



No blues at the **Jazz in the Vines Retreat!**

Staying at Cypress Lakes Resort in the heart of the Hunter Valley, 20 beautiful people came together to have a superb time at our first ever Jazz in the Vines Retreat. The weekend included a private dinner in the Resort, filling breakfasts, dips in the pool, massages at the Golden Door Spa, a tour of the Valley, and luxury accommodation with all we could ever need at our fingertips. The highlight for many though, was the Jazz in the Vines Festival at Tyrell's Winery where we experienced a party atmosphere like no other. Although Grace Knight, Darren Percival and Tom Burlinson were amazing, nothing could surpass the efforts of Lisa Hunt, the final act of the day. Boy did we bop, bellow and boogie along to Australia's very own Queen of Soul! Somehow we all managed to make it to brekky the next day where once again it was evident that many friendships had been formed and many wonderful memories had been created. The pictures say it all!



Grace Knight was a huge hit!

Loretta Downie, Event Manager



A crazy bunch of dancers!



Sisters Bek and Sarah shared some really special moments



Bo and Marita



Genelle and Anna



Leah and Peter had a hoot despite our motley crew!

If you've yet to give our Retreats a go, the next one may be your chance!! Keep an eye out for when we advertise Melbourne's Retreat which is booked in for the weekend starting Fri 31 May, 2013. We get many people applying but we always try to give preference to those who have not yet been - so RSVP as soon as you see it advertised in Talking Point or on the web.

Anyone for a Retreat in Ballina?

Interested in starting up a Social Club or Support Group in Regional NSW for parents/carers of people with a neuromuscular condition? Our next Retreat will be held in Ballina for leaders of these groups to brainstorm ideas and develop a state-wide Carers' Support Network. Email or call Loretta at MDNSW to register your interest or to receive further details. This will be a unique opportunity to be a part of something really worthwhile in the regional areas of NSW!




We are now taking RSVPs for these upcoming events

Sat 17 Nov
Medical Seminar



Shepherd's Bay
Community Centre, Meadowbank

Sun 25 Nov **The Great Boccia Bash**



Sydney Academy of Sport, Narrabeen

Sun 9 Dec



Sydney Metro Christmas Party

CBA Function Centre, Parramatta

15 - 19 April, 2013
Camp Kula N' Gadu



Sydney Academy of Sport, Narrabeen

See our website for further details

The Boccia Brag



Our boys are taking **The Road to Rio**



Daniel Michel



Dean Nottle



Tait Jenkins

A huge congratulations goes to Daniel Michel (17yrs, Sydney), Dean Nottle (60yrs, Central Coast) and Tait Jenkins (16yrs, Lismore) for making the Paralympic Preparation Program, which is a rigorous training program run by the Australian Paralympic Committee to prepare athletes for the upcoming games in Rio. This is a particularly remarkable achievement considering our guys only threw their first ball under two years ago! You too can get into the sport of Boccia by attending our first ever Great Boccia Bash (see details above)!



Congratulations to our Bronze Awardees of 2012



Cassie receiving her pin

Volunteering Section

- Team Manager
- Ambassador for MDNSW
- Converting videos to DVDs for community organisations
- Tutoring refugees
- Writing articles for Livewire
- MDNSW Website
- Bushcare

What our Dukies did for their Bronze



Nathan O'Connell

Skill Section

- Product Design
- Toastmasters
- Singing
- Family Tree
- Learning Chinese
- Web Design
- Business Skills Certificate



Kate Bowling

Physical Recreation

- Tenpin Bowling
- Natural Therapies
- Hydrotherapy
- Wheelchair Sports
- Swimming
- Lawn Bowls



Luke at Sea World

Adventurous Journey

- Perisher Ski Trip
- Pacific Island Cruise
- Port Stephens Independent Living Experience
- Roadtrip to Melbourne
- Whale Watching Cruise
- Seaworld and Independent Living



Dan skiing at Perisher



Mel and Julie at Port Stephens

For further information on MDNSW's Duke of Ed program, please visit our website under Get Support

An adventurous journey of my own

My name is Carolynne and three of my four children have Myotonic muscular dystrophy.

Over the last 20 years since my children were diagnosed, we have lost many family and friends due to their inability to be able to deal with our situation. This therefore left me feeling very down and we became very isolated, apart from the handful of family and friends that have actually stood by us. When I "retired" from the workforce after 30 years of employment, trying to struggle with raising 4 young children and caring for my ill husband, I quite frankly lost "it". I just did not have my get up and go anymore and found it very hard to try and get "it" back. After having watched my beautiful daughter grow into an amazing woman and my three boys to wonderful men, and rising above all the adversities and obstacles that they have to overcome everyday of their lives, I have finally felt that I could possibly get "it" back.

My youngest son Sean is currently completing his Duke of Edinburgh's Award with MDNSW and what a great man he is! We are all so very proud of him. It is from Sean, his brothers Grant and Scott and his sister Erin that I have

drawn my strength back to get on with it. I have days where I feel very lonely and "what the heck" but most of the time I try to rise above it.

I am 60 years old late next year (and I stress late next year) and I have never flown in an aeroplane. Well thanks to the encouragement of my four children and MDNSW I have recently been able to achieve that. I travelled to Ballina with my friend and returned on my own. What an experience! I missed my children and worried about them all while I was away but I know that they are very capable young adults. I really enjoyed my break as I was feeling very tired and stressed before I left.

It was all thanks to my children's strength and MDNSW's support that I was able to overcome my fears, and wow I did it! I am very proud of myself. I now hope that I will be able to travel again.

Life is tough sometimes; I know that only too well, but if we don't take the time to look after ourselves no-one else will. I also know how hard it is to leave your home situation and trust that it will be ok without you, when it's been up to you to hold down the fort



Carolynne Disbray

for so long. If I can do it though, believe me anyone can!

Again I'd like to thank my children, MDNSW and the lord for bringing you all into my life.

Carolynne Disbray

Off-road car racing at Maitland

On a sunny winter's day, our family headed off to Maitland to try our hand at off-road radio controlled car racing with other MD families. We did not know what to expect but were pleasantly surprised with great access, generously loaned cars from the Maitland Car Racing Club and an afternoon of lots of fun!

Our kids Thomas and Jessica enjoyed trying to master the controls. As Jessica said "You turn it right and the car goes right, but sometimes left!" It wasn't just the kids - Pete and I had trouble on occasions too, so it's not as easy as it looks! After a few practice laps we all lined up for racing. There were lots of thrills and spills as the cars flew around the track, over jumps and off the track (more off than on). While some were racing others were the marshals and their job was to pick up crashed cars and put them back on the track. The kids even enjoyed this part of the day.

Overall it was a great way to spend a family afternoon, so much so that the biggest kid in the family, my husband Peter, has since bought the family our very own cars so that we can possibly look at regularly participating in the Club's monthly Rookie Racing Day.

Peter, Leah, Thomas and Jessica Hart



Hunter Car Racing Group.

For car racing enquiries in the Hunter region, visit Maitland Off Road Radio Car Racing Club's website at www.morcc.com.au

The MDNSW Team continues to grow

Hi, I'm Tracey and I'm the new *Little Heroes Care Coordinator* at Muscular Dystrophy NSW. Since starting here in August, I have been welcomed warmly and am really enjoying meeting and speaking with many of you here at the office, during home visits and when I'm visiting Westmead Children's Hospital Neuromuscular Clinic on Wednesday afternoons. I have worked in the Disability Sector for over 11 years and have had experience in a few different roles, but being a Support Worker has always been my passion, especially when working in respite services.

Little Heroes Care is a 12 month pilot program in its second semester and thanks to generous funding from The Little Heroes Foundation we are here to offer diverse and flexible assistance to help meet the needs of children, young adults up to the age of 25, and the families of people who are living with a neuromuscular condition.

With this funding, we are trying to identify unmet needs and make financial contributions to assist in having those needs met.

We consider "unmet needs" to include items and services that do not fit into generic disability programs that would however enhance the quality of life of a person with a disability, as well as essential items and services available through generic programs but have laborious application processes and lengthy waiting periods.

I am hoping to reach out to as many people as possible in the next few months, so please don't hesitate to call or email me and let me know how you and your family are going. I am usually in the office on Mondays, Wednesdays and Thursday mornings, or keep an eye out for me at the Clinic.



Tracey Isles



Hi, my name is Melissa and I am the newest staff member to join the team at Muscular Dystrophy NSW as Client Services Coordinator. I am into my 3rd week now and have been overwhelmed by the great work that is happening all around me. Each day has been better than the last, I am not only working with a great new team that has been very welcoming, but also getting out and meeting some of the wonderful members!

I am very passionate about my work and strive to help enrich the lives of the people I work with. Before commencing at MDNSW I worked in community services and the education system. I am looking forward to expanding my knowledge on neuromuscular conditions and using my experience to assist the people I am going to be working with.

In my spare time I like to watch and play soccer, and like most other girls LOVE to shop! I am excited about the months ahead where I will have the opportunity to get out, attend some exciting events and continue to meet with everyone!

A BIG thank you!

A big thank you to **The Marian and E.H. Flack Trust** and the **Commonwealth Bank Staff Community Fund** for their amazing generosity.

Recent successful Grants

The Marian & E.H. Flack Trust

\$15,000 to help fund our Duke of Edinburgh's Award program for young people with muscular dystrophy.

Commonwealth Bank Staff Community Fund

\$10,000 to help fund our Duke of Edinburgh's Award program for young people with muscular dystrophy.



Thank you all at the Commonwealth Bank

Tips 'n' Tricks Katie Taylor-King

Tips
& Tricks
for Living

The Australian Government is offering an annual medical equipment payment of \$140.00 to cover the additional costs of running essential medical equipment including respirators, ventilator, oxygen concentrators, suction pump, electric bed and wheelchairs etc. You can apply online at www.humanservices.gov.au/householdassistance

No Interest Loans (NIL) are available for low income families. A typical NIL is for around \$600-\$1,200 and repaid over 12-18 months with no interest. These loans are often for essential equipment like medical equipment, washing machines or refrigerators. As loans are repaid, the money is lent out again to other people. More information is available by calling 1800 50 9994 (free call) or www.nilsnsw.org.au

Just released is the 4th edition of **Through the Maze** which is a brilliant 115 page resource book written by parents for parents with children and young people to help them navigate their way through the complex disability sector. **Helping Your Family** is a short guide designed for families with a newly diagnosed child. Books can be purchase or downloaded via www.acdnsw.org.au

Don't forget to apply for your free **Companion Card** which provides free access to venues and events for the companion of a person with a disability. For more information call 1800 893 044 or www.nswcompanioncard.org.au

If your GP is closed, help is available from **After Hours GP Helpline** by offering practical medical advice and reassurance to you and your family over the phone from 6pm to 8am Mon-Fri, 12 noon Sat to 8am Mon and 24 hours on public holidays. Free call from land lines 1800 022 222.



MUSCULAR DYSTROPHY NEW SOUTH WALES INFORMATION

MUSCULAR DYSTROPHY NSW INFORMATION

OFFICE Suite 101, 5 Bay Drive,
Meadowbank NSW 2114

POST PO Box 1365
Meadowbank NSW 2114

PHONE 02 9809 2111

FAX 02 9809 4177

EMAIL info@mdnsw.org.au

WEB www.mdnsw.org.au

Letters to the Editor
can be addressed to:
The Editor, Talking Point
PO Box 1365,
Meadowbank NSW 2114.

MUSCULAR DYSTROPHY NSW STAFF

Chief Executive Officer
Pene Hodge

Client Services Manager
Victoria Berg

Office Manager
Maralyn McCann

Finance Manager
Chaitali Desai

Finance Assistant
Gracia Selina

Events Manager
Loretta Downie

Project Assistant
Jenny Smith

Fundraising Manager
Kags (Katharyn) Garrard

Counsellor
Liz Neal

Training Project Officer
Maryanne Murray

Client Services Coordinator
Matthew Figgins

Care for Carers Coordinator
Kejanna (Katie) Taylor-King

Little Heroes Care Coordinator
Tracey Isles

Client Services Coordinator
Melissa Steck

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Christmas in Regional NSW

Don't miss the Christmas Party in your region!!

Sun 18 Nov

Christmas at Summerland Farm
Far North Coast

Sat 24 Nov

Breakfast by the Beach
Illawarra

Sat 1 Dec

Roast on the Coast
Hunter

Sun 2 Dec

The Big Orange Barbie
Central West

Sat 8 Dec

Christmas in the Gardens
Riverina

See our website for further details!



Carers Connect in the Riverina and Illawarra Regions of NSW

It was wonderful to see so many carers who travelled from Griffith and the surrounding areas to attend the Carers Connect Lunch that was held in Wagga Wagga in August, 2012. The Riverina is such a large area and carers can feel very isolated just by the sheer distance involved. We also had our first Carers Connect Luncheon for the Illawarra where it was great to see people catching up with old friends as well as meeting new people who lived in the area.

During the luncheons we discussed new information regarding local services that may be of assistance to the families in each region and I also mentioned the new services MDNSW is now able to offer our clients. The new MDNSW Information Packs were very popular and they included all of our new glossy brochures, and I also gave the groups an insight into the new direction and initiatives that MDNSW is now undertaking. Both events were a great opportunity for everyone to have a chat and ask questions in a lovely, friendly and relaxed way. As usual, I was also very busy meeting up with as many of you as possible one-on-one via the Home Visit program and I look forward to coming back down again for our Christmas Parties in the upcoming weeks!

Katie Taylor-King, Coordinator - Regional and Rural NSW



Some members of the Riverina Carers Connect Group

New Support Group for the New England Region

Kerry and Loretta, a mother and daughter team from the New England region, would like to start a local support group for people living in the region who have a neuromuscular condition or are supporting someone who has the condition. For more information please email Kerry at ks.mckillop@bigpond.com or call Katie at the MDNSW office.

Cuppa's 'n' Crepes

It's girls' day; no boys allowed, so hubbies and dads were banished to go occupy themselves while the Hunter Ladies caught up for lunch in August at Cuppas'n'Crepes in Morpeth. Unfortunately Rowena from the Central Coast was unable to make it due to not wanting to pass her cold on to the rest of us, THANKYOU ROWENA!!! But that didn't stop us with multiple conversations going between Vicki, Michelle, Lucy, Lisa, Leah, Christine and Michelle Davies. Mum and I couldn't keep up!

Lisa was the first one to arrive with a very graceful pole dance to get up the gutter, and everyone flowed in after that. The food was great with everyone ordering crepes while I skipped straight to dessert. The ladies were all so full from their crepes they didn't have room for dessert, but Michelle and Christine managed to fit in some chocolate coated strawberries and banana, which they seemed to enjoy. You can't enjoy chocolate coated strawberries and banana without making a mess ladies - it's how we know they are so good!!!!



All in all it was a wonderful day; great food, great company, good weather, what else can anyone ask for? Hopefully another day will be organised soon and Rowena will be able to make it this time!

Cassie Robson, member of the Hunter Ladies' Group

To enquire about joining this social group, please email Vicki Sculli at vicki@hsse.com.au or call Katie on 0448 018 377

Fascinators hit the Hunter!

On the first Tuesday in November, ladies in the Hunter and Central Coast stopped the nation in the Melbourne Cup Ladies' Day event in Newcastle. The MDNSW van started at long odds; the eccentric trainer "Vicki" serviced the ladies with her special punch, while the token jockey dressed in black and white was without his saddle. The ladies looked dressed to impress in the spring carnival and punters tried their luck at the Melbourne Cup trivia followed by a flutter in the Sweep. After we moved to the outdoor area for the Carnival lunch & champagne complete with bubbles of laughter, the biggest Race in Australia appeared on the big screens to a chorus of cheers from the ladies. Green Moon may have crossed the line first, but somehow we all felt like winners on the day too. We would like to express our gratitude to Vicki and Katie for a simply lovely day!



Anne Payne, member of The Hunter Ladies' Group

Sydney Ladies' Group



Krythia Reid, Victoria Berg, Rhonda Murray, Kejanna (Katie) Taylor-King, Carolyn Campbell-McLean, Annette Bolger

For a number of years a women's group for those whose family is affected by MD has existed in Sydney. For the past two years I've been fortunate to be part of this small group which is a friendly, informal get together for morning tea/lunch.

I see that the value of this get together is the tacit knowledge we all have of what it means to live with MD every day. Since my daughter Caoimhe was diagnosed with Merosin Negative Congenital MD eight years ago, I came to realise the value of this type of peer support on an emotional as well as a practical level. These kinds of informal chats can often point you in the direction of services or support you may never have been told about at a clinic visit. Our next get together is in November and we'd love to see you there.

Annette Bolger, member of the Sydney Ladies' Group

Please contact Katie on 0448 018 377 or at kejanna.taylor-king@mdnsw.org.au for further details.

Spring into Action!

Now winter has gone and spring is here there is a call for a much needed spring clean for my flat, especially getting rid of a few things I've collected over the past few years that are now starting to clutter it.

Over my years working for social services in the community, I have found that this can be a real challenge for some clients I have worked with, especially for the elderly and also clients who live with a disability. In some cases the clutter had been so overwhelming and grown to such an extent, that the person had felt powerless to keep it under control and was at a loss at where to turn to for help. Sometimes clutter can start with little things like junk mail and the never ending take away menus that sometimes just don't quite make it to the bin, to not being able to move and tidy things away. These cases are normally very easily rectified with a little help, but then there are also the more substantial cases which can be classified as "Hoarding".

Hoarding is described generally when someone collects a large amount of items and has difficulty letting go or throwing out things that are no longer needed. People who hoard, often have difficulty moving around their home due to the amount of things they have accumulated inside, or even around the outside of their home. It can also sometimes create a situation where the person can no longer maintain their home and keep it clean. This in turn can greatly increase the risk of falls, especially for people with poor mobility and balance.

It's important to note that hoarding is different from collecting. People who have collections, such as stamps or model cars,



deliberately search out specific items for their collections. Collectors often categorize their items and carefully display them. Hoarders on the other hand, will generally save random items they encounter in their daily life and usually store them haphazardly in their homes or surrounding areas.

Thankfully in NSW there are services specialised in hoarding that can help, and I have witnessed some great outcomes with clients at the more substantial level of hoarding, who have had the support from these services.

Hoarding ranges from mild to severe. In some cases, hoarding may not have much effect on your life, while in other cases it affects you on a daily basis. If you find that you may need a little support with clutter that has started to become out of control, big or small, feel free to drop me a line and I will be happy to assist you in finding services that can support you.

Matthew Figgins
Client Services Coordinator

Open Garden Fundraiser

Lucy and I have a small native garden which we opened to the public on the weekend of the 8th and 9th September. Under Australia's Open Garden Scheme we are able to donate a percentage of the gate takings to our favourite charity, so it was a good opportunity for us to make a donation to Muscular Dystrophy NSW in recognition of the wonderful support they provide.

The weekend was the culmination of many happy hours spent in the garden, with me planning and propagating plants, and Lucy looking after the planting, pruning and weeding. We had perfect spring weather over the two days, and we were fortunate to have family and friends there to help with plant sales and entry, leaving Lucy and I free to chat to our many visitors. Among them were people who have had some contact with muscular dystrophy, so it was a good opportunity to talk to people about Muscular Dystrophy NSW and the work that they do.

With gate takings, donations, and a percentage of plant sales from the Newcastle branch of the Australian Plants Society, we're happy to say we raised \$512.30 over the weekend!

Phil Bates



New Government Payment for Equipment

Below please find information that has come to our attention regarding a new Centrelink payment available for families.

The Australian Government has a new payment for families as part of the 'Clean Energy Future Household Assistance Package' which is available from 1st July 2012.

The payment is *Essential Medical Equipment Payment* and is available for essential medical equipment that is powered by a form of energy that will increase under the carbon price. Forms of energy include electricity, natural gas, liquid petroleum gas, diesel, heating oil, petrol and kerosene.

The equipment covered includes:

- home dialysis machine
- home ventilator
- home respirator
- home parenteral or enteral feeding device
- oxygen concentrator
- heart pump
- suction pump
- infant apnoea monitors (prescribed by a medical practitioner following apnoeic episodes)
- nebuliser (used daily)
- positive airways pressure device
- phototherapy equipment
- airbed vibrator
- electric wheelchair
- insulin pump

There is also a payment for medical conditions that attract a payment for heating and cooling if the home is required to be cooled and/or heated to regulate body temperature, including:

- spinal cord injury at or above the T7 level
- stroke
- brain injury
- a neurodegenerative disorder
- the Muscular Dystrophies
- full thickness burns covering more than 20% of BSA
- rare disorders of sweating including congenital absence or mal-development of sweat glands
- chronic erythrodermas

The information and application for payment form is available on the Centrelink website and can be applied for on line or by printing the application form. The form is required to be signed by a medical practitioner.

THE NEUROMUSCULAR CLINICS

CHILDREN'S CLINICS

Sydney Children's Hospital, Randwick
Neuromuscular Clinic
Appointments & Enquiries 9382 1845

Sydney Children's Hospital
Outreach Clinics are held at
Canberra Hospital, Canberra
John Hunter Hospital, Newcastle
Goonellabah Clinic, Lismore
Enquiries through Sydney on
9382 1845

The Children's Hospital at Westmead
Neuromuscular Clinic
Neuromuscular Management Clinic
Peripheral Neuropathy Management
Clinic
Duchenne Monitoring Clinic
Appointment and enquiries
9845 1904

The Neuromuscular Management Clinic
John Hunter Children's Hospital
Newcastle, NSW 4921 3932

ADULT CLINICS

Concord Hospital Neuromuscular Clinic
9767 6864

Prince of Wales Hospital, Randwick
Nerve and Muscle Clinic 9382 0722
Adult Genetics Clinic,
Westmead Hospital 9845 3273



First Timers

Pub2Pub - 20th Annual Charity Fun Run and Walk

On Sunday 26th August, my 11 year old son Liam and myself took part in the Annual Pub2Pub Charity Walk. It is a stunning 13km walk along the northern beaches that winds its way from Dee Why Beach to The Newport Arms Hotel. It is the first time either of us has competed in an event and we were totally pumped!

As this event aims to raise money for various charities, it was a no brainer which charity we would support; Muscular Dystrophy NSW played an integral part in my family's life for many years. My sister's son, Lachie, was diagnosed with Duchenne in early 2001 around the same time my son, Liam, was born. It goes without saying that this news was devastating to our whole family, but with the support given by Muscular Dystrophy NSW and various other charities, our darling Lachie was given opportunities that made his life rich with experiences. Our world came crashing down on 11th Sept 2007, when, after a particularly bad winter with sickness, Lachie sadly passed away. Of course, he is never far from any of our thoughts and always in our prayers.

Lachie was 11 years old when he passed away (the same age my son is now). Liam thought it would be a great opportunity to honour him with the walk and raise money to help other families whose loved ones are affected with muscular dystrophy. Liam is in Year 6 at St Martin's Catholic School Davidson and the children are always encouraged to put others before themselves. So, Liam with two of his best mates; Isaac and David (along with their parents) set off on this challenge under the guise of "The First Timers"!

Through our fundraising, we managed to receive donations of about \$700, which we were absolutely thrilled about. The joy we all shared at completing the walk and the buzz when we crossed the finish line was priceless. I believe the kids really understood the sense of community by competing in this walk. Liam, Isaac and David will part ways next year when they attend different high schools, but they have vowed to return and make this an annual event!

Nikki O'Gready



Congratulations Nikki and Liam

We would like to say a huge thank you to Nikki, Liam and all our other Muscular Dystrophy NSW participants for all their support, namely Karen Maric, David Coleman, and Zina & David Sgangaella.

Leave a lasting legacy

In the last year we have been most fortunate to receive two major bequests which we have invested to provide a financial income stream and medium-term security.

If we can continue to receive these important bequests we can invest for the future and our service provision becomes a whole lot better and more sustainable. We can progress with confidence.

Consideration of Muscular Dystrophy NSW in your will or estate will greatly enhance the services we are able to provide for people in the future that really need us.

Benefits

The benefits of giving to the Muscular Dystrophy NSW are many and varied. For private donors and corporate sponsors there are tangible and intangible benefits to be

enjoyed. We also give all our supporters feedback and reports to ensure they can remain closely involved.

For individual donors the benefits are often personal – the feeling of having done something significant and valued:

- Remembering a loved one through a permanent association with a special area of interest.
- Helping to build a caring and supportive society.
- Invitation to openings and events that Muscular Dystrophy NSW is hosting.

We welcome the opportunity to discuss bequest or estate matters with our members and supporters, or their advisors. Please contact our **Fundraising Manager, Kags Garrard, on 02 9809 2111** or email kags.garrard@mdnsw.org.au for more information.

HARLEYS 4 MD



THE EXPERIENCE INCLUDES APPROX 2 HOURS ON THE BACK OF A HARLEY DAVIDSON. MORNING TEA AT BEACH ROAD BONDI & LUNCH AT HARD ROCK CAFE DARLING HARBOUR.

TO BOOK DIRECTLY GO TO: WWW.MDNSW.ORG.AU & GO TO 'DONATE NOW'

ALL PROCEEDS FROM THE RIDE GO TO
 **MUSCULAR DYSTROPHY NEW SOUTH WALES**



MUSCULAR DYSTROPHY NSW WOULD LIKE TO KINDLY THANK BEACH ROAD BONDI FOR GENEROUSLY DONATING THE MORNING FOOD AND BEVERAGES



Sydney Half Marathon

Never a day goes by that I don't appreciate how lucky I am to be able to run. This year I decided to run the Blackmore's Sydney Half Marathon on 16th September and raise money for Muscular Dystrophy NSW in honour of my beautiful friend Sue Connor. Sue & I were friends for over 28 years and we shared so many years of love and laughter with our friends and family. My dearest friend passed away on 1st February 2012 and I miss her so much. I dedicated the run to Sue and hope the money I raised will contribute to helping others in Sue's situation.

Love **Wendy Buckley**



Wendy, her husband Jamie and son Tim

City to Surf

It was a bleak chilly morning on Sunday 12th August as we all gathered at the starting line for the 2012 City to Surf run. As we waited for the crowd in our section to start running towards the tunnel, we were entertained by Kate Ceberano and she really got our adrenaline pumping!

Then we were off! Racing with thousands of other competitors, each one of them there to raise money for their chosen Charity. Arriving exhausted and aching at

Bondi Beach, you know you have achieved and taken part in something unique. It is an incredible feeling as there are so many people there cheering you over the finish line!

I would love to get a group together to run as a team for Muscular Dystrophy NSW next year. You can run, jog or walk the 14kms and it's a spectacular scenic route to help you get there. If you want to take part next year (usually the second Sunday in August) let me know and we can arrange some hats and t-shirts and raise some more money for a very worthy cause!

Vicki Sciuilli

We would like to thank all our Muscular Dystrophy NSW runners for all their support – Liana Lorenzato, Daniel Ng, Elijah Ng, Eleanor Morris, Vicki Sciuilli, Philip Colvin and Myra Maric.



Get involved with **Don't DIS my ABILITY!**



More than 1.17 million people in NSW have a disability. That's around one in five. People with a disability are members of our family, friends and workmates. In NSW, we celebrate this diversity with the Don't DIS my ABILITY campaign, timed to coincide with International Day of People with Disability on 3 December.

Don't DIS my ABILITY runs throughout November and December and celebrates the ability of people with disability. The campaign is about promoting positive perceptions and building an environment that encourages active participation in careers, leisure pursuits and social activities. The 2012 United Nations theme for International Day of Persons with Disabilities is 'Removing barriers to create an inclusive and accessible society for all'.

As part of Don't DIS my ABILITY, up to 100 events are held across NSW. Musical events, educational seminars or wheelchair football... there are events and activities of all kinds happening across the state. To find out what's happening near you, visit the Don't DIS my ABILITY website.

The latest edition of the Don't DIS my ABILITY magazine, Made You Look, is available from cafés and regional newsagents, as well as from the Don't DIS my ABILITY website. This year's Made You Look shines a spotlight on employment, community and recreation. Hear from Paralympic gold medallists Liesl Tesch and Daniel Fitzgibbon, learn about the importance of the National Disability Insurance Scheme, take a behind-the-scenes look at inclusive filmmaking and much more.

Find out about what's happening in your area for Don't DIS my ABILITY and get involved!

- Visit us on the web at www.dontdismyability.com.au
- Like us on Facebook at facebook.com/DontDISmyABILITY
- Follow us on Twitter at twitter.com/DontDIS

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I enclose my Cheque/Money Order made payable to Muscular Dystrophy Association of NSW for \$ _____ , or

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