

talking point

NEWSLETTER OF MUSCULAR DYSTROPHY NEW SOUTH WALES

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Christmas Spirit



Merry Christmas from the staff
and Board of Muscular Dystrophy NSW



MUSCULAR DYSTROPHY
NEW SOUTH WALES



Seasons greetings and welcome to our 2012 Christmas Edition of Talking Point. I hope that you have had the opportunity to put up a Christmas tree, buy a few gifts, sing some carols and enjoy a piece of Christmas cake or two. The photo of Anwen, Mahalah, Gideon and their mother Jemimah featured on the front

cover certainly helped us feel in the Christmas Spirit.

We always enjoy the pre Christmas festive season at the NSW office because we get the opportunity to meet many of our members at our annual Christmas parties. Nearly 30 gathered last Friday for the Ladies' Christmas Lunch. Our family Christmas events for the Sydney, Hunter, South Coast and the Far North Regions will be held over the next few weeks.

Although Christmas is seen as a time of celebration and the opportunity for some relaxation it can also be a challenging time for many. Our Counsellor Liz Bailey has written an article Surviving the Christmas Chaos to help us navigate through the season (see page 6)

The Greek philosopher Heraclitus wrote "change is the only constant". We have recently experienced a number of staffing changes in our office. Sadly we said goodbye to Colin Gunn Muscular Dystrophy NSW, Vice President, following a wonderful five years of service to our organisation (see page 3) and Georgina Christofis our Carers Program and Regional Coordinator. (see

page 18). We thank you both and wish you well for your future endeavours. I am pleased to advise you that Victoria Berg has been appointed as Client Services Manager after three successful months of acting in the role. We also have welcomed three new members to our NSW office, Maryanne Murray who will be project managing our online training program, Matthew Figgins who will be adding to our team of Client Service Coordinators (see page 7) and Jenny Smith as our Client Service Project Assistant .

A highlight this year has to be Camp 2011. With 42 campers and over 40 carers it was an action packed week of adventure, activity, fun and challenge. The middle section of this edition of Talking Point includes an interesting and full report on the camp's activities. Thank you to ADHC for their generous and ongoing support of our camps and retreats.

Last month I had the opportunity to attend a function hosted by the Australian Duke of Edinburgh's Award attended by HRH Prince Philip. During the formalities Her Excellency Quentin Bryce AC, Governor General said *A fortnight ago at a special award occasion at Admiralty House I met a charming young woman who is in an Award Pilot Program. Hayley, has Muscular Dystrophy. We talked about the pressures of being in pilot programs, the drive to make them work. "Well, this one is working", Hayley told me. It was uplifting and humbling to meet her .We are so proud of all our DOE participants.* (see page 8)

Wishing you and your family a lovely Christmas, a happy new year and some well earned rest and relaxation. I look forward to sharing 2012 with you.

Pene Hodge
CEO, Muscular Dystrophy NSW.

All contributions can be sent to The Editor, PO Box 1365 Meadowbank NSW 2114 info@mdnsw.org.au Tel: 9809 2111

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A Word from the President

2011 has been a very active year for Muscular Dystrophy NSW with some major achievements.

The appointment of Pene Hodge as our new CEO to replace David Jack, is inspiring a very strong, cohesive team of professionals. This is most important in that a number of new grants have been received from ADHC which will increase our operational staff numbers from 10 to 15, and our budget by about 30%.

To assist us with our funding, I am confident that Katharyn (Kags) Garrard, who joined us in mid October as Fundraising Manager will be the right person at the right time. Her experience relates very well to new initiatives that are planned to provide more certainty to our income.

Colin Gunn retired from the board at the November AGM, after 5 years of exemplary service, 4 of these as Vice-President. Colin contributed a great deal to MDNSW in a number of ways including IT advice (his expertise), web site development and upgrading, as chair of the Vision and Strategic Planning Committee, and as a major donor. Colin was most influential in the growth and development of MDNSW, and made a very vital, thorough and far reaching contribution. I think that we all have a great deal to thank Colin for.

We are very fortunate to have 2 new Board members of a high calibre who are already making a substantial contribution to our future.

Nettie Burke's marketing and advertising experience is already proving invaluable, and Peter Debnam's political and business experience, has produced several new initiatives already.

I wish to thank all of our loyal staff and supporters for once again making the grand effort they have to make us what we are – a composite of people, doing our very best to help those with neuromuscular disorders.

I'm sure you will all agree that we can once again feel proud that we have expanded and improved our services to a higher level still, and have better qualified staff to provide them.

My best wishes to you all for a very happy festive season, and until next year.....

Rob Ferguson

President, Muscular Dystrophy New South Wales



FAREWELL Colin Gunn

I put the idea to Colin of joining the MDNSW Board about 2 years before he eventually did join in late 2007. He said then that he was interested, but needed to be able to give the role the attention it deserved. I was to learn later what he meant.

Colin took the role of Vice President very seriously, had a vision of growth and improvement, and made every effort to bring this about. He tackled issues with

vigour, and foresight, and was at the front line in the planning process, and in bringing the Board together when needed. He was the ideal chair of the Vision and Strategic Planning Committee, and as is his nature, probed for an even better way to do everything. His overriding philosophy was to do all we realistically could to make a better life for those with neuromuscular disorders, and those that care for them, without any delay.

I could not have had a better Vice-President to work together with on difficult issues, and to plan the way ahead with. While we are fortunate to have an excellent new Vice President, and things move on, I am very sorry to see Colin go. But I thank him wholeheartedly for what he has given to Muscular Dystrophy NSW in so many ways.

Rob Ferguson - President

Colin has certainly made a significant contribution to Muscular Dystrophy NSW.

He will be greatly missed at Board meetings as both a colleague and a friend. We will miss his keen and inquiring mind and his fierce commitment to our work. He was strongly motivated by personal family exposure to muscular dystrophy.

To me, Colin was always an intellectual and challenging force with a vision that was both well grounded and practical. Board discussions have been stimulating and fruitful thanks to his input. He values constructive and positive collaboration so the growth and achievements of the organisation over recent years have given him great satisfaction. His decision to stand down to facilitate Board rejuvenation is a measure of the person.

Colin's contribution to Muscular Dystrophy NSW went beyond his Board responsibilities and we owe him much gratitude and respect for this.

Ross Parker - Director



Meet A Member

Maralyn talks to Heather Kriss from West Ryde

Heather is a mother of four and a grandmother of four



Can you name one goal you have?
To meet other members with FSHD. To keep active and positive and to be an inspiration to others.

What do you really like doing?
My passion is photography! I love researching anything and everything on the computer; it is like have a library at home. Enjoy Scrap Booking.

If you were to win \$10 million, what would you do with all that money?
Share with my children; donate money to research of FSHD. Travel to England to see my mother, who I haven't seen for 20 years

If you were to get an opportunity to live anywhere in the world, which part of the world would you choose? **Australia**

Why Australia? **It is the most wonderful country. It has a bit of everything in it.**

If you had to evacuate your house immediately what two things would you grab (not people or pets)?
My photo albums, and my pile of DVDs with my photographs on them. Irreplaceable!!

If a movie was made about you who would play your part? **Meryl Streep, she can act in so many different ways, can be so many different characters. So many emotions in so many different areas.**

What would you like to be talented at?
Helping people, I would have liked to do a Counselling Course to help people.

What is your best subject in school?
English

If someone was to give you a gift, and money was no object, what would you want it to be?
A home of my own.

If you were visiting the zoo and could go into any cage, which animal would you choose to spend 20 minutes with?
Giraffes

What is the bravest thing you have ever done? **I sat with a very dear friend, whose husband (42yrs of age) had emphysema, whilst his life support was turned off and he lost his battle to survive.**

If the whole world were listening, what would you say?
We need to be much more aware of the inequalities in the world. The world is not an equal place; there is too much violence and too much greed and selfishness in the world. We need to think of others and each other more.

Are you a collector of anything? **Books, mainly self improving and personal growth type/variety.**

Have any bad habits? **I don't think of myself enough. Not aware enough of my own needs. Being diagnosed with FSHD has made me think I must be kinder to myself.**

Who would you most like to sing like?
Whitney Houston!!

What would you like to learn more about? **Photography. I would love to learn how to use the program PhotoShop that I already have on my shelf!**

What family tradition/routine do you love most? **How we celebrate birthdays in our family.**

Name one thing not many people know about you? **I would have loved to have been a dancer.**

If you HAD to change your name, what would you change it to? **Heather, have always liked my name.**

If you could have dinner with anyone in the world who would you choose?
The Prime Minister, to talk about health and the funding for research and better health care. Second choice would be Prince William and Katherine

Ladies' Luncheon

The Ladies' Christmas Luncheon, held on Friday 25th November at Bicentennial Park was a hit! Everyone looked fabulous and we were all well looked after by the catering staff.

We were pleased to see a variety of ladies there, faces we've known for years as well as new faces, friends, wives, daughters, mothers, all together having a laugh, sharing stories over some good food and a glass of wine.

The venue allowed everyone to mingle with each other easily, and some new friendships were formed. It was really a wonderful opportunity for women to get to meet other women in similar circumstances, or with similar interests and other things in common.

Sometimes it's these events that instigate the forming of new life long friendships.

It was a fantastic opportunity for us to get to catch up with everyone, to reflect on all our achievements as wives, mothers, daughters over the past year and continue to support each other as friends. And of course to enjoy a delicious lunch!

If you'd like to become involved in an informal ladies' support group, please send an email to liz.bailey@mdnsw.org.au



A Culinary ^{Re}treat in Melbourne

Wow what a weekend we had in Melbourne for our final Retreat of the year! Staying 2 nights at the Crown Promenade in the heart of the city, Kags and I felt privileged to be able to share the company of 20 beautiful people from all over NSW.

Our first group outing was to Gordon Ramsay's MAZE Restaurant, where many of us struggled to move from our seats at the end of the evening due to the copious amount of high class food we were served. We all met again for breakfast next morning before everyone embarked on their individual journeys to places such as the markets, an Expo, and the Christmas Spectacular. Some even chose to unwind by the pool for the day, enjoying a swim, sauna and spa together without interruption.

At 5pm we met up in the Tonic Bar where Manu the world famous Celebrity Chef kindly popped in to say hello and took time out of his busy schedule for a few pics with the group. Next stop was Guy Grossi's Merchant Restaurant where we arrived to a welcome few have ever experienced before. Every waiter, cook, kitchen hand and barman welcomed us individually with the warmest greeting. It was as though we were being welcomed into the Grossi family home and it was a

special family dinner! Our Retreaters felt relaxed from the time they saw that first huge smile and heard that wonderful Italian accent, and were able to push their life at home temporarily to the back of their minds, probably for the first time in a long time.

And ohhhh... the food!!!! Nothing compared; nothing will probably come close. The whole experience will remain with each of us for a very long time to come – the night we had a little taste of Italy's big heart.

Loretta Downie, Event Manager



Manu and the gang!

A big thanks to ADHC for making this Retreat possible



“ My baby boy was diagnosed with Duchenne about 2 years ago, and since then our whole world has turned upside down and inside out. It has been such an emotional roller coaster dealing with all the emotions and daily appointments without a break or an end in sight. This year I hit rock bottom and without these Retreats I don't know how I would keep on keeping on. Muscular Dystrophy NSW has become my family and we are so grateful for everything they do – even a simple email asking if I'm ok, or sharing a simple story to try to make me feel that I am not alone. Thank you from the bottom of our hearts. **Diane**

The Retreat gave us a sense of normalising our life. It made us feel free and comfortable to be in the company of people who share a similar hardship without having the need to explain it all. **Marita and Burkhart**

This Retreat has come at a really hectic time for us where we needed to step back and take a deep breath. It has given us a boost to handle our future. **Barry and Lee**

We are going home refreshed ready to resume our care with a new outlook after hearing some other stories of how difficult it is for some carers. **Maria and Frank** ”



Surviving the Christmas Chaos



The holiday period is a time to look forward to. We look forward to having time out of our normal routine, some time off work or study, and time celebrating with friends and family. However, it can be a challenging time too, as with all these exciting things also brings stress around the pressures associated with the celebrations.

For many of us, the Christmas and new year period can be a difficult time as it can remind us of certain losses. It's a time that can bring up sadness and cause depression.

It's often a time that we remember someone who was close to us that is no longer with us. We can feel their absence more significantly at this time of getting together with others. This time of the year can remind us of good and bad memories and things past. It's often a time where we reflect on the past, or the future.

It might be a time where we are reminded that the future may look very different to what we had hoped for it to be. We may be filled with sorrow when we'd planned to be feeling joy.

It can also be a time where the practical aspects of getting to and from places is difficult due to the time it takes to get ready or not having appropriate equipment. Sometimes we simply can't go to a certain event because the venue is not suitable to our accessibility needs, and we can feel that it's so unfair to be left out. These things remind us of the difficulties and the reality of how our situation affects us and our families.

For some of us, Christmas and new years can be a time of loneliness. Hearing and seeing people around us making plans to get together and celebrate can be hard when we will be spending the time alone. There is such an emphasis on celebrating with others at this time of year, and for those of us who are isolated, we can feel even more isolated and alone. Some of us may feel alone, even when there are many people around us.

There always seems to be a big emphasis on the materialistic aspect of celebrating, and for those of us who are experiencing financial stress, we can feel even more stressed at this time of year. There might be real or perceived expectation to spend money and put on a big display. We might feel pressure to meet expectations of big celebrations of the past, and we don't want to disappoint others. When we are worrying about money, this can be a very difficult and stressful time.

All these things can cause misunderstandings with family members, or bring out old conflict we had forgotten was there. It's a time of year where more arguments are more frequent as emotions rise, stress bubbles, and all this is intensified by being more tired than usual.

The most important thing to remember is that everyone experiences a certain element of stress during the Christmas chaos period, for one reason or another. Realising this is important to surviving our own stresses as we eagerly queue for the last leg of ham, or wait for our turn to move in grid-locked roads, all in 30 or 40 degree heat.

Remember that someone else is worrying about how they'll pay for everything. Remember that someone is spending it alone. Remember that some families can't attend the big event because it's not practical to get there.

Remember that we are all doing our best to enjoy the time off, but that circumstances beyond our control mean our plans don't go as we wished... And that's okay.

Be open to the unexpected this year, and cherish the things that have worked out. Let your biggest gift to others be the gift of patience, consideration for others, and managing emotions.

Give yourself the gift of not comparing your situation to others, but acknowledging your own journey and that of those around you.

Surviving the Christmas chaos means realising that some things won't go to plan as we wanted, and that's okay.

Christmas Chaos Survival Pack

- Comfortable shoes for waiting in queues
- Extra music / audio books for grid-lock traffic
- Forward planning for spending money – Write up a budget
- Hold off from engaging in conflict – File confrontation away for a later date
- Focus on the things that you are happy with
- Be open to the unexpected and roll with it

Liz Bailey
Counsellor



*Do you need someone to talk to?
We encourage you to book an appointment if you've ever thought that you might benefit from talking things through with someone who understands. Please contact Liz on 9809 2111 or email liz.bailey@mdnsw.org.au*



Client Services Update / Time to reflect

Does anyone else feel like Christmas has sneaked up very quickly this year? As soon as I read the e-mail calling for Talking Point articles for the Christmas Edition I could not believe it was that time already. This got me thinking about Christmas being a time for spending time with loved ones and creating happy memories but that it is also a time for reflection. This flow of thought has prompted me to reflect on our accomplishments over this past year. 2011 has been what can only be described as a big year for Muscular Dystrophy NSW, it has involved saying goodbye to old friends and welcoming new, it has meant a lot of hard work to develop our services and to maintain the high standard to which we always aim for.

Client Services has had a few big changes which include Pene leaving the role of Client Services Manager and becoming our CEO, the development of the Specialist Counselling Service and the continuation of service and support development for both the regional and metro areas of NSW.

We have successfully secured funding to provide ongoing case coordination and home visits which I hope means we will be able to meet with and support more and more members and people living with neuromuscular conditions in NSW. We have recently embarked on a year long process to develop a training tool to provide education about neuromuscular conditions and to raise the general public and service providers' awareness of this. The Care for Carers Program continues to grow and has started to incorporate Case Coordination as well and I expect this service will continue to grow throughout 2012. 2011 has also seen the development and strengthening of ties with other organisations and services including other state Muscular Dystrophy Associations.

These strengthened and refreshed relationships will result in more efficient and affective support and services for members.

2012 is going to see another year of growth and development with at least 2 new client service programs coming on board. However 2012 will also be a period of consolidation and reflection to ensure that each service and program has strong foundations to enable it to grow successfully.

Wow, seeing my reflections written down has made me even more shocked that Christmas is almost upon us once more, so many things to celebrate and to take with us for more development and growth in the New Year. Something tells me 2012 is going to be another busy and quick year!

I would also like to take this opportunity to say thank you to everyone who has been involved in and attended our many events and who have accessed our services. I hope you have found them to be worthwhile and can I encourage you to take some time over the Christmas period to reflect upon and celebrate your achievements, as well as to share these with others. We love to celebrate success so if you have anything you would like to share with the Muscular Dystrophy NSW community please forward me the information, as we like nothing more than to celebrate your success.

Wishing you all a very Merry Christmas and a Happy New Year, I hope you get the chance to spend time with family, friends and loved ones to create some special memories!!

Victoria Berg
Client Services Manager

WHAT DO YOU THINK?

ON-LINE SURVEY COMING TO AN EMAIL BOX NEAR YOU!!!



Hello, my name is Maryanne Murray and I have recently started working at Muscular Dystrophy NSW here in the Meadowbank office. I will be developing some training materials for those who care for people with neuromuscular disorders. The NSW Department of Ageing, Disability and Home Care is funding the development of this training. It is sometimes difficult for those who provide this care to understand what exactly is required for each person's care.

We hope that this training will help in that understanding so that the care that you and your family members receive is improved.

The training will be web-based and also there will be training days held for the frontline staff. The web-based training will be accessible

through the MDNSW website so it may also be useful for individuals and family carers.

The project will take about 12 months. One of my first and most important tasks will be to consult with as many members as possible who are living with NMD and their families.

I will be conducting an online survey which will collect information about the care you have received and the services of MDNSW. I would be very grateful if as many people as possible complete the survey because that will give us the best information. It should take about 10-15 minutes to complete. There will be plenty of room for your own comments in the survey.

Please feel free at any time to contact me by telephone, if you would like to offer details on experiences you have had with care, either positive or negative. My telephone number is 02 9809 2111.



MATTHEW FIGGINS

I am a New Zealander who arrived in Australia in 2008 and during the last 3 years I have been employed as a Case Manager specialising in the Aged, Disability and Mental Health Field.

In New Zealand I worked previously in the Mental Health Field, and since my time in Australia my passion for Social Work has only grown. I love my job as a Case Manager because every day presents new challenges and I also have the ability to be out and about meeting and helping new people.

I believe that the key to my success as a Social Worker is time management, professional integrity and listening to the needs of my Clients and Carers.

I love Australia's climate and beaches, and I also love to Fish, Swim and the Outdoors in general.

I am really looking forward to working for Muscular Dystrophy New South Wales, and learning from the Teams' vast knowledge and experience in the field.



The Boccia Brag



Boy things are really heating up in the world of Boccia! It's such an addictive sport that our members are becoming hooked after just one game. Future champions of all ages and abilities are coming out of the woodwork – so if you get the chance – give it a go and see where it takes you!

Our first ever NSW Junior Boccia Champion!

Our very own Daniel Michel won the NSW Junior Boccia Titles recently at the State Sports Centre at Sydney Olympic Park. He competed against 24 of the best juniors in the country and took out the Title! He is the first person with MD in Australia to do this, and we are extremely proud of him, especially considering he's only played a handful of games since first being introduced to the sport at camp last year.

Muscular Dystrophy NSW had 4 representatives competing in the titles – an excellent achievement considering we've only really just started promoting the sport about 6 months ago. Tait Jenkins from Lismore made it to the semi finals, and a big congrats must also go to Lucy Sargent and Philip Hojgaard-Olsen for making it to the titles and playing admirably!

Dan is pictured with Paul van Oosten from the Australian Paralympic Committee who is fully behind the idea of a National MD Boccia Bash we plan to implement next year. Wouldn't it be great to have someone with MD at the RIO paralympics in 5 years? Even better, wouldn't it be great to have a sport throughout Australia in which our members were able to participate regularly – feeling great about themselves, having that excellent sense of achievement that sport can provide, and making some wonderful friends in the process?

Catch the Boccia Bug!!

Loretta Downie, Event Manager



Lucy Sargent helps her school win the NSW School Boccia Competition

Lucy first played Boccia at Camp last year and showed a great deal of promise from her first game. Then last month Lucy found herself captaining the winning Team in the NSW School Knockout Competition. The competition had run for 3 months and saw 30 schools and 100+ students compete. The best 8 teams from rural and regional NSW state schools fought it out in the finals at Sydney Olympic Park where William Stimson Public School took out the title.



Lucy impressed me, from the moment I met her, with her confidence, enthusiasm and her positive outlook. It was an added bonus to see how she quickly took to the game of Boccia, and could aim up the ramp, and make good decisions. She quickly took the role of team captain and display good communication skills and insightful support for her team mates. Consequently, I have been very keen to get her more involved in boccia. It was no great surprise when she led her school team to victory in the recent NSW School Boccia competition at Olympic Park. Quite simply, Lucy has a bright future ahead of her at whatever she chooses to do, and I hope that Boccia will offer her the challenge and opportunities that she deserves.

Peter King, President, Boccia NSW

The Central Coast Boccia Cup

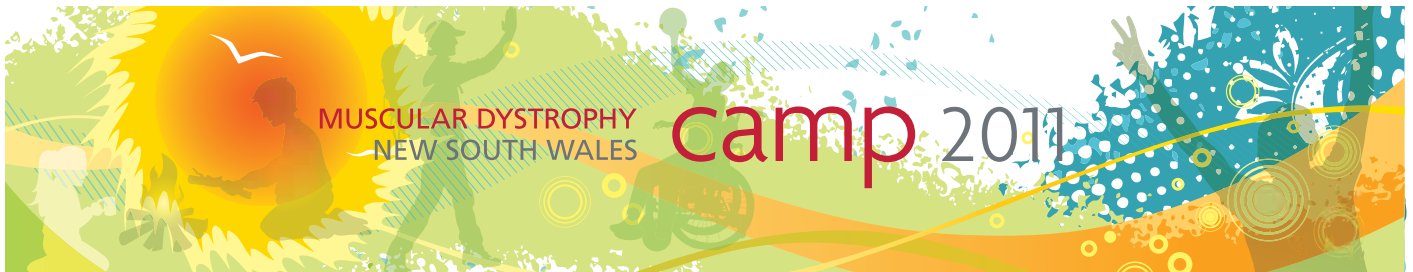
On Thursday 20 October, 16 teams made up of more than 100 players took to the Boccia court at Niagara Park to contest the Central Coast Challenge Cup. Muscular Dystrophy NSW member and Boccia Ace, Dean Nottle played for the Woy Woy team, and I played for the Newcastle 1 team. Unfortunately (or fortunately, depending on your point of view!) Dean's team was knocked out in the heats, while Newcastle 1 finished in fourth place overall, with Manly taking out the Cup. Just as important though, was the enjoyment of competition and the pleasure of making new friends and catching up with old ones.

Boccia is a fantastic sporting outlet for all MDNSW members of all ages and abilities, and Dean and I would encourage more MD players to join in!

We look forward to catching up with you on the Boccia court sometime soon.

Phil Bates





Generously funded by Ageing, Disability and Homecare

Monday

42 kids, teens, and young adults came from all over NSW to attend this year's 5 day camp at the Sydney Academy of Sport, Narrabeen during the September school holidays. Sean Disbray, the most senior of our 5 indigenous campers did an Acknowledgement of Country before we all tucked into a scrummy bbq.

The camp activities kicked off with a bang with the staff from TEBU facilitating an excellent team building activity. Campers were divided into teams and earned game dollars based on how they performed in certain tasks eg fishing for frogs, puzzles, a memory maze and a throwing competition. Teams then used their money to "buy" selected building materials to make a pipeline, requiring communication, teamwork and strategy. The winning team was the first to get 15 golf balls down the pipeline. An excellent way to introduce the campers and carers to each other, and we saw many great acts of Sportsmanship here.



Maralyn launched the first of our Crafty Creations sessions by teaching the group an innovative way of making Christmas decorations. Others preferred to head off to Beatboxing or the Vocals workshop courtesy of Debbie and Mark from Dance Central. All three activities were an absolute hit – regardless of which one chosen. Tonight also saw the first of our Adult Catch-Up sessions - a movie night - which proved to be very relaxing after an on-the-go day.



Tom holding up the pipeline



Callum loved singing up a storm



Tuesday

The Great Race joined us on Tuesday to run their very own version of the Amazing Race. This 2.5 hour session incorporated slingshots, Tim Tam slamming with vegemite, Harley rides, electric chair time trials and puzzles, with the Go Go Girls taking out the honour at the end. Aply led by a very animated Jelena - the excited Codie, Kate de H, Bianca, Breanna and their team all wore their victory medals proudly and loudly at various times throughout the remainder of camp. Well done to Kate Hepton and Rhys for their outstanding effort in this activity. The camp group was then split into two for the afternoon, with the younger ones heading off to hold crocodiles, lizards, snakes and other crawly things with Walkabout Reptiles. Morgan and Kamal loved this section! The older campers were thrilled to partake in Skithouse – a performing arts festival with the zany staff of the Great Race. Participants had to do a variety of acting tasks, with one of the best being a series of skits where campers had a limited amount of time to get



Scotty the Tuffy!

into a frozen position depicting a certain scene eg Sydney or Disneyland etc. A stand out frame for me was Daniel, Tait, Philip and Ben giving us their version of a Ghost Train – what a crack up! Steve and Von shone in Skithouse, and they should also be congratulated for suggesting it as an activity for camp in the first place.

A big thank you to Genea who sponsored some of today's activities and joined in with the group throughout the sessions.

It was Movie time for the teen group tonight which seemed to be a popular activity once again; a chance to stop, relax and have a chat with campers of the same age.



Morgan in the Amazing Race



Ben was at home with the reptiles



Steve doing Skithouse



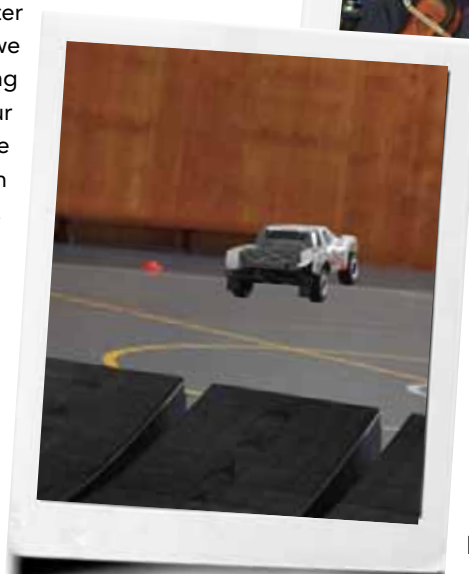
Max and Samson resting up

Wednesday

We headed off to our activity early this morning so we could take a peek at the Manly Sea Eagles who were training in the Sports Hall before us. It seemed that some campers and carers appeared to look slightly different this morning – perhaps with a little make up and nice looking clothes – but I couldn't quite figure out why...hey Bodene ?!!!! After eventually lifting our jaws off the ground, we somehow managed to put all the wrestling moves behind us and concentrate on our beatboxing and singing rehearsals for the concert on Thursday night. The afternoon saw us all rotating between Masterchef,



Our very own Wiggles



The hit of the camp!

Photography and Radio control cars in our three age groups. A big thank you to Sandra Holland from Sydney Children's Hospital who volunteered to teach the campers some great techniques in digital photography. The St Ives Radio Control Car Club also volunteered to run sessions in remote control car racing. This was voted by the campers as being the most popular activity on camp, with campers being able to take turns at making the monster trucks jump over ramps and bash into obstacles and other trucks in the Sports Arena. We are currently working with the Club

to set up some events throughout the year to help promote the sport amongst our members. What a wonderful team of volunteers the St Ives Club has, and a massive thank you to the staff at VENOM who provided the equipment at no cost on the day. The cars certainly looked a little different at the end of the day compared to the beginning!! A big congrats to Max and Tom G who excelled in this sport and managed to pick up a trophy AND a remote helicopter donated by VENOM for their excellent achievements today.

Perhaps the biggest thing to ever happen at Camp so far was the involvement of Guy Grossi in our Masterchef Mayhem activity. Guy (Masterchef and My Kitchen Rules) and Matteo flew in from Melbourne for the day to teach the campers how to make Tiramisu, Pasta and Pizza. We felt so privileged to have Guy and his team attend this camp and pass on some of their cooking tips to the campers. Apparently it was hard to tell whether there was more laughing than cooking thanks to Guy's wonderfully warm and unique approach to his craft, but by all accounts it was a brilliant afternoon. I must make special mention to Jenna and Tom O for their outstanding success in Masterchef Mayhem, but I must say, the most hilarious of our talented cooks was Samson – who had absolutely everyone in stitches with his witty comments throughout. Samson Old – we salute you!!



Amazing Race Winners



Tom Beatboxing



Kate's craft

