

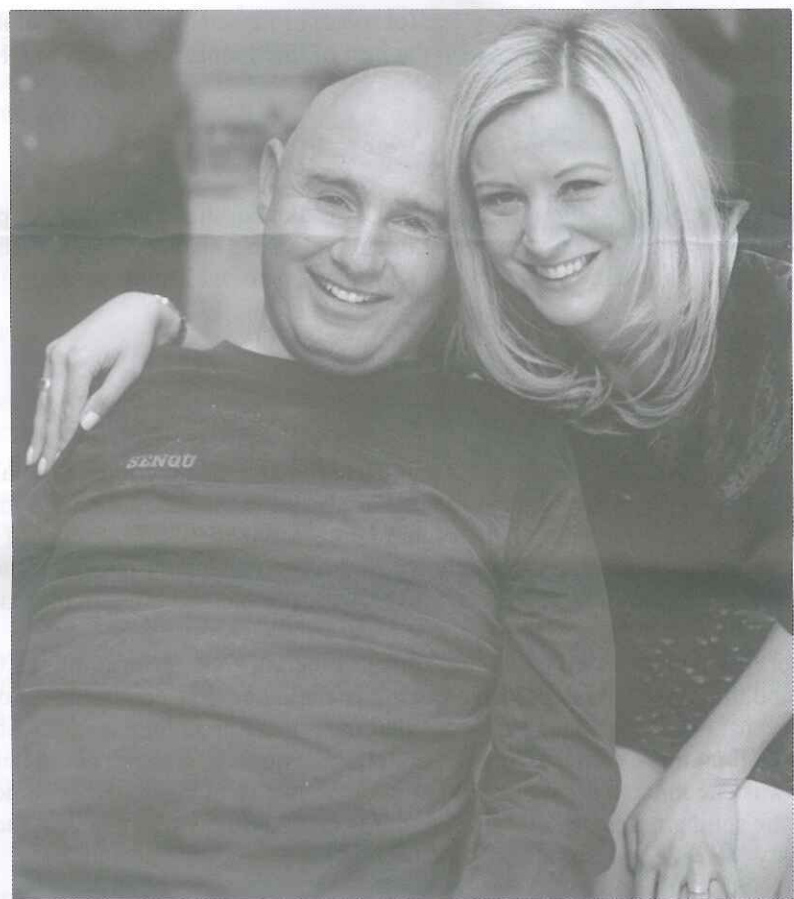
Thumbs UP

MNDALS

Association of South Africa

The Newsletter of the
Motor Neurone Disease /
Amyotrophic Lateral Sclerosis
Association of South Africa

February/
March 2015



Kevin Jordan of Johannesburg with his wife Carla see inside

The Mission Statement of the MND Assoc. of S.A. is
"To provide and promote the best possible support for people living with
Motor Neurone Disease, their families and carers and to raise public awareness."

MNDA of South Africa is a member of the International Alliance

PATRON Aviva Pelham (M. Mus.)	NATIONAL CHAIRPERSON Dr. Franco Henning	VICE CHAIRPERSON Sheila Kendal
SECRETARY Rina Myburgh		

ACKNOWLEDGEMENTS

John Hall for producing the design and DTP (desk top publishing) work.
Logo Print (Maitland) for the printing of our magazine

**A REMINDER !****Annual Membership fee R200 -***Banking Details:*

Motor Neurone Disease Association of SA (or MNDA of SA)
 Account No 27 062 913 0 at Standard Bank, Rondebosch 025009
 (Please insert your "name"/membership as reference)

So now we are well into 2015 and possibly some (or most) of those New Year's resolutions have been tried, tested, and forgotten! Even with the best of intentions, it happens to all of us.

A quick recap on last year:

We report that we had a disappointing run with our Christmas Card sales for the season and we probably could blame the recent postal strike for the public not being enthusiastic enough to take a chance that their cards would or would not be delivered! This was a general trend as the Charity Card Kiosks were not well supported. But let's hope we have better luck in 2015.

INTERNATIONAL ALLIANCE MEETING:

As reported in our September/October 2014 issue, Dr Franco Henning attended the International Alliance of ALS/MND Association's 22nd Annual Meeting, the Allied Professionals Forum and in the International Symposium on ALS/MND in Brussels in December. Dr Henning said he was once again impressed by the large amount of clinicians and researchers attending the meetings and symposium, and especially by the international commitment to the management of Motor Neurone Disease. He advised that committed researchers worldwide are collaborating to ultimately develop an effective treatment for MND/ALS.

Dr Henning reported further: "What impressed me at the Alliance meeting were the accounts of the impact that the Ice Bucket Challenge had around the world. What started as a simple challenge between friends snowballed into one of the greatest global awareness events ever seen. This taught me that the impact of an idea is impossible to predict, and that we should simply go out on a limb more often. This is an attitude that our organization could definitely benefit from in the future. Furthermore, I was encouraged by the general attitude of "we're in this together" among the attendees. We often feel isolated here on the southernmost tip of Africa, and it is great to know that this is in fact not the case if we are part of the Alliance! Thank you very much to the Alliance for making this possible for us."

FUNDRAISING AND AWARENESS

In 2013, MND patient Kevin Jordan of Johannesburg, together with his wife Carla (front cover), under the banner of "You and Me versus MND" raised R100.000 for the MND Association.

In 2014 they set themselves an even tougher target of

R200,000 ! - well, with lots of hard work and with the help of many generous people they achieved this goal - no mean feat! Events organised included : Go-Karting days at Kyalami Karting Circuit, Rivonia Barnyard (ABBA) with 150 people joining for a fun filled evening on Awareness Day 21 June, Ladies Day (with 160 ladies!), a Veterans Football Tournament arranged by Edenvale Football Club, and a Charity Bond for the Momentum 94.7 Cycle Challenge in November.



TO KEVIN & CARLA, THEIR FAMILY AND FRIENDS, EVERYONE WHO PARTICIPATED AND THOSE WHO GAVE THEIR TIME (AND MONEY!) TO SUPPORT THIS FUNDRAISING DRIVE, A HUGE THANK YOU FOR YOUR GENEROUS CONTRIBUTIONS AND HELPING TO MAKE THIS AMAZING DONATION POSSIBLE. THANK YOU !!

Carla says: "Our first event for 2015 will be taking place in April and details will be posted on our facebook page 'You and me versus MND' shortly and she encourages people to 'like' their page, and join them at future events in the support and awareness of MND in South Africa!



Momentum 94.7 Cycle Challenge

Bellville Support Group

Joey Bayley, Peggy Saxon & Tracy Cuff, Consultants for Cape Town and surrounding areas, organised a "High Tea" in Bellville, on Saturday 6 December, to raise funds for MNDA. Although it was arranged at rather short notice and also at a difficult time of the year to get people to attend, it was a lovely morning with about 60 people supporting this worthy cause. The guest speaker, Bruce Walsh, who was severely injured in the Planet Hollywood bombing, gave a very inspiring talk and you could hear a pin drop! His ordeal and recovery is truly amazing and he now leads a full and productive life, even though he lost both his legs. Some of our MND patients were present as well and as always, we love spending time with them and enjoy their positive outlook on life – they too are very special and inspiring people. The hall looked very festive with white table cloths and poinsettias as table centres. The refreshments were enjoyed by all and hopefully they can do this again in future. On this occasion R5,200 was raised! Thank you to everyone involved and thank you to the guests for "buying" their Saturday morning tea and cake from MNDA!



Tea Party in Bellville