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The MS Waikato Trust supports people affected with Multiple Sclerosis and allied neurological conditions; the MS Waikato Trust is affiliated with the MS Society of New Zealand. If you would like further information on our services, please contact us:

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PO Box 146, Hamilton 3240**

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MS Christmas Dinner

The annual MS Chrissy food fest took place in November at the Hamilton Working Men's club. We are becoming well known at the club now and canny club members, obviously pre-warned about our impending arrival, had headed for distant bars leaving us in glorious isolation.

It always pays to be on time at these functions if you want to choose who you are sat with! This was a lesson Bruce and Mrs Bruce hadn't learnt from the previous year and they were directed to the only remaining seats - next to me! Fortunately Debbie is made of stern stuff and is a survivor of past verbal jousts with yours truly. I wasn't in the least bit offended when she thrust Bruce into the seat immediately adjacent to moi. We proceeded to pull our crackers and play with the contents glowering at the 'H' boys Steph and Steve if they attempted to nick our stash.

In the absence of Mike our beloved Chairman of the BOT, young Mark stepped in and recited his Christmas 2010 speech with a couple of cunning 'real time updates thrown in. Delivered in a contemporary, 'Hi, I'm Colin Craig - vote for me - the moon landing was a hoax- conversational style, Mark outlined the years achievements, thanked the sponsors and the minions for their efforts and took the opportunity to farewell Tracy, at the same time competing with the persistent PA announcements of lucky meat pack winners.

All that excitement over Adam, snappily dressed in a bright orange Kawhia Cruise T shirt (available at all good MS Waikato outlets) strode in, presented his oversize cheque, bowed reverently, doffed his cap and departed into the night.



Dennys & Ann



Peter & Diane

A starter's pistol was fired to announce that dinner was ready and Bruce was off leaving a trail of broken chairs, overturned tables and trampled wives. The rest of us followed in orderly fashion only to be passed en route by Bruce heading back for his second helping.

Once a very pleasant meal was ingested we - the inflicted - generally mingled, annoyed other people, spread rumours and played with our plastic toys. As we all drifted off Debbie was overheard informing Bruce "Never again Bruce - next year we get there early".

A good night and thanks to the MS gals for their efforts. If you weren't there maybe we'll see you this year - but remember - get there early!

Ian Maxwell

MS Christmas Dinner



Mark & Adam



Raewyn & Graham



Louise, Ian & Bruce



Sophie, John & Miriam

ME / CFS Update

We're well in to the new year by now, school is back, and it's time to think of the year ahead. That's what I've been doing since returning from the holiday break, and I have lots of ideas, and things to follow up, to ensure we have a line up of interesting guest speakers for our support group, and to provide an even better service of support and advocacy than last year!

We had a good turn out for our ME/CFS Christmas lunch last December. There was lots of fun and chat, a wee bit of music, and a delicious meal, followed by a lucky dip gift exchange. There were three lucky winners of two gift baskets, and a copy of Dr Valling's book. The Metropolis Café did a wonderful job of the catering, and went to a lot

of trouble with their preparation and presentation of the platters for those with special dietary needs. Our thanks to the MS Waikato Board for once again subsidising the lunch.

Our first Support Group meeting kicks off on February 13th and we have Kylie Phillips from Phillips Family Chiropractic coming to talk about ways to manage stress. Michelle Peat from the Health Consumer Service is our guest speaker at our March meeting. She will discuss her role, Patient's Rights, and how to go about making a complaint if need be.

Helen Maseyk
Client Services Coordinator ME/CFS

The Kawhia Cruise

Let me say right from the outset – I am not a ‘car person’. Cars come in small, large and medium and as long as they get me from a to b in relative comfort and don’t break down then that’ll do me fine.

That’s not to say I don’t appreciate a beautiful car when I see one. And I have to say I do like American ‘muscle cars’. My first experience of them was when I was in form 5 (year 11) in 1972 at Fraser High School. I, like the rest of my male class mates, had a crush on our art teacher. She was six foot something, mini skirt, knee high boots, long flowing hair and, shall we say...very statuesque with a Texas drawl. I was very helpful to Miss Conroy and worked my way up to being head ‘gofer’. And so, when it was time to go to the Auckland Museum to see an art exhibition I was one of four lucky lads pleading with our over protective mothers to sign the permission slips to travel with the teacher in her car. Now her car was what you would expect. It was sleek, long, bright yellow and shiny. A Mustang – that’s the depth of my knowledge (I’m told by my driver at ‘the Cruise it was probably a MK 1). I loved the galloping horse badge and the noise it made when she put the accelerator down. And let’s face it – when she put the accelerator down she kept it down. There weren’t any speed cameras in those days and it still rates as one of my fastest (and most enjoyable) trips to the big city.

What has that got to do with the Kawhia Cruise? Absolutely nothing – I just felt I had to get that out there!

It’s 8.00am Sunday 17 November and the car enthusiasts are starting to roll into the car park of the Jukebox Diner – a perfect starting point for our cruise



to Kawhia. An hour or so of mingling, chatting, admiring each others cars and eating breakfast followed as we waited for starters orders. The Jukebox Diner is a fine venue and sets



the tone with its 1950’s décor but can anyone explain to me why Agnetha, Bjorn, Benny and Anni-Frid share the wall space with Chuck, Chubby and Elvis? Like me they appear to be a couple of decades out of their era. As official reporter/photographer (and all round important person) I set about scribbling on my pad. Then Adam’s photography student daughter, Ashley, comes in and starts doing the pose and click thing. Janet and Liz, a little too easily impressed, relieve me of my photography duties. Well excuse me! I stoically refuse to give them back their camera and by days end come up with the cutest photo (Molly with her MS volunteer badge clipped to her collar). Ya see Ashley – its attention to detail.

Anyway out in the car park the MS girls are running around rattling their buckets and the Pav man/auctioneer is flogging off pavlova’s for the cause. Adam raises the megaphone and does his best train station announcer impression and tells everyone it’s time to go. Suitably confused we play ‘follow the leader’ and cruise out of the car park. Being the important sort of toadie I am I’ve been given the choice seat of riding in Shelly’s (Adam’s wife) beautiful burnt orange and white 1955 Chevrolet (or as us enthusiasts say ‘Chevy’). Shelly is under doctor’s orders not to drive so good friend Craig is at the wheel and Shelly slums it in Adam’s 1969 Chevrolet Malibu. Evening out the ballast in our car is Craig’s wife Kirsty and family mut ‘Molly’.

An incident free journey to Pirongia is interrupted as Adam, heading the procession, pulls over to allow the stragglers to catch up. An equally impressive bunch of bikers having elevensies at the local café give us

the evil eye as they think we're trying to crash their party. The stragglers have caught up so successfully we now have a rush hour traffic jam as the locals look on with some bemusement. With a bit of honking, arm waving and evil eyeing back at the bikies we are off again turning west onto Highway 31 heading for our planned stop at the Oporau Roadhouse.

The Oporau Roadhouse is an impressive looking establishment stuck out in the middle of nowhere and its staff don't bat an eyelid as a hoard of coffee deprived car enthusiasts pour into their establishment. Good ole Craig does the 'invalid on board' bit and parks right in front of the establishment while Kirsty plays mother and darts into order coffee. As everyone stands around talking car type things I look for someone I may be able to relate to and spot a couple wearing red wigs and looking 'out of place' – my sort of people. Turns out Cara was at Uni with Shelley and they have driven down from Manurewa to support Adam. Husband, Cameron is caretaker at James Cook High School and they are driving a blue and green Mini built by automotive students at the school. They have recently completed a six day 'top of the North to bottom of the South' Pork Pie run and are taking this little jaunt in their stride.

Adam springs a surprise auction of motoring related stuff and the Pav man urges willing bidders to throw any left over cash in his direction. Auction over, a rather distinguished looking chap and his wife step over to the microphone and announce themselves as Steve and Sherryn Lachman of S&S Family Rally Sport, Tokoroa. Their son normally drives the rally car they have brought with them and it was at a recent rally in Gisborne where they did a quick 'whip around' and came up with a \$525 donation to the cause.

Back into the car for the short jaunt into Kawhia where it's more standing around talking cars and things, prize giving (best car, most chrome etc) and of course another coffee for the road home! Folk start saying their farewells, hand-shakes and hugs all round, rev up the engines and off into the sunset. Me and Craig and Kirsty and a dog named Molly join Adam and family back at Oporau for a whitebait fritter and a thank-you. It's a bit of a chance for Adam to kick back and reflect on a busy few weeks getting the cruise off the ground. If raising the awareness of MS was one of his goals he has more than achieved that with several newspaper articles and even a special mention at the Hamilton Boys High School leavers dinner where his former school-mate Te Radar was guest speaker.

At the time of 'the Cruise' I had only known Adam for a few weeks but what I have quickly learned about him is:

1. Adam has a lot of friends and contacts.
2. He is not afraid to use them to advance his cause.
3. His friends are loyal and are only too happy to be used.





The inaugural Kawhia Cruise was a successful and fun event. Adam (and friends) are organising the event again in November. Let's get more MS people involved. Perhaps we could have each car 'adopt a person with MS' and spread the word.

A quick count of the cars at Oporau revealed there were 47 in the convoy – not a bad effort!

Tshirts and caps are available to buy.

Big thanks to Adam Muir and the sponsors.

Ian Maxwell



Merchandise

Tshirts and caps can be purchased for \$25 each directly from Adam or from Janet at the MS Waikato Office.



MS Voice

Welcome to the new look electronic newsletter MS Voice!

We at the Multiple Sclerosis Society of New Zealand are excited to be bringing back MS Voice, our quarterly newsletter, with a refreshed design and approach.

While we will continue to bring you information regarding research, both nationally and globally, we also want to hear more from you. MS Voice will provide you with informative and beneficial content about living well and experiencing life with MS.

The official publication of the MS Voice is available in

March, June, September & December in electronic format.

If you would like to subscribe to MS Voice please go to www.ms.nz.org.nz and click on subscribe to MS Voice.

The newsletter is interactive to make navigation easier so you can click on a section heading at the bottom of each page to be taken to the content.

Happy reading,

From the team at MSNZ

MS Research

The fatigue that often accompanies MS can make it hard to do what you want to do. Use these ideas to help fight fatigue. By Mayo Clinic Staff

Fatigue is a common symptom for people with multiple sclerosis (MS). Being tired all the time can make it hard for you to move about or think clearly. Here are some suggestions for easing and managing the fatigue that accompanies MS:

Make healthy food choices

- **Maintain a healthy weight.** Monitor your calories and eat healthy foods to keep your weight under control. Being underweight or overweight can increase fatigue.
- **Don't skip meals.** It may contribute to low energy levels.
- **Avoid alcohol.** It can intensify feelings of fatigue.

Exercise regularly

- **Keep cool.** Moderate exercise can help manage fatigue. Consider walking on a treadmill in an air-conditioned room or swimming in a pool to avoid getting overheated.

- **Don't overdo it.** Too much physical activity can make fatigue worse. Start slow, so you don't go beyond your limits.
- **Take a break when you're done.** Make sure to get plenty of rest after exercising.

Respect your limits

- **Make a plan.** Organize your day so that you can attend to the most tiring tasks when you have the most energy.
- **Find work that fits.** If you have a physically demanding job that leaves you exhausted, think about finding other employment that's more compatible with your energy level.
- **Rest.** Sleep regular hours, and rest or nap when you need to.

Original article: <http://www.mayoclinic.org/diseases-conditions/multiple-sclerosis/in-depth/ms-site/ART-20046813>

Important Telephone Numbers

Your Own Doctor

Anglesea Clinic..... **858 0800**

In an Emergency **111**

Medical Helpline (Advice)..... **800 611 116**

Mental Health Helpline..... **0800 505 050**

Citizens Advice Bureau..... **0800 367 222**

Dept of Work & Income **0800 559 009**

Electricity Complaints..... **0800 223 340**

Inland Revenue (IRD)..... **0800 227 773**

Lifeline - Hamilton..... **0800 543 354**

Lifeline - Outside Hamilton **0800 838 0719**

Mental Health Waikato Hospital **838 3752**

NZ Drug Foundation **0800 787 797**

Police - Central Station..... **858 6200**

Tenancy Service..... **0800 836 262**

Victim Support Helpline..... **0800 8380719**

Crisis Team (CAT Team) **0800 50 50 50**

Depression Help line **0800 111 757**

www.depression.org.nz

Suicide Prevention Helpline **0508 828 865**

Health Line..... **0800 811 116**

NOTICE BOARD

** 18th Annual Zoo Day **

Dinsdale Lions in conjunction with Hamilton Zoo and Friends of Hamilton Zoo invite you to their

18th Annual Zoo Day

Sunday 16 March

10.00am to 2.00pm

A day of fun at Hamilton Zoo for people with disabilities and immediate family / caregiver; entry is free for people with disabilities and their immediate family/caregiver.

For more information or if you require transport within the city boundary please contact
Graeme Opie on 07 825 2005 or
Roger Bell on 027 440 0370

Cooling Vests

A practical way to keep you cool in the summer

Just soak vest in water for 10 - 15 mins.
Massage gel through case until even and full
Allow excess water to dry off and place in
Fridge, freezer to cool, for when ready to wear.

Vest is reversible, so it can be turned over
to keep the cool side next to the body.

Chest Measurements and prices

Size 10	28-32"	\$52.00
Size 12	34-36"	\$58.00
Size 14	38-40"	\$64.00
Size 16	42-44"	\$70.00
Size 18	46-48"	\$76.00

Postage costs are \$6 for individual sales
And \$7 for RD addresses.



If you are interested in this
product you can
Contact the supplier Adrienne
Butler directly on
03 310 7797 / 021 313 398

MS Waikato Trust AGM

The AGM will take place on
Wednesday 26th March at 7.00 pm in the
Life Unlimited Board
20 Palmerston Street.

Financial members will be eligible to vote
at the AGM

Subscriptions

Please note 2014 subscriptions are now due.
The cost for subscriptions remains at \$35, or
\$17.50 if you hold a Community Services Card.
A subscription form is enclosed.
Thank you for your support.

The Michael Ford / MS Waikato Golf Tournament

Our annual golf tournament will be taking place on
the 7th March 2014 at the Lochiel Golf Club. So
whether you are a novice or pro at only \$35 pp, with
great prizes, a sausage sizzle and refreshments
included, it is a great day out!

We are seeking players for this, if you would like to
participate or volunteer to assist please call
Janet on 07 834 4740 or
email janet@mswaikato.org.nz

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MSWT EVENTS CALENDAR

MARCH 2014

SUN	MON	TUE	WED	THU	FRI	SAT
30	31 MS Exercise Class 10.30am–11.30am Anytime Fitness 56 Tristram St Hamilton					1
2	3 MS Exercise Class 10.30am–11.30am Anytime Fitness 56 Tristram St Hamilton	4	5 MS Exercise Class 10.30am–11.30am Anytime Fitness 56 Tristram St Hamilton	6	7 Golf Tournament	8
9	10 MS Exercise Class 10.30am–11.30am Anytime Fitness 56 Tristram St Hamilton	11	12 MS Exercise Class 10.30am–11.30am Anytime Fitness 56 Tristram St Hamilton	13 ME/CFS Support Group Methodist Church Bader St, Melville 10.30am	14	15
16	17 MS Exercise Class 10.30am–11.30am Anytime Fitness 56 Tristram St, Hamilton MS Support Group Te Awamutu 10am, Dusk Till Dawn	18	19 MS Exercise Class 10.30am–11.30am Anytime Fitness 56 Tristram St Hamilton	20 MS Support Group Motatewa Matamata, 10am	21	22
23	24 MS Exercise Class 10.30am–11.30am Anytime Fitness 56 Tristram St Hamilton	25 ME (Chronic Fatigue) Social Group Meeting Contact Helen on 834 4742 for details Chartwell, 2pm	26 MS Exercise Class 10.30am–11.30am Anytime Fitness 56 Tristram St, Hamilton AGM Life Unlimited Building, 7pm	27	28	29

APRIL 2014

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 MS Exercise Class 10.30am–11.30am Anytime Fitness 56 Tristram St Hamilton	3	4	5
6	7 MS Exercise Class 10.30am–11.30am Anytime Fitness 56 Tristram St Hamilton	8	9 MS Exercise Class 10.30am–11.30am Anytime Fitness 56 Tristram St Hamilton	10 ME/CFS Support Group Methodist Church Bader St, Melville 10.30am	11	12
13	14 MS Exercise Class 10.30am–11.30am Anytime Fitness 56 Tristram St Hamilton	15	16 MS Exercise Class 10.30am–11.30am Anytime Fitness 56 Tristram St Hamilton	17 MS Support Group Motatewa Te Aroha, 10am	18 Good Friday	19
20	21 Easter Monday	22 ME (Chronic Fatigue) Social Group Meeting Contact Helen on 834 4742 for details Chartwell, 2pm	23 MS Exercise Class 10.30am–11.30am Anytime Fitness 56 Tristram St Hamilton	24	25 ANZAC Day	26
27	28 MS Exercise Class 10.30am–11.30am Anytime Fitness 56 Tristram St Hamilton	29	30 MS Exercise Class 10.30am–11.30am Anytime Fitness 56 Tristram St Hamilton			

MS Waikato Trust, Life Unlimited Building, 20 Palmerston Street, PO Box 146, Hamilton 3240

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