort, while Fiona's gentle voice guided us through the meditation and yin stretches.

We are looking at the possibility of offering this on a more regular basis if there is enough interest.



the MS nurses at Auckland Hospital.



Fiona and Nazila

Contact

e-mail - MSNurse@adhb.govt.nz

Phone: 09 307 4949 ext. 25885#

The MS Nurses, Fiona and Nazila, each work part time. Together they cover Monday to Friday from 9am to 4pm. During holidays they have reduced availability. This will be reflected in their phone messages and automatic e-mail responses.

Roy Bartlett – having MS as a travel companion for 35 years.

After attending the Society's 'Lifebuoy for MS' fundraising event in June, I found myself reflecting on how much MS Auckland has grown as an organisation since I first became a member back in 1988. My reflection also triggered a quick review of the highs and lows of my life following an episode of optic neuritis in 1980, a week after experiencing a very traumatic event. Little did I know at that time my risk of developing MS over my lifetime was now about 50 % following that one episode of optic neuritis.

My life changed markedly from that time onward. Over the next three years I became more and more accident prone at work, often resulting in a fall after 'tripping' on an uneven surface or sometimes, from walking up a flight of stairs. This motivated me to seek to change my career from engineer to becoming a counsellor; primarily because of the positive changes that had occurred in my life as a result of my own successful counselling experience. Three years later in 1986 we moved as a family from Edgecumbe in the Bay of Plenty, to Massey, West Auckland, where I commenced working as a Child and Family counsellor at Presbyterian Support's Glenburn Centre.

Tragedy struck in March 1987 in the form of the Edgecumbe earthquake. As a result the imminent sale of our Edgecumbe property fell through. So did the planned strategy of making a lump sum payment to drastically reduce the large mortgage on our new home. Six months later we received further bad news - a threat of closure of the Glenburn centre.

1988 was a horror year. As my stress increased symptoms of numbness, tingling, muscle weakness and fatigue started to emerge. Finally my GP referred me to a Consultant, who referred me on to a Neurologist at Auckland Hospital. After being admitted for a week for tests I was sent to Sydney for an MRI. In between all of this my symptoms continued to exacerbate and I was unable to continue to work. Finally on my return from Sydney, armed with the results of my MRI, the neurologist informed me I had MS. His response to my question, "What happens now?" was rather blunt, "Well that's what you came to see me for, to get a diagnosis".

Receiving the diagnosis was actually a gift, despite the manner in which it was delivered. Being able to draw on all the psychological knowledge gained from my



counsellor training I was able to accept that the sad feelings that swamped me at times as being part of my grieving process; while at other times being able to raise my mood to begin to regain a sense of autonomy and control over my life once more, and start making use of the new knowledge gained from my first contact with an MS Auckland Field Worker.

Within three months and making the necessary lifestyle changes to start managing my fatigue, I re-entered the workforce part-time. The rest is history. Over the next ten years from being the organisation's first paid employee, my position grew from part-time to full-time, from coordinator to manager, and finally from manager to become the general manager of Alzheimer's Auckland.

In 2002 Julie and I created StarJam. As co-founders we established a platform whereby young people with disabilities could experience joy in their hearts and the belief that anything is possible through their participation in unique kinds of performance activities, stage productions and other pursuits. By 2010 StarJam had been acknowledged in eight different award programmes and was operating in Auckland, Hamilton, Wellington and Christchurch.

The following year I was selected as a finalist in the Senior New Zealander of the Year Awards 2011 for my positive contribution to New Zealand society over the past two decades. I am currently a trustee in my wife Julie's newly formed charitable trust SOUL. I also run a very part-time private practice as a Happiness coach one day a week.

recognising good employers.

Employment is a huge issue for people with MS. Some people choose not to tell their employer they have MS, fearing reactions such as not being considered for promotion, or even losing their job. There is no right or wrong decision. This story though is of Heather, who chose to tell her employer. For her it was definitely the right thing to do.

Heather was officially diagnosed with MS in 2000 but was having symptoms from 1989. At that time she had to go to Australia to have an MRI. The test came back inconclusive.

Heather started working for Mitre 10 in Pukekohe after her MS diagnosis. She had 3 different managers during her time and was upfront with each one. Heather felt that it was the best thing to do. Fortunately for her she never felt discriminated against, only supported.

Dean was her last manager. Heather worked in the cash office and had to walk up stairs to the office. When she started using a cane and was struggling with the stairs, they moved the office for her downstairs.

Because she was also often alone in the office they put in a safety button on the floor, so if she had a fall she could press the button and get help. Fortunately she never had to use it.

Her colleagues were also wonderful. They were curious about MS and wanted to learn more about the condition. Heather did well at raising MS awareness with her openness about it. At the end of a work day, if she was tired, there would be someone there with a wheelchair to help her to her car. She never even had to ask.

Heather will miss work and all the wonderful friends she made there. It was a hard decision to leave. But she is also looking forward to making a new life in Taupo where she will be close to one of her daughters and grandchild.

We hope this will be the first of many employers to be recognised. Would you like to nominate your employer? If so e-mail info@msakl.org.nz, with the heading **Good Employer Nomination**.



Neil Woodhams, MS Auckland President and MSNZ Vice President, was delighted to present the inaugural Certificate of Appreciation to Dean Litten, Manager Mitre 10 Mega, Pukekohe.

wellness workshop.

'managing wee problems'

About the Workshop

This workshop will look at practical ways to manage incontinence for yourself or somebody you may know. Bladder and bowel issues affect a quarter of the population. The field is always under-funded as health care providers often do not understand the impact incontinence has on a person's quality of life.



The workshop will be facilitated by Janet Thackray. Janet is a Continence Nurse Specialist. For 12 years she worked for the Auckland DHB in the community. Since last year she has been with the NZ Continence Association, educating community groups in greater Auckland with hopes of taking the programme nation-wide.

Janet is passionate about helping people with incontinence achieve a better quality of life.

Please join Janet on the 15th of October for an interesting and informative morning.



Wellness workshop Managing Wee Problems

When:

Saturday 15th October
10:30am for an 11am start

Cost?

Only \$10 for members
\$15 for non-members
(includes a light morning tea)

Where?

Commerce Club
of Auckland
27-33 Ohinerau Street,
Remuera

Booking is Essential

Please book by Wednesday 12
October by e-mailing:
events@msakl.org.nz, or calling
(09) 845 5921



hydrotherapy.

Have you tried a hydrotherapy session yet? Ask almost anyone who has been and they will tell you how much they enjoy it, and how much they are benefitting from it. Your first 2 classes are free and after that classes are only \$50 for 10 sessions, provided that you are a member of MS Auckland. Please contact your Field Worker if you would like to give it a try.

While the Central and West Auckland pools – Epsom Girls, Diocesan Girls and Westwave – are enjoying a good attendance – we are struggling with numbers at the South, East and North Shore pools.

Unless numbers start picking up at Manurewa Pool, Lloyd Elsmore Pool and Millennium Pool we will have to seriously look at their future, with possibilities of closure of these pools in 2017.

Please give it a go, if you haven't already and spread the word. See why those who go regularly are enjoying it so much. What have you got to lose?



The hydrotherapy classes are also open to people with other neurological conditions, if they have been assessed by Rope Neuro Rehabilitation (our contracted providers who lead the sessions) as being suitable, and provided that the session is not at full capacity. Rope Neuro Rehabilitation can be contacted on 623 8433.

For more information their website is www.ropeneurorehab.co.nz. Costs for Non-MS people is just \$7 per session. Payments need to be made in advance through the MS Office (contact 09 845 5921).

2016 Weekly Sessions

Tuesday

Lloyd Elsmore Pool

Sir Lloyd Drive
Pakuranga

11.00am - 12.00 noon

Contact:

Dianne Bartlett

09 845 5921 Ext 220
dianne@msakl.org.nz

Wednesday

Millennium Pool

17 Antares Place
Rosedale

10.30am - 11.30am

Contact:

Diane Hampton

09 845 5921 Ext 219
diane@msakl.org.nz

Wednesday

Manurewa Leisure

Sykes Road
Manurewa

11.00am - 12.00 noon

Contact:

Dianne Bartlett

09 845 5921 Ext 220
dianne@msakl.org.nz

Thursday

Epsom Girls

Silver Road
Epsom

10.30am - 11.30am

Contact:

Carol Andrews

09 845 5921 Ext 222
carol@msakl.org.nz

Friday

Westwave Aquatics

20 Alderman Drive
Henderson

11.00am - 12.00 noon

Contact:

Andrea Kortas

09 845 5921 Ext 221
andrea@msakl.org.nz

Saturday

Diocesan Girls

Clyde Street
Epsom

10.00am - 11.00am

Contact:

Carol Andrews

09 845 5921 Ext 222
carol@msakl.org.nz

Callum McNair – biking the bridge for MS.

Bike the Bridge is in its fifth year running. I met the man behind the iconic event in a coffee shop on the North Shore early one Friday, and found out a bit more about him. What was evident throughout our conversation was his passion for biking – not the lycra long distance, elite athlete type of biking – but making riding a bike something everyone can do and enjoy. He gets excited talking about the biking trails being built around Auckland, linking suburbs and allowing people to commute and be out in the fresh air, without ever having to be in the Auckland traffic.

Coming from a background of competing in triathlons and running his own sport event companies, Callum now works in the Education system as Director of Sport for Takapuna Grammar. We see some kids on bikes ride past us, and he is quick to remark “there go some of my kids”. His favourite sport is cycling, so it’s no wonder that he takes on Bike the Bridge with passion and vision – a vision that will see people regardless of athletic ability having a go at riding over our Harbour Bridge.

It’s no surprise that Callum has chosen MS to be the charity of choice for Bike the Bridge. Callum’s wife, Pip, has been living with MS for half her life now, being diagnosed at the early age of 24, when they were first married. He recalls the time of her diagnosis as being ‘brutal’. They were told there was nothing that they could do. The early years were manageable. They had two children and continued to enjoy their sport and busy family life. In the past few years the MS progression has been fierce, and Pip now lives in a residential care facility so that she can receive the full time care she requires.

Callum has a lot of respect for the work of MS Auckland, and the work of the Field Workers who have helped his family, and who work with so many families like his living with MS. Here is my brief interview with Callum – Founder, owner, organiser of Bike the Bridge:

Why did you choose to have this event go over Auckland Harbour Bridge? It could not have been an easy feat!

It was there to be done I guess. A good friend had established the Auckland Marathon a few years before – an event that in the 2000 millennium year went over the Bridge and it was at that time we thought “what if?”... So we asked the question many times over the next few years until one day they said – “why not?”

Over the years what have been some of the highlights of the event?

There have been many – none more so than last year to be honest. Last year was special because it truly came as close as we can get to a peoples event. It was no longer the domain of the experienced cyclist but an event that anyone could try and do and that is something we were very keen to achieve from the outset.

What do you hope to achieve from Bike the Bridge this year and through future years?

Our main aim is to change the perception of cyclists and cycling and for biking to become something that is in the lexicon of all Aucklanders. When it is no longer us or them, when everyday people grab a bike because it is ingrained in them to do so then that would be real success. Will Bike the Bridge achieve that? Not alone, but if it can in some small way play a part in achieving that then that would be great.

How do you suggest people prepare for this event - especially people who may not have had their bike out of the garage for years?

Make the decision to have a go. Auckland is a great city to cycle in – there are many shared paths, quiet roads and great parks to ride a bike in. Yes main urban thoroughfares are daunting places for cyclists – something that the authorities are working on fixing where they can, but there are also plenty of areas in close proximity to almost everyone that are ideal.

Once you make the decision to have a go – get out and ride. If you went out each weekend for 5 or 6 weeks beforehand you would have a great time and be in great shape to ride the Bridge.





Callum and family

What would you say to families, young people, businesses, and groups and clubs who are thinking about participating, but aren't sure if they want to do it?

Be the difference. For a bunch of reasons cycling is one of many solutions that are the future. Clearly vehicles have a place too – but our city cannot cope with more cars and alternate forms of transport are the way forward for those pre-disposed to do so. Some people,

like my wife, will never be able to ride a bike again but others can and many should do. There are of course many benefits to our own health and well being as well as to our communities and economy, by including cycling in our transport options. But to be so, it needs to start somewhere. Bike the Bridge as an iconic event, a bucket list item if you will – is a great place to start.

Is there anything else you would like to say about Bike the Bridge, or biking in general?

Partners, such as MS, have been fantastic for the event and without their support and dedication it would have been a lot harder to do. We thank them and everyone that has taken up the challenge for the support we have received. Most of all we hope the finish line we put up represents the start of your cycling journey – not the end.



Bike the bridge team with Phil Keoghan



Sunday November 13th, 2016

Mark it in your calendar!

Visit www.bikethebridge.co.nz for more information.

MS Auckland is honoured to be a part of this iconic event.

You may choose to donate to MS Auckland when you register. You can also donate to us on our Givealittle page (<https://givealittle.co.nz/org/msaucklandregion>).

Or start up your own Givealittle page and get sponsors for your ride for MS Auckland. All funds raised will go to support our work in the community and subsidising exercise programmes and workshops to help people manage their MS.

Be a part of this fun event! Feel the buzz that people get from Biking the Bridge!



Register today!

students raise awareness of MS.

Two year eight students from Glendowie Primary School are campaigning to raise awareness of Multiple Sclerosis.

Emily Tudor and Abbie Dench both have a close connection with MS in their families. After carrying out a survey of the year eights and the parents of the school, they found out that the year eights have never heard of MS. They also learned that the adults have heard of it but didn't know much about it.

They then decided that they were going to try to raise awareness of MS by making a video to show people that they need to be aware of the people in their community and their different needs. The next step in Abbie and Emily's journey was to send in their video to a variety of media sources; Newshub, Story and Seven Sharp.



Their goal now is to publish their story in the East and Bays Courier and to work with MS Auckland and continue to raise awareness of MS. They wrote a press release that they sent into the media sources.

The girls went to the hospital with Emily's Mum to watch how an MS infusion works. They then undertook a neurological test to see what some people have to go through to be diagnosed. "I was intrigued by the neurological exam, and found it very interesting figuring out how they diagnose MS," Abbie explained.

Emily and Abbie then had to show their findings in a presentation for their school exhibition day, including information about MS, a thought provoking video they had made and an interactive activity to let the people coming get an understanding of what it might be like to have MS.

Emily and Abbie have learnt so much about Multiple Sclerosis, what it might be like to have MS, time management skills and a lot of writing skills. There have been quite a few times where it became quite stressful but they know that this is all for a good cause. "This means so much to me, to be raising awareness of a cause close to my heart. My mum has MS and I know what it is like to have to deal with her not being able to function properly," said Emily.

Their ultimate goal is to let as many people as possible know what Multiple Sclerosis is.

book review. *by Wendy Wood*

Overcoming Multiple Sclerosis – completely revised and updated, by Professor George Jelinek

A brand new edition of Professor George Jelinek's groundbreaking *Overcoming Multiple Sclerosis* has just been published. Professor Jelinek has completely rewritten the book, taking into account the rapid expansion in medical research on MS over the past six years.

The main principles of the OMS Recovery Program haven't changed, but they are now presented more clearly and in more detail in a 7-step program - what to do, how to do it and how to prevent family members from getting MS. This book is quite simply required reading for anyone with MS or anyone who knows someone with MS.

I will always remember the moment that I came across George Jelinek as the light bulb moment that changed my life. Diagnosed with MS at 38 years of age, with initially mild symptoms, all of the advice I received through my neurologists was that my future was bleak and out of my control.

After twelve years trying to cope with increasingly distressing MS symptoms, *Overcoming Multiple Sclerosis* and the OMS Recovery Program returned my sense of control, facilitated my recovery and gave me back the realistic prospect

awareness week & street appeal.

Thank you, thank you, thank you to the hundreds of volunteers who came out on the 2nd and 3rd of September to help at street collection sites throughout greater Auckland.

We had so many kind people help us out – including people from the Royal New Zealand Navy, the NZ Army, Rotary groups, Lions groups, and many Auckland schools and clubs and organisations, and of course so many of our own members.

Thank you also to BNZ staff who helped deliver boxes for all the sites. We are so very grateful to you all!



One of the stars of our Awareness Video – Jonas and friends



Kids and dogs were always a favourite



Rick Dodson made time to help out the day before flying to the Paralympics to compete in the Sailing



Neurologist Dr David McAuley supporting the cause



of a normal, healthy and active life with MS. So it was with great interest that I read this latest edition of *Overcoming Multiple Sclerosis*.

There is lots of new information on genetic factors in development of MS, lifestyle factors affecting the progression of MS, and a very thorough overview of the latest scientific research which increasingly supports the OMS Recovery Program. The evidence shows it works.

This is a very thought provoking book, it is also full of positivity and practical suggestions on how to take control and improve the outlook for you, your MS and your family. As Professor Jelinek says 'It is worth asking the question: why not change your lifestyle? The alternative is not very appealing.'

And for the newly diagnosed, this book offers real hope for a normal, healthy life after a diagnosis of MS. For those who have been living with MS for some time, this book offers realistic hope for significantly slowing MS progression and for many, a reversal of symptoms and regaining functions that you thought were gone for ever. I cannot recommend this book enough for anyone diagnosed with MS and their families.

food & recipe.



Zuppa Di Ceci - Chickpea Soup

This month's recipe is brought to us by Kerri Hoy, one of MS Auckland's Committee members.

Chickpeas have a wonderful nutty flavour which makes them an ideal warming winter staple. Every Mediterranean country has its own version of chickpea soup. The variations are endless and in Tuscany this is on nearly every restaurant menu.

Ingredients

225g Chickpeas, picked clean and soaked overnight for at least 8 hours
1 Celery Stalk with leaves finely chopped
1 Onion chopped
4 cloves of Garlic peeled and crushed
1 - 2 T ground Cumin
Small sprig of rosemary finely chopped
6 - 7 fresh sage leaves finely chopped
and optional more whole leaves for garnish
1 tin of chopped tomatoes
Juice of 1/2 a lemon
Salt and pepper



To Serve: 4 small slices of bread; 2 garlic cloves peeled and sliced in 1/2 lengthwise

Instructions:

1. Rinse and drain chickpeas. Cover with fresh water by at least 2.5 - 3cm and bring to the boil, skim the white froth off which rises and then cook for approx 1 - 1 1/2 hours until the chickpeas are soft. When cooked drain and reserve the liquid. Take 1 1/2 cups of chickpeas and liquidise them with the reserved cooking water. Set aside.
2. Heat the pan to a moderate heat add onion and celery to caramelise adding some of the chickpea liquid with the garlic and herbs when mix smells aromatic add the cumin, then the chopped tomatoes.
3. Add remaining chickpeas and stir to coat them in the sauce. Add at least 250ml of reserved liquid, if not enough add water, salt and pepper. Cover and simmer for 20 mins.
4. Stir in liquidized chickpeas cover and simmer for another 15 minutes. Add lemon, salt and pepper if needed and if necessary dilute with more water.
5. Just before serving toast the bread, while still hot rub its surface with garlic. Place a slice of bread in each bowl, pour over the soup and garnish with more sage leaves if you wish. I sometimes add spinach or silverbeet to the mix. Enjoy!!



a personal journey in overcoming MS.

This personal story is from Corinne Nijjer from Australia.

Most of my teens and twenties were spent eating rubbish, smoking, sleeping and being overweight, in chronic pain and depressed.

In my early twenties I received a misdiagnosis of Fibromyalgia due to the chronic pain, but in 2004 this was changed to a diagnosis of Multiple Sclerosis following an attack that left me with pins and needles and numbness down my right hand side.

I soon received an info pack from the MS Society in Victoria containing info on the many drug treatments available but also a couple of pages about The Swank Diet. The dietary approach made so much more sense to me (as I was terrified of needles!) so I started making alterations to my diet but refused to give up smoking (I know...) and I noticed my symptoms decrease.

Unfortunately when I returned to my Neurologist, he advised me not to bother changing my diet as 'there was no science' to suggest that this would have any benefit at all, and even though my latest MRI had shown a decrease in lesions, I listened to my Neurologist and went back to eating whatever I fancied. What resulted was more inflammation and more frequent attacks.

In 2006 I was introduced to Prof. George Jelinek's work and his Overcoming Multiple Sclerosis Retreat program at the Yarra Valley Living Centre in Victoria. Although this further strengthened my feelings around the importance of a healthy diet, eating and living unhealthily had been such a strong part of my past that it was tightly wrapped into my identity, so it wasn't long before I went right back to eating junk foods and smoking with my friends.

The real wake up call came in 2008 when I woke with the entire lower half of my body completely numb. I couldn't feel ANYTHING and it was terrifying. I quit smoking that very same day, and changed my diet and lifestyle for GOOD!

Thankfully, I regained full feeling in my lower body and here I am, 8 years later, feeling better than ever.

Once I committed to the diet and lifestyle recommendations I had been taught at the Overcoming MS Retreat, everything began to improve - I lost weight, I no longer felt depressed, I began a love affair with running and meditation and literally everything in my life improved for the better.

I went from feeling hopeless and defeated, to feeling empowered and in control. I am so very grateful for all the things I learnt from Prof George Jelinek and his facilitation team - they literally handed me the tools to take back control of my own life and health. In 2014 I started a blog (www.corinnenijjer.com), and am currently building my career as a health coach.

A number of people from New Zealand have attended the Overcoming Multiple Sclerosis Retreats in the beautiful Yarra Valley.

The next MS retreat will be from the 21st to the 25th of November. For more information see below:



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scientific progress and you.

RESEARCH

The following piece was taken from MStranlate <http://www.mstranlate.com.au/>

Yes, you! People with multiple sclerosis (PwMS) can, should and must make their contribution to scientific progress. Let's unpack the various issues, progress, paradigms, experience, engagement,

Scientific progress – we won't get bogged down in the fine details that comprise the philosophy of science, for that would, and has, filled page after page of many books. And this area, while very important, has a major failing. It probably excludes you. Yes, you! Unless you are a philosopher of science, in which case you should be writing parts of this post for MStranlate.....

Why is your inclusion into the efforts to make scientific progress so important?

It has to do with experience – PwMS experience their experience while scientists attempt to explain the experiences of PwMS. Can you see how this distinction emphasises the crucial role PwMS can play in making progress?

Broadly, there are two approaches proposed for scientific progress. Depending on your perspective, these approaches can be competing or complementary. The first is evolutionary. In this approach, progress is slow and steady, step by step by step, with each step extending understanding incrementally. Think of multiple sclerosis (MS) as two parallel staircases, with the cause(s) of MS at the very top and not in sight. One staircase is called 'Autoimmunity' while the other is called 'Infection' – there may be more than two but that is a story for another time.

When MS research began, all of the researchers were at the bottom, making choices about which staircase was best to climb, or was best suited to their training or views on the disease. And they started to climb. Of course, some results didn't lead to progress so the researchers stayed on the same stair trying to work out other ways that might lead to the next stair, using their own efforts and those of their peers as guides.

The current aim is to get to the next step, another step closer to the top. Step by step, inch by inch, experiment after experiment. Researchers focused primarily, perhaps exclusively, on their own staircase. Persistence can be dogged but persistent research should not be dogmatic!

The second approach is revolutionary. This approach acknowledges that the basic framework within which researchers develop their questions and interpret their answers is not necessarily fixed. This framework is called a paradigm.

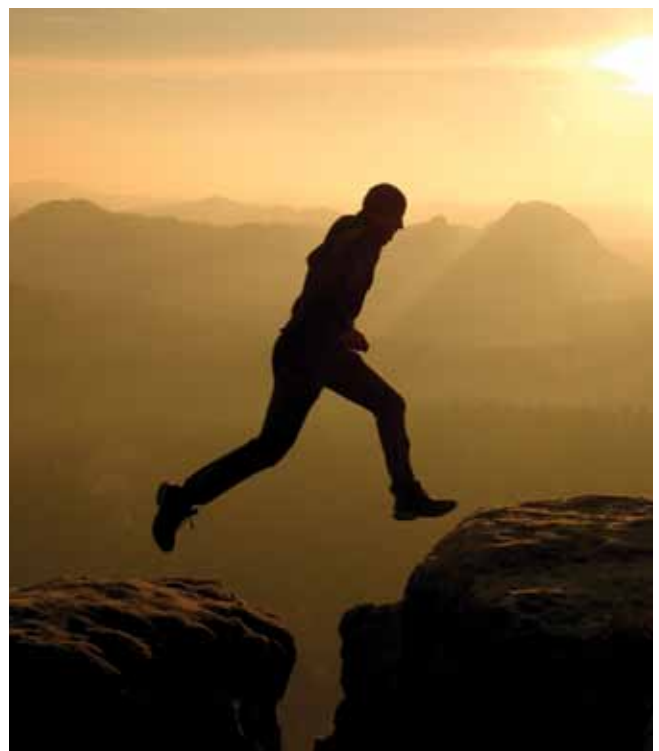
Progress within a paradigm is often evolutionary until someone, somewhere says:

"Hang on, the way we've been looking at this problem is all wrong!"

This is not a normal evolutionary step, it is a step-jump, a bounding breakthrough. A new, more appropriate paradigm opens up a portal that might see researchers 'jump' several of the steps. Things that didn't quite fit before can now be explained, questions that were never thought of can now be proposed and progress that might have been stalling develops new momentum.

A third staircase might eventuate or one or both of the existing staircases are extensively renovated such that they bear little resemblance to their step-ancestors. Perhaps it's easiest to conceive of scientific progress in this way:

Step, step, step, step, STEP-JUMP, step, step, step, step, step, step, STEP-JUMP, step,.....



Now, let's return to 'you' – where do 'you' actually enter into a discussion on scientific progress. Let's begin to answer this with this excerpt from the 1907 novel "The Longest Journey" by E M Forster:

"Their love of beauty, like their love for each other, was not dependent on detail; it grew not from the nerves but from the soul."

This sentence has a particular relevance to MS and scientific progress, with the contrast between 'nerves' and 'soul'.

When scientific progress is sought by scientists, it grows from the nerves, with its foundation in the factual, the detailed, and the empirical. Increased understanding of the 'nerves' enables scientists to climb the stairs step by step. Such climbing might produce refinement or replacement of the prevailing paradigm – the step-jump.

All of this effort aims to explain the experience of PwMS, with a sufficient explanation leading to more effective treatments and, ultimately, a cure.

PwMS can't be passive bystanders while this effort is taking place for they have a vital role to play. Their inescapable experience of their experience – hour by hour, day by day, year after year – represents the 'soul' of MS.

The experiences, insights and changes of PwMS can generate and/or shape novel and important research questions. Following and exploring the trail of these personal contributions could shatter paradigms. As Proust said:

"The real voyage of discovery consists not in seeking new landscapes, but in having new eyes."

For scientific progress, PwMS undoubtedly have new eyes! The thing that binds evolution and revolution, 'nerves' and 'soul', and steps and step-jumps is a desire to get involved and to then make a contribution.

You can do it. And you, and you, and you

Talk to us, share with the MStranlate community, connect with researchers, get and stay involved. Do it.

To learn more about MStranlate, visit their website www.mstranlate.com.au

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If you would like further information about writing a Will or leaving a gift to Multiple Sclerosis Auckland, or for a confidential no-obligation chat about how your gift can make a difference please contact Mark or Ingrid on (09) 845 5921, or by e-mail on mark@msakl.org.nz or Ingrid@msakl.org.nz.

support groups.

Location	Contact	Date/ Time
South / East Auckland		
Beachlands Support Group Pepper Jacks Café	Dianne Bartlett 021 845 903	Fridays / Six Weekly 11.30am
Pukekohe Café Group Different Venues	Dianne Bartlett 021 845 903	First Thursday / Month 11.30am
Botany Café Group Whitcoulls Coffee Lounge (Botany Town Centre)	Dianne Bartlett 021 845 903	Third Thursday / Month 11.30am
Mangere Support Group Hollywood Café (Mangere Town Centre)	Dianne Bartlett 021 845 903	Second Monday / Month 10.30am
Manukau Café Group Friendship House (Manukau)	Dianne Bartlett 021 845 903	Last Tuesday / Month 10.30am
Central		
City Evening Group Scarecrow Café	Carol Andrews 021 959 187	Wednesday / Six Weekly 6.00pm
Cornwall Park Walking Group Cornwall Park	Carol Andrews 021 959 187	Tuesday / Weekly 10.00am
Greenlane Café Group McCafé (Greenlane McDonalds)	Carol Andrews 021 959 187	Second Saturday / Month 11.00am
Stonefields Café Group Stonebake Café (Lunn Avenue, Mt Wellington)	Carol Andrews 021 959 187	Third Wednesday / Month 10.30am
Onehunga Group Frolic Café (Manukau Rd, Royal Oak)	Carol Andrews 021 959 187	Second Tuesday / Month 10.30am
West Auckland & Rodney		
Kumeu Café Group Different Venues	Andrea Kortas 021 959 189	First Tuesday / Month 10.30am
Henderson Garden Café Group Espresso Garden Café (inside Mitre 10 Mega, 186 Lincoln Rd)	Andrea Kortas 021 959 189	First Thursday / Month 11.00am
North Café Groupies Kings Plant Barn (Silverdale)	Andrea Kortas 021 959 189	Third Wednesday / Month 10.30am
North Auckland		
Mayfield Coffee Morning Kings Plant Barn (Porana Rd, Glenfield)	Diane Hampton 021 859 187	First Thursday / Month 10.30am
Shore Lunch Group Palmers Planet Café (cnr Hugh Green Drive/Greville Rd, Albany)	Diane Hampton 021 859 187	Last Wednesday / Bimonthly 12.00 noon
North Shore Café Group Kings Plant Barn (Porana Road, Glenfield)	Christine Ball 09 444 6945	First Saturday / Month 12.30pm

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References: 1. Gilenya Consumer Medicine Information available at www.medsafe.govt.nz 2. Pharmaceutical Schedule available at www.pharmac.health.nz



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References: 1. TECFIDERA Data Sheet (18 Nov 2015). 2. PHARMAC website – www.pharmac.govt.nz. Date accessed 4th February 2016.

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