

multiple News

APRIL / MAY 2013 • Issue 17
The bi-monthly newsletter from MS Auckland



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Please Note: The views and opinions expressed in this Newsletter are not necessarily supported by the Society, our aim is to provide you with a cross section of articles, advice and feedback, from which you can make your own opinion from.

WHO'S WHO AT MS AUCKLAND

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Thérèse Russel
Angela Christmas

THÉRÈSE'S TATTLE

I remember when I was much much younger, my mother would always say... "the week has just flown by" or "that month went quickly" or "where did that year go?" As a child at school, I used to think "no it hasn't, it's taken forever!!" However, I now agree with my dear mother – we are now in April, I just can't believe how quickly the first three months went.



Over the last month I have had the stressful task of looking for ball gowns with my 17 year old daughter, who will be attending her 7th Form Carmel/Rosmini Ball on 11 April. I am sure any mother that has been through this process will sympathise with me. It is an 'event' out of control, it doesn't just involve a ball gown, these days. First there was the booking of the Make-Up Artist, then there's the Hair Stylist. It doesn't stop there (so I've learnt), now we want 'our' nails done, eyelash extensions, not to mention the shoes, handbag and wait for it... the 'After Ball Dress'. But wait, there's more... we were manipulated into the Pre Ball at our house!!!! I am now so grateful that our first two children were boys (despite Jet ski Accidents) and it only cost us a suit hire!! Do you think our youngest daughter will wear her sister's cast offs??? I need to send my husband out to get a 'night job' because also at the beginning of April, our second son, Gerard turns 21!!!

Our last fundraiser, Movie Preview at the Bridgeway, was such a hard sell. We get the message... you want it at a different venue? So we are giving you a choice – Howick or Epsom for the next Movie Preview? If you want a say, please have a say. It will also indicate to us if you are reading this page!!!

We have said our 'goodbyes' to Shelley. The new Team and the 'old' Team have worked together for two months now. They have all put in so much extra time to put their stamp on their roles which we are so grateful for. We are all working well together and hopefully all our Members will benefit from the changes being made.

I would like to encourage you all to attend our AGM/Research Day, later in April. Further on, in this issue, you will read about the very impressive line-up of Speakers updating you on MS research and you will enjoy a 'Jelinek' friendly lunch. It is free to attend and since it is being held on a Saturday, hopefully this means more Members can be there.

Lastly, after 10 years we farewell our swimming instructor, Sandra Blewett from the Papatoetoe pool. Sandra has built up a keen and loyal group of followers who will miss her greatly. The Society made the decision to incorporate the services of Rope Neuro Physiotherapists at all pools throughout Auckland. This will bring consistency to all Members and give you special exercises to do, relating to your specific needs. We take this opportunity to say 'Goodbye' to Sandra and wish her all the very best for the future and to thank her for the many hours of enjoyment she brought to the lives of the entire Papatoetoe group.

Cheers,

Therese

STOP PRESS

MS Auckland has just won a brand new 2013 Toyota Corolla to use for three years after entering the 25 Ways To Say Thank You competition ran by Toyota New Zealand. Thank you Toyota New Zealand.



Notice Board

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 or phone 845 5921.

ONE FOR THE DIARY

Please mark your diary with the date for the next Member's Lunch. It will be at the RSA Swanson, West Auckland, on Saturday 13th July.

HONORARY LIFE MEMBERS

Always appreciated
– Never forgotten

- David Ashton
- Jo Smith
- Dough Threthowen
- Ken Wadham
- Judy Weir
- Tina French
- Barbara Broome
- Nancy Caughie

ANNUAL SUBSCRIPTIONS

A reminder that Subs for 2013 are now due. In case you didn't know, your Subs pay for Field Worker services and travel costs, administration costs such as the cost of paper, computer consumables and stationery.

Thank you so much to the Members that have already paid their Subs – we are very grateful.

URGENTLY REQUIRED

'Water Walking' volunteers. Can you give us a couple of hours a week to help one of our Members do their water exercises in a pool near you.

Please contact **Mark Blackie** at the office on 845 5921.

Sturdy Golf Umbrellas

We are selling fantastic, strong, sturdy golf umbrellas for \$20.00 each or a box of 10 for \$135.00 (get 3 free). They were an unwanted order and are red and black and have a company logo on them. They are excellent quality umbrellas with air vents to prevent the umbrella turning out when the wind gets strong. MS Auckland receives 75% of the sales.



**Please contact the MS Auckland Office on 845 5921
or email Rachel on rachel@msakl.org.nz**

FROM THE FIELD



NORTH SHORE UPDATE FROM DIANE

Hi everyone...I hope you haven't found the long, hot, dry summer too long and have been able to manage the heat.

Supposedly we are now into Autumn and I thought it would be a good idea to look at Fire Safety.

With the end of daylight saving it is a good time to check your smoke alarms and make sure the batteries are working.

If you don't have smoke alarms contact your nearest Fire Station and arrange for them to install these for you.

If you don't have an escape plan and don't know what to do, ask the Fire Service to assist you. You should practice your escape plan every few months. If you can not get out of your home without assistance please ring the local Fire Station and they will note this on your address details. To keep safe in bed have a phone beside the bed, a torch and turn off the electric blanket before you go to sleep. Don't smoke in bed and remember to have your electric blanket checked each year.

We have some information kits from the Fire Service so please contact your Field Worker if you would like one of these. Alternatively you can check the Fire Service website for more information at www.fire.org.nz/Pages/Home.asp

I am trying to contact everyone in the next few weeks so if you haven't heard from me for a while please give me a ring or email me.



SOUTH AUCKLAND UPDATE FROM DIANNE

Hello everyone...This week I went to observe one of my clients at the Riding for the Disabled. It was a glorious day and there were many people attending. Make sure you read all about it in this issue. I'm sure some of you will want to take yourselves off there to have some fun.

Haven't we had a long hot summer? As townies, some of us will love it, I am sure, but we need to spare a thought for our farmers and market gardeners who badly need some rain. No doubt it will come to an end soon enough and then we will all be moaning. That will make us think about the lack of sunshine and our Vitamin D3 levels. Perhaps it is time to organise yourselves to think about having some Vitamin D3 on hand to supplement over the winter months.

Don't forget that there are many things happening over the next few months. Make sure you keep up to date with what is happening by reading all the reminders that we send out to you either by email, advertising in the magazine or in letter form.

Take care. I hope to see more of you at the support groups which are up and running again.



CENTRAL AUCKLAND UPDATE FROM GLEN

Hi everyone...It has been a busy month but I have now managed to make some type of contact with almost all of my clients in the community and noted your preferred contact arrangements. Any queries or changes please get back to me.

The Field Workers have just returned from two days of annual Field Worker Training which was held in Napier this year. As usual there was great content to absorb around MS, as well as valuable networking between the other MS Region's Field Workers. The excellent programme filled the days from 8.30 to 5pm. Some Field Workers who cover many of the rural areas drive over 5 hours at times, to visit several clients! Makes my traffic light holdups, across central Auckland City look very insignificant.

Of interest was a speaker from an agency who works in the Hawkes Bay area supporting people with disability into FINDING work and SUPPORTING them throughout that process even often after they commence work.

They will discuss possible barriers and if needed will liaise with WINZ, OT's, and apply for equipment through Workbridge. Once the client is accepted they start with career planning i.e. hours wishing to work/ medications/past work history/interests etc. then assist with CV's, access on-job training, practice interviews, and whatever else the client wants guidance on.

The employment support agencies are different to Workbridge who does job search only from my understanding.

ASENZ is the Association for Support Employment in NZ and have a website to find the nearest to you. Hope this is helpful for some of you.

FROM THE FIELD

WEST AUCKLAND UPDATE FROM GEORGA



I'd like to remind everyone that we run a volunteer programme at MS Auckland. These wonderful volunteers help us in a variety of ways including visiting people with MS as a community friend, dog walking, helping at MS events, office volunteering and helping at our MS water walking classes. We really appreciate the time and effort that our volunteers give and we would struggle without their ongoing help and support. So an enormous thanks to these kind souls.

We are always on the look out for more volunteers so in your travels if you meet someone who'd be keen to become involved as a volunteer point them in our direction please. Also there may be some of our Members who'd like to volunteer a bit of time, or share their skills with us or other Members. Remember the old saying 'many hands make light work'. Also later this year we have our annual MS Street Appeal so we'll need plenty of willing helpers to collect, so this may be an ideal opportunity to get involved.

Cheers
Georga



The Water Walking Group (West) enjoying a coffee with Field Worker, Georga

DONATION FORM

I would like to subscribe to MS Auckland (\$40 per annum)

I would like to donate \$25 \$50 \$100 Other _____

Payment Method: Cheque Visa Mastercard
(please make cheques payable to Multiple Sclerosis Auckland)

Card No: _____ Expiry: _____

Name on Card: _____ Signature: _____

Title (circle one): Mr / Mrs / Miss / Ms

First Name: _____ Surname: _____

Address: _____

Suburb: _____ City: _____

Phone: _____ Email: _____

For details about leaving bequests or further information on how you can help MS Auckland, please contact the office on (09) 845 5921 Ref: April13

PHONE 0900 937 267 to make an automatic \$5 donation. Please ensure you have the account holder's permission.

If you would like to donate by internet banking our account number is: 12 3047 0088939 00

FROM THE MS NURSE



As I sit here writing, having slid through the very welcome rain I know there will be some PwMS very relieved the best and worst of summer heat is coming to an end.

As many of you know a raised temperature exacerbates the symptoms of MS, regardless of the cause being external or internal heat. Which brings me to thoughts for the upcoming autumn/ winter.

Influenza vaccination

The influenza season will be starting soon with many people wondering why a PwMS would think about getting vaccinated.

Can a PwMS have the vaccination? – yes, unless there is another medical reason you shouldn't receive vaccinations, it is recommended.

Why would you? – well, if high air temperatures affect you then the fever caused by a viral infection is definitely no fun. MS symptoms will flair up, this is not usually a relapse but is due to slowed nerve conduction in the presence of fever.

Cost – the actual vaccination is government funded for a person with a chronic condition such as MS.

Other strategies

To help prevent or decrease the effect of a respiratory infection:

- good hand hygiene – the single most effective prevention. Use hand wash and/or sanitizer after encounters with potential infective items (e.g. money whilst shopping)

If you get an infection to help break the cycle of re-infection

- keep computer keyboard and telephone disinfected with cleaner or hand sanitizer 3-4 each day
- as soon as symptoms start change or clean your toothbrush every 1-2 days, the same with any toothbrush with which it shares space. To clean soak (and squish well a once or twice) the brush head in diluted bleach or undiluted alcohol based mouthwash for 15 minutes, then rinse well before use

My good news is Fiona d'Young is coming back from maternity leave in April, we are both really looking forward to working together again. Remember the email and telephone number will reach us both

Telephone: (09) 307 4949 ext. 25885.

Email: MSNurse@adhb.govt.nz

Kind regards,

Lynette Newby

Clinical Nurse Specialist

Auckland City Hospital

COUNSELLING CORNER

We would like to welcome Coralie Gibson who is offering Professional Counselling Services at MS Auckland on a Monday at our offices. Coralie (like Roy) has been kind enough to offer discounted fees to our Members. So now you are spoilt for choice, you can make an appointment to see Coralie on a Monday or Roy on a Friday at MS Auckland. (Roy also offers a Monday in Remuera).

HELLO, MY NAME IS CORALIE GIBSON

I would like to share a little about myself as I am pleased to be able to offer you counselling. I am a qualified Counsellor with past experience being a nurse and a midwife. I have enjoyed being part of MS Auckland for six years assisting at the Epsom water walking. Through this experience I have gained an understanding of the complexities associated when living with Multiple Sclerosis. I appreciate it effects each person differently and it is my intention to work alongside you in relation to the problems you are facing. Counselling is a therapy that can help you look at problems from perspectives that show possibilities for moving forward in life and an appreciation for who you are and what you value.



Presently I am practicing counselling at The Salvation Army and Antara Health clinic with a diverse range of people and problems. I work beside people from all walks of life with respect and compassion.

I live on the North Shore and have two teenage daughters. I enjoy being with friends and family sharing life and laughter. I get pleasure from gardening, the beach and nature. I like being creative doing paintings and collage. I also enjoy baking for others.

I invite you to come along to counselling and I look forward to meeting you.

I want to apologise to Roy because in the last issue I said, “Roy is not a paid Member of the Society”. What I meant to say was “Roy is not a paid Member of the Staff”. Roy actually is one of our longest Members and we value his input and dedication to MS Auckland.

Thérèse



There is a sign displayed on the wall of my favourite eating place for lunch, the ‘Wise Circada’ in Crowhurst Street, Newmarket, that states: “Happiness is not having the best of everything you want it is making the best of everything you’ve got”.

It was from the discussion of this sign amongst friends over lunch earlier this year that one of them suggested I should run a workshop on “Health and Happiness”. As I started to think about the possibility of creating such a workshop I realised happiness means different things for different people, and yet according to the Dalai Lama, “Everybody on this planet is seeking happiness”.

So in my initial research to find a universal definition of ‘happiness’ I came across the following...

“The most useful definition of being happy, and it’s one agreed upon by neuroscientists, psychiatrists, behavioral economists, positive psychologists, and Buddhist monks, is more like satisfied or content than “happy” in its strict bursting-with-glee sense. It has depth and deliberation to it. It encompasses living a meaningful life, utilising your gifts and your time, living with thought and purpose”.

Psychology Today: ‘The Pursuit of Happiness’ by Carlin Flora, 1 January 2009

By adopting this definition as its basis, it then became very easy to create a “Health and Happiness” workshop for anyone interested in adding more happiness to their lifestyle balance. As part of the workshop, all participants will receive a workbook which they can record any new insights or future goals or action steps they may decide they would like to commit to following their participation in the workshop.

I have invited fellow MS Auckland Member Krystie Wade to join me in leading the workshop after she intimated to me she wanted to start utilising her newly developed skills and gifts in living a more meaningful life through becoming a ‘people helper’. The workshop is limited to 16 participants so contact the MS Auckland office by phone or email if you wish to secure a place. It is being held on Saturday 18th May between 9.15 am and 3.30pm at the St Lukes Community Centre, 131 Remuera Road, Remuera.

And finally, on another equally important topic, I have been contacted by a couple of Members who had become less vigilant and wanted to re-commit to following the Jelinek ‘Overcomng MS Recovery Programme’. So I thought as a reminder to all of us who follow the programme to include the following summary of the programme.

The Overcoming MS Recovery Programme in summary

Diet and supplements

- A plant based whole food diet plus seafood, with no saturated fat, as far as is practical
- Omega-3 fatty acid supplements (these make up about 30% of the composition of fish oil and 60% of flaxseed oil): 20g (20mls or 20 capsules) a day (of flaxseed oil or fish oil when beginning the diet)
- Optional B group vitamins or B12 supplement if needed

Vitamin D

- Sunlight 15 minutes daily 3 – 5 times a week as close to all over as possible
- Vitamin D3 supplement of at least 5,000IU daily, adjusted to blood level
- Aim to keep blood level of vitamin D high, that is between 150 – 225nmol/L (may require 10,000IU daily)

Meditation

- 30 minutes daily

Exercise

- 20 – 30 minutes around 5 times a week preferably outdoors

Medication

- In consultation with your doctor, if a wait and see approach is not appropriate, take one of the disease modifying drugs (many may not need a drug, and drug selection should be carefully weighed against side effects)
- Steroids for any acute relapse that is distressing
- One of the more potent drugs if the disease is rapidly progressive

**Check out the website
www.overcomingmultiplesclerosis.org
if you want further information.**

Health and Happiness Workshop

Led by MS Auckland Members
Roy Bartlett and Krystie Wade



By working through some simple group activities with your partner or another workshop participant
Learn how to feel great!
This workshop is limited to 16 participants only.

WHEN:	Saturday 18 th May 2013
TIME:	Arrive 9.15 am for a 9.30am start – 3.30pm
WHERE:	St Lukes Community Centre, 131 Remuera Road, Remuera
COST:	\$25
TO REGISTER:	Phone MS Auckland on (09) 845 5921 or email

- Bring your own lunch
- There is a full kitchen available at the venue.
- Tea, coffee and refreshments provided in morning and afternoon tea breaks

*“Happiness is when what you think, what you say, and what you do are in harmony”
Mahatma Gandhi*

Savoury silverbeet pie – fat free Vegan

Ingredients

- 350 g silverbeet
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 350 g firm or extra-firm silken tofu ,drained
- 1/4 cup plain soy milk
- 2 tablespoons nutritional yeast (savoury yeast)
- 1 tablespoon cornflour
- 1 heaping tablespoon raw cashews (optional)*
- 1/4 teaspoon onion stock
- 1/8 teaspoon turmeric
- 3/4 teaspoon salt (or to taste)
- 1 pinch nutmeg
- 1/8 teaspoon cayenne pepper
- 2 teaspoons fresh thyme leaves (or 1 tsp. dried)

Instructions

Preheat oven to 190C. Spray a 9-inch ceramic pie pan lightly with olive oil spray.

Wash the silverbeet but do not dry. Remove the center stem from each leaf. Set the leaves aside and chop the stems into small pieces. In a large skillet, sauté the onion and silverbeet stems until softened (about 5 minutes), adding a tablespoon of water if necessary to prevent sticking.

Meanwhile, cut the silverbeet leaves into bite-sized pieces. Add them to the pan along with the garlic, reduce heat, and cover.

Cook until all silverbeet is wilted. Remove from heat. If any water has accumulated, drain it; then spread the mixture in bottom of prepared pie pan.

Place tofu and remaining ingredients in a blender, and puree until very smooth. Pour over the silverbeet in the pie pan. Use a spoon to gently open holes through the silverbeet so that the tofu mixture penetrates it. Smooth the top so that tofu layer is even and covers the silverbeet.

Bake for 30 minutes, or until center is set. Remove from oven and allow to rest for 10 minutes before slicing and serving.



Sandra Perry Dip. Nutrition
Nutritionist
Albany Tennis Park | Oteha Valley Road |
Albany 0632
p: 09 415 2676 | m 021 54 6999
e: nutrition360@tra.co.nz

At Fundraising First Aid, we offer an outstanding way for organisations to fundraise – by selling our First Aid kits.

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Our First Aid kit (which even includes a digital thermometer!) has a suggested selling price of \$39 inc GST. You can purchase each kit from us for only \$27 inc GST, meaning a profit of \$12 for each kit sold * – (less any GST if applicable).

Fundraising First Aid would welcome to opportunity to discuss your group's fundraising needs with you. Please call me anytime on 0800 101 909 for more information or if you would like to order a sample kit or receive a brochure.

Visit our website at www.fundraisingfirstaid.co.nz to find out more.



Only \$27 inc. GST



Easy to Sell Quality First Aid Kits

Great Profits

No Minimum Order Quantities

No Upfront Cost

ROPE NEURO PHYSIOTHERAPISTS

A simple set of Pedals which are readily available in Auckland could be a very useful tool for maintaining your fitness and limb strength when living with Multiple Sclerosis. In some cases if you suffer from leg weakness your legs may get tired or 'fatigue' before you really get puffed. To build fitness and gain the beneficial effects of a healthy body increasing your heart rate to train the heart muscle is essential. Therefore one of the only ways you can achieve this may be by using your arms to generate this effort. The pedals (as pictured) that are available for home use can be used to exercise both your legs and your arms at separate times. We have found them to be a very useful tool in our practise at Rope Neuro Rehabilitation.

They are readily available from the Independent Living Centre www.ilsnz.org based at 14 Erson Ave, Royal Oak, Auckland (phone contact 625 8069). Previously named the Disability Resource Centre which many of you will be familiar with, this large showroom has a wealth of adapted equipment for individuals living with disability. Different models of pedals are available elsewhere such as DME (Durable Medical Equipment) based in Te Atatu, Auckland. Both are available by mail order. It is advisable that you seek Doctor's clearance before embarking on an aerobic exercise and Rope Neuro are available to assist you to make a home exercise programme, do not hesitate to contact us.



Glen Innes Multiple Sclerosis Hydrotherapy!

**Mondays 11.15-12.15pm
Glen Innes Aquatic Centre.
Please come along for
a **FREE** trial.**



Warm, shallow pool where your feet are always touching.
Rope Physiotherapist on site leading the class.

**For more info contact
Stephanie Kurtovic
021 102 9947**

Pilates Class for People with Neurological Disorders



Pilates is an excellent form of exercise for people with MS or other neurological disorders who experience problems with balance, mobility and trunk instability. Pilates focuses on core stability training which aims to strengthen and improve the control of the body's stabilising muscles to help improve balance and mobility. Pilates also teaches body awareness, good posture and improves muscle elasticity and joint mobility. The exercises are all low-impact and gentle, therefore reducing the risk of fatigue.

Rope Neuro Rehabilitation will be providing Pilates classes from an instructor with neurological experience.

The classes will be no larger than four people per class. This will enable the teacher to give specialist attention to every person at the class.

If you are interested in attending this class or would like more information please contact
**Rope Neuro Rehabilitation on
09 623 8433 or 021 753 279.**

EVENTS

NORTH SHORE MEMBER'S LUNCH

The venue and parking were superb, but the food was lousy, however it didn't stop all those that attended enjoying themselves. It was a chance for many Members that haven't seen each other for a while to have a great catch up. The Members were treated to Sarah O'Neil's launch of her book "The Good Life" and all purchases on the day were personally signed by Sarah. Margot de Boer brought along her own designer silk scarves (see later in the Newsletter) and Judith Herbert brought along her fantastic Alpaca Duvets. If you are interested in purchasing Sarah's book, Margot's scarves or Judith's duvets please contact Rachel on 845 5921 or rachel@msaki.org.nz



Robyn, Karen, Diane and Christine



Sarah, Rachel and Randy



Caron, Hamish, Cam and Rachael



Sarah & Joey



Neil, Mark and Tom

You can decide to allow the person who damaged you to determine the rest of your life, but that's to give that person more power than any person should ever be given over another human being.

Judge Les Aitkins to a prolific burglar who was abused as a youngster and was again up before the courts. The defendant said he hadn't realised he could change his perspective (Sunday-Star Times).

EVENTS

Multiple Sclerosis Auckland had a stand at Auckland Brain Day held on Saturday 16 March, with neuroscientists and clinicians from the Centre for Brain Research talking about the latest research updates, as well as community group stands and science demonstrations. It is the biggest event of its kind in New Zealand!



The highlight for Georga at Brain Day was meeting Suzy Cato.



All about ELEVATE

For over 30 years we have been empowering people with disabilities to live to their full potential – physically, mentally, socially and spiritually.

ELEVATE Christian Disability Trust (formerly Christian Ministries with Disabled Trust) is an interdenominational, registered charitable trust, with a National Support Office in Onehunga, Auckland, 16 branches throughout New Zealand and programmes operating in the Phillipines.

Our Vision

To see all people, especially people with a disability, living out their full potential in Jesus Christ, through the local church and community.

Our Mission

Evangelise: To elevate Christ and save the hope of the gospel.

Equip: To elevate and empower people with disabilities to have the voice and resources to fully engage with their community and reach their potential.

Educate: To elevate awareness of the needs of people with disabilities for acceptance and discipleship in the body of Christ through training, resourcing and mobilising churches nationwide.

National Support Office:

173 Mt Smart Rd, Onehunga, Auckland
PO Box 13-322, Onehunga, Auckland
Ph: + 64 9 636 4763, info@elevated.org.nz

MEMBER'S STORIES



CHANGE IS ON THE HORIZON FOR MS SAILORS

Two of New Zealand's outstanding sailors have turned frustration into inspiration after life took an unexpected turn.

America's Cup sailors, and multiple World Champions, David Barnes and Richard Dodson, have both had MS for the last thirteen years.

Richard and David have been professional sailors since the early 1990's. Between them, they have competed in nine Americas Cup Regattas, winning two.

Collectively they have won eight World Championships and a long list of New Zealand National Championships.

When the opportunity arose to harness their undoubted talent in disabled sailing they took some convincing that they could campaign to the high standards they have set in the past.

But now they have set sail to try and qualify for the 2016 Paralympics in Rio, Brazil.

David and Richard teamed up with Andrew May to sail in the Miami Olympic and Paralympic regatta held late in January this year.

The competition was raced in the Sonar Class, a Paralympic Yachting Class that will be raced in the Rio Olympics 2016

This class of boat is new to New Zealand and as yet no boats are in the country so the NZ team chartered a boat for the competition. It was a massive learning curve for the team in Miami MOCR and the team finished with some credible results.

The win in race seven was the highlight, where the conditions were lighter winds.

The result in Miami was encouraging and plans are being put in place currently for the build up to Rio in Brazil, which will include many international regattas over the next four years. Richard and David are already looking beyond Rio to the next Olympics in 2020.

Richard and David believe that every cloud has a silver lining. They are committed to pursuing this goal with the hope that others will be inspired in the same way. Their message is to never give up on your dreams and to keep believing in a brighter future.

Anyone who has an interest or desire to be involved is encouraged to make contact with Richard and David to discuss the possibilities. Whether or not you have a sailing background, the team would be happy to hear from you. You can contact David and Richard via Facebook. You can find their page by searching "Team Rio Gold 2016".



Richard Dodson



David Barnes

'DREAMS' DO COME TRUE

Every issue we ask you to let us know if you have a 'DREAM' that we might be able to help you achieve. Sometimes it isn't always possible, like the time that Ruth Foster asked us to try and get her and her husband back to the UK to see her very ill brother-in-law. We tried very hard but didn't find a happy ending to this 'DREAM'.

However when Catherine asked us for a new camera to follow her passion of photography – we did achieve her 'DREAM'. We rang Neil Coutts, Director of Camera and Camera (162 Queen Street, Auckland. Phone 09 303 1879) and he was so thrilled to help that we received a fabulous Sony Cybershot Digital Camera within the week.

This photo is Georga (Field Worker) presenting Catherine with her new Camera. We are so grateful to Neil and ask you to visit Neil at Camera & Camera when you are next in the market for a good camera. Tell Neil you are a Member of the MS Auckland Society and he will look after you.

We wish Catherine every success with her new Camera and we hope it provides hours of relaxing therapy.

Do you have a 'DREAM' – well you need to tell us about it. Email therese@msakl.org.nz and we will try and make it happen.

Camera & Camera



MEMBER'S STORIES

PAULA CRYER

I have some bracelets to sell. They are silver and orange bead stretch toggle bracelets. One size fits most. They feature an orange ribbon charm, and a heart shaped charm engraved with the words "Where There is Love, There is Life".

They are sterling silver plated and come in a white gift box with a care instruction card.

I am selling them for \$25.00 with \$5.00 from each being donated to the MS Auckland.

If anyone is interested in purchasing one, you can contact me on msawarenz@gmail.com.



MARGOT DE BOER

Ever since growing up in Coromandel in the 1970's, I have been interested in Art and Design. At High School I took Art and Art History and was accepted into Elam Fine Arts School at Auckland University and Wellington Design School. I decided I wanted to be a Textile Designer and went to Wellington. After completing my training I worked in Auckland as a Textile Designer and started to travel the world with my work.

I was on my way to live and work in New York, when I had my first attack of MS. Two years later I was diagnosed. Here I continued working and travelling with relapsing and progressing MS for eight years.

Now back living in New Zealand for the past twenty years my MS has started to steadily progress to where I am today with Secondary Progressive MS. In spite of this my love of Textile Design still remains.

I am fortunate, my friends, family and modern technology, have helped me to design and produce my first digital Collection of Silk Chiffon Scarves. I have recently started selling them from my Online Store, www.margotdeboer.com I support Auckland

Margot De Boer – Silk Chiffon Scarves

Margot is kindly donating a percentage of the sales of these beautiful scarves to MS Auckland if purchased through the MS Auckland Office.

Please contact Rachel at the MS Auckland Office on (09) 845 5921 or email rachel@msaki.org.nz if you wish to purchase one. Please specify design you are wanting.

MARGOT DE BOER – Silk Chiffon Scarves
\$25.00 per scarf

Margot is kindly donating a percentage of the sales of these beautiful scarves to MS Auckland if purchased through us.

Please contact Rachel on 845 5921 or email rachel@msaki.org.nz. Please specify design you are wanting.

MS, and they will receive 20% of the sale price from every scarf sold.

www.margotdeboer.com

Auckland Disability Law is a free community legal service in the Auckland region.

We specialise in disability law, and can also help with the following:

- For disabled people with their whanau and assistance

For disability groups

- Disability information and training
- Contact us to make an appointment and tell us your access or communication needs when you book

Tel 09 257 5140

Fax 09 275 4693

Mob 027 457 5140

Email info@adl.org.nz

Web www.aucklanddisabilitylaw.org.nz



MEMBER'S STORIES

By Rachael Breckon

A high school dropout, Dr. Hickey, who grew up in Taranaki, didn't even consider a tertiary education – let alone gaining a doctorate.

Dr. Huhana Hickey can now claim to be the first Māori woman, second Māori and first disabled person to get a PhD in law from Waikato University.

"I didn't actually think I would go to university," she says. "It wasn't something my family did. I was a girl. I was expected to get married and have kids."

Instead, Dr. Hickey became a nurse aid and then embarked on nursing training, but that was cut short because her Multiple Sclerosis started to show and she was not allowed to continue nursing training.

So Dr. Hickey had to look for other career options. With no School Certificate or University Entrance she was surprised to find herself accepted to Waikato University, where she initially started out studying psychology. The educational journey took hold, one thing led to another and Dr. Hickey ended up studying law.

She then went on to complete an LLM (with distinction) and a PhD in Law and Tikanga Māori. For her doctorate, she undertook a legal analysis exploring National and International treaties and perspectives from a Māori disability framework.

Her study looked at traditional Māori views on disabilities or *whānau hauā*, which, she explains, translates to being more like family members with a unique difference than the English term disabled.

She also looked at how colonisation and Christianity have altered the way many Māori view disabilities in a contemporary context.

Positioned with both academic and personal insight into the issues facing the disabled community and the indigenous disabled community, she runs workshops, speaks at seminars and writes articles on the issues faced by this sector of society.

Dr. Hickey was the indigenous peoples' representative for the International Disability Association steering group caucus during the development of the United Nations Convention on the Rights of Persons with Disabilities, and is involved with the International Disability Association international networks. She also sits on the Human Rights Review Tribunal and is a practicing lawyer.



Issues faced by disabled legal community

The issues facing people with disabilities do not go away with higher education.

In fact, Dr. Hickey believes the legal profession, and the need for supervision for the first three years before practicing on your own, make it particularly difficult for disabled legal graduates to become solicitors, as they can find it harder to obtain employment than abled bodied graduates.

"For me, it's not simply about having things accessible. You can say 'well the courtroom is accessible' – it's actually about inclusion," Dr. Hickey says.

"So we need more disabled lawyers, for instance. We don't have many and why? They are not being included by the legal fraternity."

She cites her first fishing trip in three decades as an example of the difference between inclusion and accessibility.

"I have never been on a boat. This boat was fully adapted and it took 10 people in wheelchairs," she says.

"I caught four snapper, and I mean I am talking about doing something that's normal for the first time in so many years, and I was just naturally included. So it wasn't just about accessibility. It could have been accessible but they may not have wanted to include me."

Dr. Hickey explains it is about a mind shift surrounding disabled people.

"We are not just clients, we're also practitioners. I would like to see a disabled judge. I would like to see a judge with disabilities wheeling up to the podium there, not always having non-disabled judges overseeing disabled cases," she says.

TOTARA PARK RIDING FOR THE DISABLED

This week Dianne Bartlett went to observe a client at The Riding for the Disabled at Totara Park. It was a beautiful day; blue sky, sun shining, adults and children everywhere, looking forward to what they were about to experience.

Totara Park Riding for The Disabled was established in 1977. It is run by a very dedicated team of volunteers, therapists, instructors and horse experts. These wonderful people give their time so freely and caringly to a group of children and adults with all kinds of disabilities to provide therapy, education, sport and some fun. Each person has an individual plan tailored to suit their needs. Then they are 'matched' to their horse.

The horse also has to be very special. It needs to be patient, fit and well, free-moving with an even gait, have a great temperament and personality and just as importantly, be happy to work with the team.

Margaret Cameron is pictured here on Hershey enjoying the day. He is a large but gentle horse. Margaret loves that riding has helped improve her stamina and finds her balance is also much improved, her co-ordination is better and she feels there has been an improvement in her manual dexterity as well. Margaret has noticed that some of the exercises she has been given have helped her range of movements. She enjoys mixing socially with both the staff and other riders and just simply loves the rhythm of the horse.

Margaret never feels unsafe on Hershey. She has one person leading the horse and two others walking on each side of Margaret. She is helped onto Hershey with much care and patience.

Even if you have never ridden a horse before this shouldn't put you off making some enquiries. Margaret had never ridden a horse before and look at her now! You will be guided and cared for by this dedicated team.

Do have a look on the website on www.totaraparkrda.org.nz



HOW TO KEEP YOUR MOBILITY EQUIPMENT SAFE

Does your mobility equipment need to be serviced or repaired?

While more often than not maintenance has to be done by an authorised repair agent, there are some things that can be done at home that can prolong the usefulness of your equipment and reduce overall costs.

One of the most important things to do is read the owner's manual very carefully after the purchase of the equipment. This can be a great source for information on the assembly of the equipment and how to take care of it.

Some of the basic maintenance requires the use of a small range of common tools; it's a good idea to carry these essentials in a container that can accompany you in case of an emergency.

There are many factors that determine how often your maintenance routine should be performed. Equipment type, climate, environment, and the demand put on the equipment will all dictate how often it will need a service.

What follows is a list of suggested maintenance that can be done at home. Though this list can help to maintain your equipment, it is still highly recommended that the chair be taken periodically to an authorised repair agent for a routine check-up.

Weekly

- Check the tyres pressure

- Check that wheel locks/brakes are easy to activate and secured tightly to the frame
- Check the axle housings for any debris
- Inspect the wheels to ensure spokes from the axle to the rims are not bent.



Monthly

- Check for loose nuts and bolts. Replace with the same size, grade, and strength rating.
- Check that any removable parts, like leg rests or backrests, can be easily removed and replaced
- Thoroughly clean the chair and use a car wax on the frame to make the next cleaning easier.

Repairs@accessible can offer you an annual service check, the above points and many more. The team of fully qualified repair agents want to make sure your requirement is in the best condition for you to use when you need it.

Repairs@accessible is located at 18b Frost Road, Mt Roskill. Phone 620 1701 for information.

A selection of interesting articles from around the world

Please note: articles in this section are not necessarily the opinion of MS Auckland

CALCIUM ABSORPTION: HOW DOES VITAMIN D AND DIETING FACTOR IN?

Posted on February 28, 2013 by John Cannell, MD

Recently, some people have stopped supplementing with calcium due to fears that calcium supplementation will increase cardiovascular disease. We recently wrote about that issue.

Is calcium supplementation a good idea? Posted on November 27, 2012 by John Cannell, MD

Other people have stopped calcium supplements due to the belief that 5,000 IU/day of vitamin D will increase dietary intestinal calcium absorption to the point that calcium supplements are not needed. This belief is in part based on Professor Robert Heaney's work showing that calcium absorption increases when vitamin D levels go from 20 ng/ml to 32 ng/ml, with no further increase in calcium absorption with levels higher than 32 ng/ml.

The question is, by taking 5,000 IU/day, do you absorb enough calcium from your diet without having to rely on supplements?

Vitamin D's role in the body's calcium economy is often referred to as vitamin D's primary function. The reason for this belief is that adequate blood calcium is necessary for life. Blood calcium does not begin to fall until vitamin D levels are very low, such as in infants with rickets and hypocalcemia.

In order to maintain life, if you have a low input of vitamin D, the body reserves all that vitamin D to maintain blood calcium levels, and does not use much for vitamin D's many other functions. That is, with low vitamin D input, all that vitamin D is triaged (selected over other priorities) to maintain serum calcium. I wrote about this triaging in 2011, using a mountain pool metaphor. Kate Saley has also blogged on the topic.

- Is reducing insulin resistance one of vitamin D's top or low priorities? Posted on December 1, 2011 by John Cannell, MD
- The triage theory: Does vitamin D fit? Posted on November 22, 2012 by Kate Saley

Doctor Sue Shapses and colleagues of Rutgers University recently tried to find out how much vitamin D is needed to maximize calcium absorption. She used the gold standard test of calcium absorption, measurement of absorption of radioactive labeled calcium.

Shapses SA, Sukumar D, Schneider SH, Schluskel Y, Sherrell RM, Field MP, Ambia-Sobhan H. Vitamin D supplementation and calcium absorption during caloric restriction: a randomized double-blind trial. *Am J Clin Nutr.* 2013 Mar;97(3):637-45.

The authors designed a randomized controlled trial and enrolled 82 women into their trial. The trial lasted for 6 weeks, and all participants were on either a weight loss program or just a weight maintenance program. These women were

randomized to either receive 2500 IU of vitamin D/day + 1200 mg calcium/day, or just 400 IU/day + 1200 mg of calcium/day.

Here is what they found:

- Five weeks of 2500 IU per day increased 25(OH)D by 8 ng/ml in the dieting group but only by about 4 ng/ml in the weight neutral group. There was no significant change in 25(OH)D whether dieting or not in the 400 IU group.
- For those who took 2500 IU/day of vitamin D, total fractional calcium absorption was not increased when 25(OH)D levels went from 25 ng/ml to 34 ng/ml in the weight loss group, nor from 25 ng/ml to 28 ng/ml in the weight neutral group.

Then the authors discussed the following points:

- For unknown reasons, caloric restriction (dieting) reduces calcium absorption by about 10%.
- Only about 25% of the calcium you ingest — be it from diet or supplements — is absorbed by the body. Seventy-five percent is not absorbed, and is eliminated in the stool. You also lose calcium in your urine.
- In another study that used radioactive calcium and vitamin D, administration of 50,000 IU/day for 15 days only increased fractional calcium absorption from 24% to 27%.
- The average calcium intake from diet in the women in Doctor Shapses' study was only 650 mg/day. This is about average for Americans, which is why we may need calcium supplements.
- It has been estimated that at least 200mg absorbed calcium per day is required just to offset obligatory calcium loss, mainly in the kidneys. If you want to be in positive calcium balance, taking in more than you excrete, you need between 1,000 and 1,200 mg/day of total calcium intake from food and/or supplements combined.

This was an important paper.

I just want to add that the efficiency of absorption increases as calcium intake decreases. That is, the less calcium you ingest, the higher the percentage that is absorbed. Also, net calcium absorption is as high as 60% in infants and young children who need substantial amounts of calcium to build bone. Calcium absorption actually decreases to 15%–20% in adulthood (though it is increased during pregnancy) and continues to decrease as people age.

Recommended calcium intakes by the Food and Nutrition Board are:

- 1,300 mg/day for teenagers
- 1,000 mg/day for adults
- 1,200 mg/day for females older than 50 years
- 1,200 mg/day for both sexes older than 70 years

And remember, strong bones need more than just calcium and vitamin D.

MIRACLE DRUG FOR MULTIPLE SCLEROSIS PIRATED FROM MOLECULES IN CORDYCEPS MUSHROOMS



by Mike Adams, the Health Ranger, NaturalNews Editor (NaturalNews)

A new “miracle” drug for the treatment of multiple sclerosis turns out to have been stolen (“derived”) from *cordyceps* mushrooms. The drug is called **Gilenya** and it’s being sold in the USA by **Novartis AG** – at the monopolistic price of \$4,000 / month per person. The drug is projected to be a blockbuster seller, with estimates putting it in the top 10 drugs by 2018 when it is expected to reach \$5.3 billion in sales. A one-year course of Gilenya costs **\$48,000**. The drug was discovered by studying compounds used in Traditional Chinese Medicine, a 5,000-year-old medical art form that still out-performs western medicine at every level (cost, safety and effectiveness). Japanese researcher Tetsuro Fujita began studying what he calls “Himalayan fungus” in the 1980’s, and his “discovery” (if you can even call it that, as Chinese Medicine has known about this for millennia) looks likely to earn *Mitsubishi Tanabe Pharma Corp* up to \$5 billion. The drug works by selectively suppressing the immune system, preventing the mechanism of muscular sclerosis from attacking the body’s own tissues. Now that the drug has been approved by the FDA, it is *legal* to claim that this isolated molecule can treat muscular sclerosis, but it remains *illegal* to claim that the fungus from which it was derived – cordyceps – can accomplish the same thing. This is routine for the drug industry: **Steal from nature**, patent the molecules, “approve” the isolated molecules as medicine, then attack the original source as “quackery.”

Steal molecules from nature, then get a patent monopoly

To this day, even as Big Pharma continues to explore Traditional Chinese Medicine for its goldmine of treatments and cures, the entire western medical system routinely attacks Chinese Medicine and says it’s all hokum. But once they find a molecule that can earn them billions of dollars, suddenly it’s heralded as “scientific medicine!”...but only with the brand name, not the original plant name from which it was derived. Statin drugs, the best-selling pharmaceuticals on the market today, were derived from lovastatin molecules naturally found in **red yeast rice**. After pirating these molecules from nature and patenting their variations, the drug industry urged the FDA to attack red yeast rice supplements, calling them “adulterated” because they contained lovastatin molecules. The FDA then warned the public that red yeast rice was adulterated with pharmaceuticals. This is the scam of western medicine: You are told by “scientific experts” that plants, herbs, mushrooms and nutrients are worthless quackery; yet the industry routinely steals powerful therapeutic molecules from precisely those sources in order to formulate new drugs. These new drugs are then heralded as “miracle treatments” and marketed at **thousands of times their actual cost** in order to make billions of dollars for drug companies. It’s all a monopolistic racket that works because the people are kept ignorant about the real sources of medicine (plants).

Physicians, too, are brainwashed by drug companies to believe that only pharmaceutical chemicals have therapeutic value while natural substances from the world of plants are all completely useless. So they prescribe chemicals instead

of telling people to use herbs, mushrooms and nutrients to prevent and even reverse chronic degenerative disease.

Big Pharma piracy is alive and well across our planet

While music industry and movie industry executives scream about online piracy of their digital products, the most criminal piracy of all is happening in our medical system: Drug companies routinely steal molecules from nature while giving nature no credit. By changing the name into a scientific-sounding drug brand name, they avoid anyone recognizing that their drugs often come from plants. Thus, they also avoid people figuring out that **you can treat and cure disease at a fraction of the cost** by using therapeutic plants, mushrooms, superfoods and nutrients. For \$4,000 a month, you could of course swallow Gilenya and hope it works. But for a fraction of that – just \$400 a month – you could purchase and consume large quantities of high-grade cordyceps mushrooms from a far better source such as **Dragon Herbs**. You can also buy high-grade magnesium supplements for yet another fraction of that. Magnesium is often deficient in those who are diagnosed with multiple sclerosis. In fact, you could eat an entirely organic, high-nutrient-density diet that’s rich with superfoods and potent supplements for far less than \$4,000 a month. And in addition to preventing multiple sclerosis, you’d also be preventing cancer, heart disease, Alzheimer’s, diabetes and practically every other common disease now ravaging society. But Big Pharma wants you to pay \$4,000 a month for one pill, then another \$4,000 a month for another pill. Each “disease” you have might require thousands of dollars a month in “treatment” – all approved by the FDA whose job is to funnel an increasingly large percentage of the U.S. economy into the coffers of the pharmaceutical industry. It’s not unusual for one patient suffering from several diseases to cost \$50,000 / month just to maintain their so-called “health care.” This is not health care, however: It is **profit extraction**. The system is designed to keep you sick in perpetuity while Big Pharma soaks you (and Medicare, Medicaid, health insurance companies) for everything you’ve got. That’s how the pharma game is played: Profiteering combined with a complete abandonment of any recognition of the value of human life. **Sources for this story include:** <http://www.bloomberg.com/news/2011-02-02/himalayan-fungus-aids-mitsub...> <http://www.discoverymedicine.com/category/species-and-cell-types/fung...>

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AGM / RESEARCH DAY

**Our AGM / Research Day will be held:
Saturday, 20th April 2013
At the NZ Institute of Chartered Accountants (plenty of parking)
9.30am for Coffee and Tea
10.00am AGM Meeting
11.15am Research Update**

Don't miss out on this unique opportunity to hear about the latest research taking place in New Zealand and Australia regarding Multiple Sclerosis.

We are grateful to have five knowledgeable speakers presenting on our Research Day and we will allow time for you to ask questions.

We will be introducing Dr. Keryn Taylor, (Senior Registrar Consultation Liaison Psychiatry, Mercy Hospital, Melbourne. Currently working on Research with Prof. Jelinek), Dr. Ernie Willoughby (Neurologist, Dept of Neurology, ADHB & Clinical Associate Professor at the School of Medicine), Dr. Sridhar Alla (see below), Irene Van der Laan (Innate Immunotherapeutics), Julie Rope (Rope Neuro Physiotherapists). We will also be provide a Jelinek friendly lunch.

One of our speakers is Dr. Sridhar Alla (Research Fellow, The NZ Brain Research Institute, University of Otago, Christchurch).

After graduating with a PhD in Physiotherapy from the University of Otago, I have relocated to Christchurch to work on a number of research projects in MS at the New Zealand Brain Research Institute. My primary research interest is in the area of clinical and epidemiological aspects of MS. I am one of the lead investigators of the New Zealand MS Incidence study, a multi-center study involving neurologists and MS Societies from throughout the country. The study aims to accurately determine the number of persons with a new diagnosis of MS per year for two years and investigate the natural history of early MS. I have a strong background knowledge on epidemiological aspects, disability and rehabilitation of persons with MS. My talk will be based on current MS research relating to epidemiology, genetics and disability in MS.



Dr. Sridhar Alla

If you are unable to attend the AGM on April 20th and would like to receive a Proxy Form, please email mark@msaki.org. nz or phone 845 5921 please.

SKIN 'MAY RESTORE' DISEASED MS BRAIN

By James Gallagher

Health and science reporter, BBC News

Simple eye scan can reveal MS damage

- Rare gene links vitamin D and MS
- Skin transformed into brain cells

It may be possible to use a patient's own skin to repair the damage caused by Multiple Sclerosis (MS), which is currently incurable, say researchers.

Nerves struggle to communicate in MS as their insulating covering is attacked by the immune system – causing fatigue and damaging movement.

Animal tests, described in the journal *Cell Stem Cell*, have now used modified skin cells to repair the insulation.

Experts said there was an "urgent need" for such therapies.

Just like electrical wires, nerves have insulation - but instead of plastic, the body uses myelin.

However, diseases that result in damage to the myelin, including MS, leave the nerves exposed and electrical signals struggle to travel round the body.

Stem cells

A team of scientists at the University of Rochester Medical Center, in the US, used advances in stem-cell research to attempt to repair the myelin.

They took a sample of human skin cells and converted it into stem cells, which are capable of becoming any other type of cell in the body.

The next step was to transform the stem cells into immature versions of cells in the brain that produce myelin.

When these cells had been injected into mice born without any myelin it had had a significant effect, said researchers.

Dr Steven Goldman told the BBC that “myelin was produced throughout the nervous system” and some mice had achieved “normal life spans”.

He said: “In MS the underlying nerves fibres are still there, the objective is to re-myelinate them.”

However, MS patients would still have the problem of their immune system attacking their myelin.

Any treatment would need to be used alongside other therapies to tame the immune system – or would need to be repeatedly performed.

Dr Goldman said he could see “no reason to be pessimistic”

although further safety tests would be needed and the technique still needed to be refined before being used in people. He expects to begin trials within a couple of years.

Dr Emma Gray, from the MS Society, said: “Myelin repair therapies are urgently needed in MS and we’re pleased to see researchers have been able to generate myelin making cells from human stem cells.

“This is still very early stage research, but with more development could one day be used to repair damage to myelin in people with MS. We look forward to seeing more research in this promising area.”

LIBRARY/INTERESTING VIEWING

Multiple Sclerosis Journal

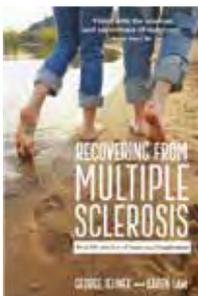
<http://msj.sagepub.com/content/19/2/143>

This is an interesting website to follow (you can subscribe to them to receive updates):

www.msra.org.au

Recovering from Multiple Sclerosis: Real-Life Stories of Hope and Inspiration

Published by Allen and Unwin, *Recovering from Multiple Sclerosis: Real-Life Stories of Hope and Inspiration* by Professor Jelinek and Karen Law is a collection of deeply moving life stories of 12 people, diagnosed with MS, who have not only halted the progression of the condition, but also recovered mobility through the lifestyle changes. In the format of extended interviews, a real insight is gained into each individual’s case, the challenges they face, the different types of MS, and the different stages of the progression of the disease. Each person is now recovering from Multiple Sclerosis. In the words of Dr Terry Wahls, MD, author of *Minding My Mitochondria*, ‘This is a must read for anyone with MS. Recovery is achievable. It is all about the lifestyle choices we make every day!’ A source of real inspiration, the book is due for release in May 2013.



MS Auckland will be getting two copies of this book for our Library if you would like to read a copy please ring Rachel 845 5921 and ask her to set it aside for you. If you would like to purchase a copy of the book for yourself or a family member, please ring Rachel to place your order.

Remember we have Dr. Terry Wahl’s book ‘Minding My Mitochondria’ in our Library already.

The Good Life: Four Glorious Seasons in My Country Garden

By Sarah O’Neil.

One day Sarah and her husband Tom – Hubby the Un-Gardener – literally saw the sign and decided to make a lifestyle change, from urban dwellers to lifestyle-block lovers. In one move they went from an inner-city Auckland suburb with a 24-square-metre triangle lawn to a 3-acre property on the outskirts of Pukekohe.



The first thing Sarah did was build a large garden and soon enough being self-sufficient became a family affair. With the support of Hubby the Un-Gardener, Joeyosaurus and Tim the Helper and a lot of love *and laughter*, Sarah has brought her dream garden to life.

The Good Life is a funny and inspiring slice-of-life gardening book that looks at the ups and downs of gardening throughout the year. The book is full of practical advice, as well as delicious recipes, interwoven with the story of Sarah’s transformation from city-slicker to country girl.

MS is selling Sarah’s book for **\$30.00**.

We have stock in the office, please phone Rachel 845 5921 to place your order.

The Blonde Who Married A Catholic

On their honeymoon, the blonde bride slipped into a sexy nightie, and then with great anticipation crawled into bed, only to find her husband had settled down on the couch.

When she asked him why he was apparently not going to make love to her, he replied, “It’s Lent.”

In tears, she sobbed, “Well, that is the most ridiculous thing I’ve ever heard!”

Then she asked, “Who did you lend it to, and for how long?”



OUR THANKS TO THE FOLLOWING ORGANISATIONS FOR THEIR SUPPORT...



Judith Herbert

Joan Ryan

Dennis Geerkins of Communitel

Therese McNaughten of Wholeoranges



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.



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- **Executive Search – Market Mapping and Talent Acquisition**
- **Senior Level Management –Administrative Business Services Support Talent**
- **Transitional Career Coaching Services – 1 on 1 Coaching on CV’s and Interview Support**

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We have proven expertise in providing professional Executive, Managerial and Administrative Business Services support talent across a diverse range of professional service disciplines and industry sectors.

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Accounting and Finance, Freight and Logistics, Business Administration, Customer Services, Human Resources, Insurance, I.T., Legal, Manufacturing, Sales & Marketing, Technical and Operations, Tourism and Telecommunications. We also work with Not-for-Profit, Education and Healthcare.

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We are 100% New Zealand owned. We work with clients in Auckland, Hamilton, Rotorua, Wellington, and Christchurch who we engage with in an open, collaborative way to ensure results are achieved.

We offer a variety of flexible recruitment solutions that include : Executive Search - Market Mapping and Talent Acquisition, Contingency, Retained, and Project based volume Permanent and Long term Contract Recruitment

We also Offer 1-1 Transitional Career Coaching Services to candidates in need of career and Interview support and advisory on current job career positioning. This includes advice on effective CV Branding & Interview Preparation.



Therese McNaughten
 Director Wholeoranges Consulting Ltd
 therese@wholeoranges.co.nz

Wholeoranges is led by Therese McNaughten who founded the company in 2003. An accomplished recruitment veteran with over 20 years of in-depth knowledge, experience, passion and innovation of working and leading within the recruitment industry.

"Whatever your industry or career requirement you can be assured using our comprehensive networks, industry and market knowledge by applying a high level of expertise and integrity to our service we are committed to alleviating many of the recruitment challenges that businesses and job searchers often face today."

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**Smart Leaders Do more than Talk about Talent - they talk with Wholeoranges Consulting
 The Healthy Choice in Executive to Business Administrative Recruitment**

CALENDAR OF EVENTS

6	Stress Management Workshop	Contact Office for Details
	North Shore Café Group	12.30pm, Kings Plant Barn, Glenfield
9	Eastern Water Walking	10.30am, Glen Innes Pool Complex.
10	Mairangi Bay Water Walking	10.45am, Millennium Institute of Sport
	Papatoetoe Water Walking	11.00am, Papatoetoe Pool.
12	West Auckland Water Walking	11.00am, West Wave Aquatic Centre, Henderson
13	Greenlane Café Group	11.00am, Zinc Café, Greenlane
16	Eastern Water Walking	10.30am, Glen Innes Pool Complex.
	Hibiscus Coast Buddies	10.30am, Whangaparaoa Library, Pohutukawa Room
17	Mairangi Bay Water Walking	10.45am, Millennium Institute of Sport
	Papatoetoe Water Walking	11.00am, Papatoetoe Pool.
18	Epsom Aqua Exercise Group	10.30am, Epsom Girls Grammar Aquatic Centre.
	Botany Café Group	Whitcoulls Coffee Lounge, Botany Downs Town Centre
19	West Auckland Water Walking	11.00am, West Wave Aquatic Centre, Henderson
20	AGM / RESEARCH DAY AUCKLAND	
23	Eastern Water Walking	10.30am, Glen Innes Pool Complex.
24	Mairangi Bay Water Walking	10.45am, Millennium Institute of Sport
	Papatoetoe Water Walking	11.00am, Papatoetoe Pool.
25	Epsom Aqua Exercise Group	10.30am, Epsom Girls Grammar Aquatic Centre.
26	West Auckland Water Walking	11.00am, West Wave Aquatic Centre, Henderson
30	Eastern Water Walking	10.30am, Glen Innes Pool Complex.
	Manukau Café Group	10.30am Friendship House, Putney Way, Manukau

An elderly couple Pauline & Frank were recently attending a church service at their retirement village.

About halfway through the service, Pauline took a pen and paper out of her purse, and wrote a note and handed it to Frank.

The note said: "I just let out a silent fart, what do you think I should do?"

Frank scribbled back: "Put a new battery in your hearing aid."



1	Mairangi Bay Water Walking Papatoetoe Water Waking	10.45am, Millennium Institute of Sport 11.00 am, Papatoetoe Pool
2	Epsom Aqua Exercise Group BB Café Group Mayfield Coffee Group Pukekohe Café Group	10.30am, Epsom Girls Grammar Aquatic Centre 11.00am, BB's Cafe, Waitakere Mega Centre, Henderson 10.30am, Kings Plant Barn, Glenfield (NEW VENUE) 11.30am, Contact office for location.
3	West Auckland Water Walking	11.00am, West Wave Aquatic Centre, Henderson
4	North Shore Café Group	12.30pm, Kings Plant Barn, Glenfield
7	Eastern Water Walking	10.30am, Glen Innes Pool Complex
8	Mairangi Bay Water Walking Papatoetoe Water Walking	10.45am, Millennium Institute of Sport 11.00am, Papatoetoe Pool
9	Epsom Aqua Exercise Group	10.30am, Epsom Girls Grammar Aquatic Centre
10	West Auckland Water Walking	11.00am, West Wave Aquatic Centre, Henderson
11	Greenlane Café Group	11.00am, Zinc Café, Greenlane
14	Eastern Water Walking	10.30am, Glen Innes Pool Complex
15	Mairangi Bay Water Walking Papatoetoe Water Waking	10.45am, Millennium Institute of Sport 11.00 am, Papatoetoe Pool
16	Botany Café Group Epsom Aqua Exercise Group	Whitcoulls Coffee Lounge, Botany Downs Town Centre 10.30am, Epsom Girls Grammer Aquatic Centre
17	West Auckland Water Walking	11.00am, West Wave Aquatic Centre, Henderson
21	Eastern Water Walking Hibiscus Coast Buddies	10.30am, Glen Innes Pool Complex 10.30am, Whangaparaoa Library, Pohutukawa Room
22	Mairangi Bay Water Walking Papatoetoe Water Waking	10.45am, Millennium Institute of Sport 11.00 am, Papatoetoe Pool
23	Epsom Aqua Exercise Group	10.30am, Epsom Girls Grammer Aquatic Centre
24	West Auckland Water Walking	11.00am, West Wave Aquatic Centre, Henderson
28	Manakau Café Group Eastern Water Walking	10.30am, Friendship House, Putney Way, Manukau 10.30am, Glen Innes Pool Complex
29	Mairangi Bay Water Walking Papatoetoe Water Waking	10.45am, Millennium Institute of Sport 11.00 am, Papatoetoe Pool
30	Epsom Aqua Exercise Group	10.30am, Epsom Girls Grammer Aquatic Centre
31	West Auckland Water Walking	11.00am, West Wave Aquatic Centre, Henderson

MS GROUPS

MS Groups are a great way for Members to get together for friendship and support, whether it is simply for a chat or for some light exercise, make it your goal to go along to a group. All people with MS are welcome to attend any of the above groups in any area. If you have an idea for a group, would like to start one or would like more information on these groups, please contact the MS Auckland Office on (09) 845 5921 or email info@msakl.org.nz.

HYDROTHERAPY – PHYSIOS

Mairangi Bay Water Walking

Wednesdays 10.45am to 11.45am.

At the Millennium Institute of Sport.

Contact the office for more information.

Epsom Aqua Exercise Group

Thursdays 10.30am to 11.30am

At Epsom Girls Grammar Aquatic Centre.

Contact the office for more information.

Eastern Water Walking

Tuesdays 10.30am to 11.30am

At Jellicoe Pools, Onehunga.

Contact the office for more information.

Beachlands Aqua Exercise

Contact Margaret Strachan (09) 536 6663.

Aut Physiotherapy Sessions

These individual Physiotherapy sessions are

held at AUT, Akoranga Campus, Northcote.

Contact the clinic for details (09) 921 9161.

West Auckland Water Walking

Fridays 11.00am to 12.00pm

At West Wave Aquatic Centre, 20 Alderman Drive,

Henderson. Contact the office for more information.

Papatoetoe Water Walking

Wednesdays 11.00am to Midday.

At the Papatoetoe Pool, Sutton Cres.

Contact Gordon Baker (09) 275 5729.

SUPPORT GROUPS

Hibiscus Coast Buddies

3rd Tuesday of each month, 10.30am till Midday.

At the Pohutukawa Room in the

Whangaparaoa Library. All welcome.

Call Georga for more information on (09) 845-5921.

North Shore Café Group

1st Saturday of each month 12.30pm.

Kings Plant Barn, 11 Porana Road, Glenfield.

Contact Christine Ball on (09) 444 6945.

Greenlane Café Group

2nd Saturday of each month, 11.00am.

Zinc Café, 205 Great South Road, Greenlane

(by Post Office and Kiwi Bank).

Contact the office for more information.

Pt Chevalier Support Group

2nd Wednesday bimonthly, 10.30 – 12.30.

Contact the office for more information.

BB's Café Group

Meet the 1st Thursday of each month at 11.am.

BB's Café is located at the Waitakere Mega

Centre, 5 Vitasovich Avenue, Henderson.

If you are interested please call

Georga on (09) 845-5921.

Botany Café Group

3rd Thursday of each month.

At Whitcoulls Coffee Lounge, Botany Downs.

Town Centre. Contact Elaine Jones (09) 533 4160.

Mums, Dads And Kids Group

Saturdays each month at a mutually agreed time and place.

Contact the office for more information.

Mayfield Coffee Morning

1st Thursday of each month, 10.30am.

Kings Plant Barn, 11 Porana Road, Glenfield.

Contact the office for more information. NEW VENUE.

Shore Lunch Group

Meets every 2nd month, Wednesday 12.15pm.

Café Botannix, Palmers Planet, Albany.

Contact the office for more information.

Kumeu café group

Alternating 1st Monday, Tuesday or Wednesday of each month, 10.30am

Meet at various cafés around the Kumeu area.

For more information call Georga on (09) 845-5921.

Waiheke Group

Meets several Sundays per year.

Contact the office for more information.

Beachlands Support Group

Meets six weekly at different venues.

Contact Linda Reid on (09) 536 6215.

Manukau Café Group

Last Tuesday of each month, 10.30am

Friendship House, Putney Way, Manukau.

Contact Yvonne Fleming (09) 269 7283.

Pukekohe Café Group

1st Thursday of each month at 11.30am

Contact Sarah Toft (09) 232 2796.