

# talking point

NEWSLETTER OF MUSCULAR DYSTROPHY NEW SOUTH WALES

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## Working Together



**Back row** (l to r) Kags Garrard (Fundraising Manager), Liz Bailey (Counsellor), Matthew Figgins (Client Services Coordinator), Maryanne Murray (Training Project Officer)

**Centre row** (l to r) Gracia Selina (Finance Assistant), Maralyn McCann (Office Manager), Chaitali Desai (Finance Manager), Jenny Smith (Client Services Project Assistant)

**Front row** (l to r) Victoria Berg (Client Services Manager), Pene Hodge (CEO)  
Missing in action: Loretta Downie (Event Manager)



**MUSCULAR DYSTROPHY**  
NEW SOUTH WALES

## A Word from the President

When I joined the Board last year, I was struck not only by the courage of people affected by muscular dystrophy but also by the absolutely unqualified determination of families, friends and Muscular Dystrophy NSW staff to support and encourage them to explore and realise their potential.

I had originally agreed to join the Board, after meeting our President Rob Ferguson, because I was just plain impressed with Rob's commitment, his energy and his strategic view of how Muscular Dystrophy NSW should navigate the future. It became apparent to me that over many years, with the full support and assistance of his wife Fran, Rob had thrown himself into making Muscular Dystrophy NSW a success and had gathered around him a talented Board of Directors and professional staff who are delivering for our families.

Late last year, Rob Ferguson took on extra workload as the National President of the Muscular Dystrophy Foundation and as a result he asked me to step into his shoes as President of Muscular Dystrophy NSW. I agreed on the basis Rob would remain as Vice President on our Board.

But Rob has big shoes! He has been a Director since 2001, President since 2007, a tireless worker for Muscular Dystrophy NSW and an inspirational leader overseeing a substantial

increase in our resources and services. So much has Rob contributed, that at the February Board meeting, our Directors voted to appoint Rob Ferguson a Life Member of Muscular Dystrophy NSW for his service to our Association and people.

In this, my first contribution to Talking Point, and on behalf of our team, I want to thank and salute Rob and Fran Ferguson for their more than a decade of service to Muscular Dystrophy NSW.

Best wishes,

**Peter Debnam**

President, Muscular Dystrophy New South Wales



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

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**This edition of Talking Point is dedicated to honouring a number of people who have made a significant contribution to Muscular**

**Dystrophy NSW and the Neuromuscular Community.**

Rob Ferguson, who after over eleven years of wonderful service to our Board and leadership of the organisation, has resigned as President. I am pleased that Rob is to remain on our Board as Vice President. Professor Kathryn North who was named a member of the Order of Australia for her outstanding service in the field of neuromuscular and neurogenetics research, paediatrics and child health, and Dr Heather Johnston a Muscular Dystrophy Board Member who

retired earlier this year from her position at Sydney Children's Hospital.

Another group that I would like to personally honour are the wonderful team of staff who work out of the Muscular Dystrophy NSW office as featured on the front cover. I have never worked with such a hardworking, dedicated and passionate group of people. They daily model our organisational values of Compassion, Integrity, Respect and Teamwork.

A number of our members have contacted me recently with concerns about the difficulty they are having and the length of time it is taking to get much needed medical equipment. I would appreciate hearing from you if you are having or had a similar experience.

Planning is well underway for another eventful year at Muscular Dystrophy NSW. We are starting off the year with our annual Gala Ball, the National Electric Wheelchair Sports, the Camp at Port Stephens and the Melbourne Retreat. We have included a number of articles

and photos from our Christmas Parties. I had the pleasure of travelling to Ballina and enjoying Christmas lunch with our members, their families and friends. Can I encourage you to join in some of the events organised for the year ahead? It's a good opportunity to meet others who are sharing a similar journey.

Our organisation is aware that there are a number of people with a neuromuscular condition and their families who have not heard of our organisation and the services we provide. We are currently focussing on spreading the word throughout New South Wales. Could we please ask you to join us in doing this?

My best wishes to you all for a wonderful 2012 and I look forward to meeting many of you at the Gala Ball and other events throughout the year.

**Pene Hodge**  
CEO, Muscular Dystrophy NSW.

## Tribute to Heather

Some of you may know that Dr Heather Johnston retired earlier this year from her role as Paediatric Neurologist at Sydney Children's Hospital. We would like to take the opportunity to acknowledge and celebrate Dr Johnston's dedication and hard work. Dr Johnston has given many years in providing care to people diagnosed with a neuromuscular condition and to their families.

Dr Johnston has been actively involved in the development of care and support in this area. She has delivered training, education and guidance in this field to many key people, including other medical practitioners, allied health practitioners, families and carers.

Dr Heather Johnston joined the Board of Muscular Dystrophy NSW in February 1994 as a Director. For a significant time as our Medical Director she made significant improvements to the lives of many of our members.

"On behalf of the Members, Board and Staff of Muscular Dystrophy NSW I would like to congratulate Dr Heather Johnston on her recent retirement" says Pene Hodge, CEO Muscular Dystrophy NSW. "Thank you for your many wonderful years of service to children and young people with a neuromuscular condition, their families, our organisation and the wider neuromuscular community. We wish you all the very best."



Dr Heather Johnston



# Time to pass the baton as **President**



As I have made clear to the Muscular Dystrophy NSW Board over the last year or so I believed it important to have a well considered process of renewal and change in the board and particularly the President's role. The prerequisite for such change was that the right successor was available to assume the role.

During 2011 we were fortunate to be able to appoint Peter Debnam and Nettie Burke to the Board. Both of them have had highly successful careers that gave them very relevant experience for their directorships.

At the 2011 AGM I indicated that I did not intend my role to go for a full year. It was becoming clear to the Board that Peter Debnam, who has had very successful leadership roles in the Defence Force, Business, and Politics, was well suited to the role of Presidency.



## Tributes to Rob Ferguson's Presidency

*I think of Rob Ferguson's service to Muscular Dystrophy NSW as an outstanding example of the right person in the right place at the right time. That thought always reminds me of the occasion when Rob first met some representatives of the Association. As Rob left the room, one of those present said "we need that man on the Board of Directors" and everyone else immediately agreed. That was a very astute observation, from a brief meeting.*

*The Association has undergone important developments while Rob has been a Director, Vice-President and President and he has contributed in ways which few have come close to matching. He brings to the job a boundless determination to give it everything he can and he really means it, which costs a lot in time and consistent effort.*

*Having known Rob from when he first became aware of the Association, I am very appreciative of how fortunate we have been, and continue to be, since that first meeting.*

**Professor Graeme Morgan**  
Former President, Muscular Dystrophy NSW

*Rob's willingness to give so generously of his time and expertise in whatever way he felt would benefit the Association was amazing. He was inspirational, great to work with and respected by fellow Directors, staff, clients and supporters alike.*

**Richard Gould**  
CEO, Muscular Dystrophy NSW 2001-2004

*As CEO of Muscular Dystrophy NSW, I worked closely with Rob in his roles as a Director and President of the Board. In that time I developed a great deal of respect for and trust in him.*

*Rob, to me, was very much a hands-on, 'shirt sleeves' style person. I could always rely on him for advice or guidance, to take on much of the functions of an event organiser or fundraiser or simply to lend a hand, whenever asked, on anything needed to be done, however menial. I knew he would do so without hesitation and both professionally and competently.*

*The Association owes Rob a huge debt of gratitude for his many years on the Board and his selfless commitment and contribution to the cause of muscular dystrophy.*

**Ian Dear**  
CEO, Muscular Dystrophy NSW 2004-2008



# of Muscular Dystrophy NSW

At the end of 2011 I was asked by the Board of the Muscular Dystrophy Foundation to replace the retiring chairman, which involved a good deal of time in restructuring and guiding its important future.

In discussions with the Muscular Dystrophy NSW board it was agreed that Peter Debnam was both capable and willing to step in as the new President of Muscular Dystrophy NSW.

I stepped down at the December board meeting and Peter was appointed to replace me as President.

Peter offers a new perspective, vision, energy and networks which is so important for the evolution of Muscular Dystrophy NSW as a relevant provider of choice.

It is ideal that our new CEO Pene Hodge can develop her role with the strong support of a new President, with new ideas.

I am very confident that Muscular Dystrophy NSW has a new President with the right skills and experience to take it to the next level of success, particularly in a fast changing, increasingly competitive environment.

I look forward to supporting Peter wherever possible as Vice President of Muscular Dystrophy NSW, and with the key connection as Chair of Muscular Dystrophy Foundation, which I believe will provide increasing funding and other support for Muscular Dystrophy NSW over the next 3 years.

**Rob Ferguson**

*It has been my absolute pleasure to have worked with Rob previously in my role as Manager of Client Services and currently as CEO. He has worked tirelessly providing excellent leadership to the Board, support to all staff and always with the goal of improving the quality of life for people living with a neuromuscular condition.*

**Pene Hodge**  
CEO, Muscular Dystrophy NSW

*It was a personal pleasure and privilege to serve on the Board under Rob's leadership during, it would be fair to say, the most transformative period in the history of Muscular Dystrophy NSW.*

*I saw firsthand Rob's tireless commitment to the neuromuscular cause in NSW and Australia. From running major fundraising events, to doing airport donation box collections, to finding premises for the office, to encouraging and supporting people (like myself) to make a contribution in whatever way they could, to leading the strategic development and overseeing the sound governance of Muscular Dystrophy NSW, to working quietly but determinedly to build national co-operation and representation, Rob has done it all. He has never sought recognition or reward, but he deserves much praise and gratitude. Rob's dedication, integrity, optimism, resolve and humility are the qualities of true leadership,*

*My thanks to Rob for giving me the opportunity to serve alongside him at Muscular Dystrophy NSW, and for all that he has achieved on behalf of the neuromuscular community of NSW and Australia.*

**Colin Gunn**  
Vice President 2008-2011

*Rob is the quiet achiever of Muscular Dystrophy in Australia. He has been the driver of establishing a national body and led Muscular Dystrophy NSW through a period of substantial growth involving an extensive expansion of services and staff.*

*Rob is persistent and consistent in obtaining his goals. He is a clear thinker and understands the need for funding Muscular Dystrophy on a sustainable basis and is active in meeting this objective. Total application and dedication in what he does.*

**Graeme Troy**  
Treasurer, Muscular Dystrophy NSW Board

”

## Meet A Member

**This issue of Talking Point's "Meet a Member" features a sister and brother, Cassie and Thomas Robson.**

Cassie is 19 years old, has just completed Year 12 and is a Muscular Dystrophy member. Thomas is 16 years old and a Year 10 student at St Peter's High School.



Can you pick one goal you have?

**Cassie:** To complete my Duke of Edinburgh's Award.

**Thomas:** Get into uni.

What do you really like doing?

**Cassie:** Chatting on Livewire and playing on my computer.

**Thomas:** Listening to music.

If you were to win \$10 million, what would you do with all that money?

**Cassie:** Donate some to MDNSW and Professor Kathryn North's research unit, pay for a Livewire camp so everyone can get together to meet and hang out, buy a new computer and TV, pay off the mortgage on the house for Mum and Dad, save the rest because I am stingy.

**Thomas:** Donate some, invest in a house, spend it on other stuff.

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

**Cassie:** Right here where I am

**Thomas:** Los Angeles

And why?

**Cassie:** This is my home, it is safe, has a pretty good health system, and all my friends are here.

**Thomas:** It looks like a nice and fun place to live.

If you had to evacuate your house immediately what two things would you grab (cannot people or pets)?

**Cassie:** My chair, and my computer with my internet USB stick.

**Thomas:** Ipad and phone

What is your best subject in school?

**Cassie:** Senior Science.

**Thomas:** Maths but favourite is science.

If someone was to give you a gift, and money was no object, what would you want it to be?

**Cassie:** A cure.

**Thomas:** A Porsche.

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

**Cassie:** Horses.

**Thomas:** Snow leopard.

If the whole world were listening, what would you say?

**Cassie:** Wake up to yourselves and look at the bigger picture!

**Thomas:** Peace out, love each other.

Are you a collector of anything?

**Cassie:** Box sets of TV shows I like.

**Thomas:** No.

Have you any bad habits?

**Cassie:** Procrastinating and not making decisions.

**Thomas:** I get irritated easily.

What would you like to learn more about?

**Cassie:** Medicine and criminal behaviour.

**Thomas:** Nothing.

If you could have dinner with anyone in the world who would you choose?

**Cassie:** Shemar Moore (SSA Derek Morgan off Criminal Minds) he is such an inspiration raising money and awareness for the MS Society in the US to help his Mother.

**Thomas:** Nina Dobrev. Bulgarian-Canadian actress and model. She currently stars as Elena Gilbert and Katherine Pierce on The CW television teen drama, The Vampire Diaries.

## A Great Honour

On Australian Day Professor Kathryn North was named a member of the Order of Australia for her outstanding service in the field of neuromuscular and neurogenetics research, paediatrics and child health. *Professor Kathryn North is the Douglas Burrows Professor of Paediatrics, Faculty of Medicine, University of Sydney (since 2004) and is Head of the Institute for Neuroscience and Muscle Research based at The Children's Hospital at Westmead.*

Our Counsellor, Liz Bailey, caught up with her recently.

### What have been the highlights of your career so far?

I am most proud of how our clinical service and research institute have grown together over the last 16 or 17 years. This means that the questions that we address in our research arise directly from our work and experience with patients in our clinic.

What I enjoy most about my job is the people - the patients, my colleagues, staff and students. I love to mentor students and see young clinicians and scientists evolve to take on leadership roles. I enjoy the combination of these varied aspects of my work.

### What is your research focusing on at the moment?

One of my main focuses in the lab is the study of a gene that influences elite athletic performance – and how muscles work at their peak. We are using this research to find ways to improve muscle function in patients with muscle weakness. We have crossed the “athlete gene” mouse with the Duchenne Muscular Dystrophy (DMD) mouse and we are looking at how and why this particular gene affects muscle strength and improves performance. From this, our ultimate goal is to find new approaches to therapy for DMD.

Another part of our research is gene discovery. We provide a diagnostic workup for the many patients with inherited muscle disorders, particularly muscular dystrophies and myopathies when a specific genetic diagnosis has not been identified in the molecular diagnostic laboratory. Finding the genetic cause and working out how each gene causes muscle weakness is a vital first step in developing treatments for muscle weakness. We are also currently studying how muscle membranes can be



repaired and are testing new drugs to treat muscular dystrophy in mice.

Our clinical research team is currently involved in running clinical trials for patients with Duchenne muscular dystrophy as part of an international collaboration. Current trials are targeting specific genetic mutations by exon skipping and nonsense mutation read through.

### What are the challenges that the research faces in the future?

The research is all going well, however - as is the case for researchers everywhere - it is always difficult to keep research adequately funded.

### What is your ultimate hope for this research?

Developing and delivering effective therapies for patients with neuromuscular disorders. At the moment we are working on slowing down muscle weakness, but ultimately the goal is to reverse or prevent that weakness.

### What does winning the AM mean to you?

It doesn't make any difference on a day to day basis – it does not change the work we do. However I am thrilled and very proud for our work to be recognised in this way – it is a great honour and reflects the great work of our team.

## Disability and Ability

### How young people with impairments make the transition to adulthood

Do you know a young person with an impairment aged 19-26 years who may be willing to participate in a research project? Researchers at The University of Sydney and Deakin University wish to interview young people to find out how they experience the transition to adulthood. Participants will be interviewed once a year for 3yrs (1-2hrs per interview). Life story interviews will include discussion on:

family background and relationships, peer acceptance, leisure activities, career aspirations and hopes and plans for the future. For more information contact Louisa Smith (02) 9351 9308 or email the project team - [transition.study@sydney.edu.au](mailto:transition.study@sydney.edu.au)



# Client services update

**This year we will be concentrating upon growing, developing and strengthening our services to ensure they are beneficial, worthwhile and meaningful.**

I thought it would be good to look at our journey of growth. Whilst waiting for the words to flow I started to flick through some old editions of Talking Point and noted that as an organisation we have been growing, changing and evolving ever since the very beginning. **Those of you who have been members for some time will have seen many changes, been happy with some and, sadly, not so happy with others.**

I strongly believe that for an organisation such as ourselves to develop we need to review the journey we have been on, where we are now, and where we want to go in the future. In order to do this well we need to ensure that our foundations are strong and deep. Without this we will not be able to grow stronger and thrive, just like a tree we need a strong, deep network of roots to help the tree grow tall and strong with many branches.

This tree analogy may seem a little corny but I think it is applicable to Muscular Dystrophy NSW and to all of us as individuals, families, in our home lives and our work lives. If we do not spend time making sure our roots are strong and hardy, we will not be able to weather the storms to enable us to continue to grow. This is also important when you consider the uncertainty around future changes in disability services both state and nationwide.

**Another change we have heard about this year is to do with the availability of financial assistance towards the cost of vehicle modifications. If you have been affected by this change please let me know. This will assist me in advocating for a change to this decision and the need for more assistance in this area.**



The current focus of Client Services is to consolidate our growth and spend time ensuring the services are working well. Over the past year we have seen a massive increase in the number of members and non members accessing our services and events and I hope this will continue. Through you we have learnt what needs changing and strengthening and hope the feedback continues to help our roots, trunk and branches to grow stronger.

“**THE CURRENT FOCUS OF CLIENT SERVICES IS TO CONSOLIDATE OUR GROWTH AND SPEND TIME ENSURING THE SERVICES ARE WORKING WELL.**”

**If you have any queries about any services provided by Muscular Dystrophy NSW or would like to provide us with any constructive feedback please do not hesitate to contact me or the Client Services team to help us grow and develop and to ensure we are meeting your needs.**

**Victoria Berg**  
Client Services Manager



## Matthew Figgins Update

they are doing here at Muscular Dystrophy NSW and have found their willingness to show me the ropes to be second to none. This in turn has only served to create for me even more excitement in my new role as Client Services Coordinator for the Sydney Metro area.

I have also enjoyed the challenge of taking my experience and skills of my Social Work and Case Management background and moulding those skills to better fit the needs of my neuromuscular clients. My role as Client Services Coordinator covers a range of different services. To identify these particular services I often assess not only our new members but also our existing members in the Sydney Metro area. This creates an opportunity for me to better identify our members' specific needs. It enables me to link our members with appropriate programs and services, not only the services we run here at Muscular Dystrophy NSW, but also with many other service providers throughout Sydney.

Learning more about neuromuscular conditions and the specialised care needs these various conditions often require, is something I am also looking forward to. Although I have had some experience in my past supporting people with neuromuscular conditions and their families, with my years of assessing patients care needs in hospitals, I realise there is still a lot more to learn. I am looking forward to researching more about neuromuscular conditions and the specific challenges these conditions may have, and how I can utilise this learning to better our service.

I look forward to seeing you all at our next event and please don't hesitate to come and say "Hi" and feel free to ask me any questions you may have.

**Matthew Figgins**  
Client Services Coordinator

**I'm still amazed at how times flies as I have now been with Muscular Dystrophy New South Wales for 3 months. As I look back on the last 3 months some of things that have really stood out for me, are the fantastic way everyone has welcomed me at Muscular Dystrophy NSW, not only in the office but all of the members I have met so far, and I am now feeling like a real member of the Muscular Dystrophy NSW community.**

I am also amazed at the dedication and enthusiasm of my new colleagues in the work



## Welcome Jenny

Hello, my name is Jenny Smith and I have recently joined the fabulous team here at Muscular Dystrophy NSW.

My role is to support our Events Manager Loretta Downie with camps, the Duke of Edinburgh's Award and a range of associated administrative duties. For over 25 years I have worked in the aged and disability sector in a variety of roles.

I am Mum to a large family, with 1 child still at school, and am blessed with lots of grandchildren with whom I love spending time. In my 'spare' time, I enjoy craft including quilting, reading, listening to music, swimming and being with friends.

I look forward to meeting many of you over the coming months.

**Jenny**



## Training Project Update

Thank you so much to everyone who completed our online survey. We had 93 people who have answered the survey so far. You can still complete the survey so if you would still like to go online and add your comments that would be fantastic.

We also had a survey for those who work with people living with a neuromuscular disorder and 268 people responded. I am analysing the data at the moment and will have some information for you in the next Talking Point.

Congratulations to Margaret Young, Muhammad Mujtaba and Geoff Masters who were the lucky winners of the \$50.00 gift vouchers for completing the online survey.

Input into this project is always welcome.

Our best information is coming from those who know the system inside out, ie YOU!! Please email me with any thoughts and comments. I will be giving updates in Talking Point until the project is completed, scheduled for November 2012.



**Maryanne Murray**  
Training Project Officer

## A new Facebook initiative



The New Year brings a new start for our Muscular Dystrophy NSW Facebook Page. We are now a person and a community page on Facebook! So please log in to Facebook and search for 'Muscular Dystrophy NSW' and add us as a friend. Then click on the community group page (also called Muscular Dystrophy NSW) and 'like' this page.

We will be keeping them up-to-date so you can see everything going on at MDNSW. You can even post us messages!

For more information on this please contact our Fundraising Manager Kags Garrard on 9809 2111 or email [kags.garrard@mdnsw.org.au](mailto:kags.garrard@mdnsw.org.au)





## What's happening in 2012

**Port Stephens**

### Adventure Camp 2012

Wed 18 – Sun 22 April

*Only a couple of places left*



**Narrabeen**

### Camp 2012

Mon 24 – Fri 28 Sept

*Places filling up very quickly!!*



**MUSCULAR DYSTROPHY**  
NEW SOUTH WALES

## Gala Ball 2012

*Sat 24 March 2012*

Tickets are selling exceptionally well for the upcoming Gala Ball at the Waterview Convention Centre, Sydney Olympic Park. Don't miss out on this wonderful and popular event for only \$49 for members and \$75 for non-members. Includes a delectable 3 course meal, beverages and entertainment, overlooking the beautiful Lake in Bicentennial Park.

## Sydney Royal Easter Show

Join us for a great day out at the Royal Easter Show! Explore the Show with other members and staff or, once there, venture off with your own friends and family with the option of meeting up with us again at lunchtime. Experience the grand parades, animal nursery, woodchopping, exhibits, rodeo, and of course the showbags and rides at the largest carnival in Australia.

*Wed 11 April 2012*



## Melbourne Weekend Retreat

Back by popular demand! Enjoy delicious food, meet great people and have a wonderful weekend away with each other in the exciting city of Melbourne.

*Fri 1 – Sun 3 June 2012*



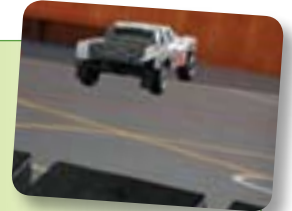


*Dates to put in your diary ...*

## Off-road **Radio Controlled Car Racing** program

### *Hunter Region*

Muscular Dystrophy NSW is looking to pilot a Radio Controlled Car Racing program by running some exciting workshops in the Hunter region which has an accessible Driving Stand. This is an excellent activity in which the whole family can participate together and we can't wait to get cracking on it and hopefully implement the program throughout NSW!



## **Jazz in the Vines Retreat**

Cypress Lakes Resort, Hunter Valley

Join us for the 20th anniversary of the largest jazz festival in Australia, and our first ever Retreat in the Hunter Valley.

*Fri 26 - Sun 28 Oct 2012*



## The Great **Boccia Bash**

This year we will be further developing the wonderful sport of Boccia, which is a Paralympic sport suitable to anyone of any age or ability. We will be conducting Coaching Clinics and Day Camps in a bid to establish Boccia Pockets throughout NSW so that members will be able to play regularly on a social basis. You will also be able to partake in the Great Boccia Bash where all of our Muscular Dystrophy Associations throughout Australia will participate in a Boccia Competition on the same day in their own state. This will be used as a part of the Australian Paralympic Committee's Talent Identification Program so that the best players with a neuromuscular condition from across the country come together to play against each other at Sydney Academy of Sport for our first ever Boccia State of Origin in a National Competition. How exciting! Go the Blues!!!

*Sun 25 November 2012*

## Sydney Metro **Christmas Party**

Last year's Christmas party went off with a bang and was our best one yet thanks to the generosity of our hosts, the team from CBA Direct Banking Sydney. We had a great BBQ lunch, received a visit from santa, played boccia, did some great art and craft, and played hilarious games with the wonderful staff from The Great Race. This event just keeps getting better! Details for this year's party will be coming soon.

*Sun 9 December 2012*







EVENTS FOR APRIL

# Sydney Royal Easter Show



*One of the most popular events on our annual calendar!*

**Wednesday 11 April 2011**

Sydney Showground  
Sydney Olympic Park



*Join us for a great day out at the Royal Easter show!*

Explore the Show with the Muscular Dystrophy NSW group or, once there, venture off with your own friends and family, with the option of meeting up with us again at lunchtime.

## REGIONAL VISITORS

If you would like to turn a day out at the Show into an Easter holiday and stay in one of the accessible hotels within Sydney Olympic Park, don't forget you may be eligible to apply to FlexiRest

*Free for all members who have muscular dystrophy and their carer*

*\$10 for each other family member - up to 2 extra people only.*

*Additional family members or friends will need to pay full price at the gate.*

**RSVP**

Phone or email Maralyn on 9809 2111 or [maralyn.mccann@mdnsw.org.au](mailto:maralyn.mccann@mdnsw.org.au) before **Fri 23 March, 2012**. Those late to RSVP may miss out on a place due to limited tickets being available!

