
News from the Office

2012 has arrived with a rip and a roar. We hope that this will be a year to remember. It is certainly starting off as a busy year as you will see from below.

Dates for Your Diary

Saturday February 18th - Petone Fair

We have a stall at the Fair. Great day out.

Sunday, February 26th - Around The Bays Walk

Sunday March 11th - Wellington Branch Annual General Meeting

*The AGM will be held at 11.30am, at the Cossie Club, Upper Hutt
Contact Margaret Stoddart for more details / confirmation of attendance.*

March 17th – 25th - Bow Tie Campaign

MDA WELLINGTON AGM SUNDAY 11 MARCH 2012

Please come and join us on Sunday 11 March at 11.30 am for the AGM followed by tea/coffee and light nibbles, at the Upper Hutt Cosmopolitan Club, 11 Logan Street, Upper Hutt. The committee will be having a face to face meeting following the break, around 1.30 / 2 pm and you can either join us or adjourn to the Cossie Club bar or café.

If you are interested in joining the Muscular Dystrophy Association Wellington branch committee, nominations are now open and you need to contact the office to ask for a nomination form to be sent to you. Nominations are being called for Chairperson, Treasurer and committee members. All existing committee are willing to be nominated for a further one year term, and we would welcome new faces.

The committee usually meets face-to-face five times per year. Most of our work is conducted via email and we have used teleconferencing at past meetings and need to investigate video call technology/skype further, in order to have contact with committee members who live outside the Wellington region who want to get involved but can't always travel to meetings. At this stage we have six members from Lower Hutt, three from Masterton and one from Otaki on the committee.

If you are interested in standing on the committee, please be advised that under our new constitutional rules the following process must occur:

1. Nominees have to be current financial members
2. Nominees have to complete and sign the nomination form which has to also be signed by two current members.
3. Committee nomination forms must be returned to the office **by noon Thursday 16 February 2012** for it to be valid
4. Nomination forms are available from the office
5. Nominees need to be registered as a Muscular Dystrophy Association Wellington branch member.

Liz Mills - Chairperson

Annual General Meeting March 2012 Agenda

1. Welcome, apologies and attendance
 2. Minutes of previous AGM
 3. Matters arising
 4. Financial report
 5. Chairpersons report
 6. Election of new committee
 7. General business
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Reindeer replaced by HOG

Santa spreads some cheer to disabled kids in the provinces. In the eyes of most children Santa drives a sleigh pulled by reindeer. But when the Wellington branch of the Ulysses club gets together for the annual muscular dystrophy ride the big man in red straddles a souped-up motorbike. It makes for quite a spectacle as Mr Claus leads a fleet of rumbling motorbikes on a 1200km journey around the lower North Island. Ulysses has been doing the trip for more than 20 years. Long-time member of the club and one of the key drivers behind the ride, Upper Hutt-based Ron Meiklen, said it brought "big smiles" to many faces.

The 1200km ride starts in the Hutt, heads over the Rimutaka Hill and up to Hawke's Bay. Day two usually finishes with a sleep-over on a marae just out of Waitara, then on day three they take in other parts of Taranaki where there is a cluster of kids with muscular dystrophy, before heading back down the island. Throughout the trip the club calls in on children with muscular dystrophy some while at school most at their homes. "The school kids go wild, it's absolute mayhem," Ron said. "At Douglas Park (School) in Masterton and St Anthony's in Pahiataua we get swamped by mobs of kids." Big bags of lollies disappear in minutes. For the kids with muscular dystrophy and any other children afflicted with a disability, there is also a pretty cool gift from Santa.

Ron said Wellington kids were looked after with something "special" at this time of year so it was good to be able to take some "Christmas cheer" to the kids in the provinces.

The Ulysses is made aware of new diagnoses by the Muscular Dystrophy Association (MDA). The club follows up with the family to make sure that they want to be a part of it. "The MDA sends us a list each year. Sometimes comparing that with the previous year makes for sad reading as the kids are no longer with us," he said. Ron said the kids had been dealt a cruel blow but he was continually amazed at their spirit. "There is a mix of emotions for all of us involved." And it is not just the kids that cause the burly leather-clad road hogs to well-up. "From my experience the mums of these kids do it really tough. "There are some really great dads, we get to meet them too, but in a lot of cases the dads have just bugged off and the mums have to do it all alone, it makes me so angry. "This year the Muscular Dystrophy ride coincided with a cancer kids party in Whitby on Sunday, earlier this month. "That was the last stop on the tour, the kids just loved it."

Walt Dickson Wairarapa News 21/12/2011

AMI ROUND THE BAYS

Sunday 26th February 2012.

Come and join our Muscular Dystrophy Association team.



This fun activity is an excellent opportunity for Muscular Dystrophy Association Wellington to fundraise. Why not get your friends, family and colleagues together and join us? Sponsorship form attached. T shirts will be provided. All sponsorship participants will receive a pen, magnetic pad and small bag of sweets. Please register your interest and advise us of your T-shirt size.

Starts at Frank Kitts Park, Jervois Quay, Wellington. The 7km fun run/walk starts in the city centre and follows Oriental and Evans Bays Parade to Kilbirnie Park in the City's south-east. There will be free buses if you show a race bib.

There will be prizes and entertainment for all ages.

9.20am Runners start. 9.30am Walkers start. Prizegiving at Kilbirnie Park

If you want to take part in the half marathon run/walk let Viv Klassen know ASAP via email viv.klaassen@paradise.net.nz. or Margaret at the office on 0800 886626 so we have time to register.

WAITANGI DAY GARDEN PARTY

As Chairperson of Muscular Dystrophy Association Wellington, I received an invite from the Governor General to the Waitangi Day Garden Party at Government House on Monday, 6 February. It is an acknowledgement to community groups for the good work they do in the community. Muscular Dystrophy Association was one of those chosen. In attendance on the day will be a cross-section of different New Zealanders from different parts of the community. Jo Baldwin (committee member) will be joining me. We are both looking forward to it! *Liz Mills*

IDEAS FOR DONATING TO MUSCULAR DYSTROPHY ASSOCIATION WELLINGTON

Subscriptions/Membership Fee*

Help us to support our members by paying your sub for 2012. especially if you are a Field Worker Service user, we really need your assistance here please. If you have . thanks.

Form and payment details are below. **Individual sub \$15.00 Family sub \$20.00**

Donate By Online Banking or Cheque*

Pay directly into the branch account to Muscular Dystrophy Association Wellington
Account Number 03 1533 0006178 00 with the following information:

Particulars - **donation** Reference - **your name**

Alternatively a cheque may be sent to MDA Wellington. PO Box 33 037, Petone 5012.

*All donations of \$5.00 or more are tax deductible and a receipt will be issued to you.

Payroll Giving

You can also donate to Muscular Dystrophy Association Wellington through Payroll Giving. It is a simple way to make a regular donation to us while also helping you to reduce your PAYE tax. For example a donation of \$20 earns \$6.66 in tax credits that is taken off your PAYE, so the branch receive \$20 and you keep \$6.66. All you need to give your employer is our name (Muscular

Dystrophy Association Wellington), the amount you wish to donate and our bank account (03 1533 0006178 00).

For more information contact us toll free on 0800 886626 or by email office.mdawgtn@xtra.co.nz

Donate Your Tax Rebate To Muscular Dystrophy Association Wellington

Did you know that you can donate your tax rebates to the Wellington branch? Another great way to give us your support! To claim a tax rebate, you need to fill in an IR526 form which you can print from the IRD website or phone the IRD on 0800 257 733 to request one.

The Wellington branch's donee listing at IRD is under Muscular Dystrophy Association of New Zealand Wellington Branch.

We are always looking for ways to increase our fast depleting funds in Muscular Dystrophy Association Wellington's bank account so if you have any suggestions just let us know, either 0800 886626 or office.mdawgtn@xtra.co.nz

Your support is greatly appreciated and very much needed!☺

Liz Mills - Chairperson

BOW TIE CAMPAIGN 2012

Bow tie week is set for Saturday 17th March . Sunday 25th March 2012. Planning is already well underway with regular bow tie teleconference meetings between branches and Deb Baker (National Office) taking place.

In regards to fundraising during the 2012 Bow tie campaign, Wellington branch will again have ownership of their bow tie campaign locally. Fundraising efforts will be co-coordinated at the branch office by Margaret and myself, we have the support of some coordinators in some of our regions.



These are parts of the minutes so far, to keep you informed and updated as promisedō ..

- National Office will continue to promote the campaign via a national media campaign, the website, facebook, In Touch and Muscular Dystrophy Association Catch-Up. .
- All funds within a branch area go to the branch; each bow tie box will have the relevant branch bank account details supplied with it for any funds raised to be deposited into the branches bank account.
- Remember the **pins and other items are 'gifts' in return for a donation** and are not items for sale. We simply use the collateral such as bow tie pins to generate that conversation and give us the opportunity to ask for support. People can then decide whether they want a pin or a pen or simply give us a donation without a gift.
- A television advertising campaign on TVNZ and TV3 during prime viewing and during bow tie week is happening this campaign. National office hope that it will raise the profile of the Muscular Dystrophy Association organization and the bow tie campaign significantly and it will make our branch fundraising efforts so much easier as people will have potentially seen the advertising and public relations, supporting the fundraising call to action and they will be aware and hopefully looking out for us, wanting to support the Muscular Dystrophy Association.
- The television commercial, radio. print and billboard campaign - featuring Judy Bailey has been completed for the bow tie campaign and we are going to have a simple yet professional campaign to represent the Muscular Dystrophy Association and its members.

We can't afford to ignore this fantastic opportunity and let it pass us by. We need as many Wellington branch members as possible to help us out over Bow tie week so we take full advantage of Muscular Dystrophy Association's raised profile!

Suggestions On How To Get Involved

- We are keen to have a person in each of our branch regions responsible for liaising with Margaret and helping organise the members in that area with bow tie fundraising, which will in turn enable us to manage the Appeal more efficiently and effectively.
- If you would like to be a sub coordinator for your region or have some interesting fundraising ideas or any feedback then please contact Margaret at the Wellington Branch Office.
- Ask at your local shops, businesses, medical centers or clubs if they would be happy to display collection boxes of bow ties, which we ask a gold coin donation for per bow tie. We can organize the delivery of these boxes to them as required. Or even better, you could oversee the distribution and pick up of the collection boxes in your area.
- Maybe your office or place of work would consider running a fundraising event on our behalf by undertaking to display and sell a collection box of bow ties or other items, then donate to us the proceeds from a Casual Friday collection, sponsor us or even just make a donation to Muscular Dystrophy Association Wellington branch? Out Westpac account is
031533 0006178 00
- Get your local primary/secondary school to do some fundraising for us! Mufti days, coin trails, bake sales and even proceeds from school discos are good examples of ways to help and school councils are often on the lookout for a local charity to support.
- Be a collector for an hour or two or longer; we can organize you permission to collect at your local mall, supermarket, street etc, and if needed we can find other members in your area to help. talk to Margaret. I have found supermarkets are great, they are happy to have a charitable organization collecting on their premises, last year for example I collected \$600 in five hours at PaknSave on a Sunday. it was stress-free and fun!
- Let us know if you know of anyone who has an article that would be suitable to raffle or put on Trademe?
- Get your friends and family involved
- Talk to your personal contacts and networks about being volunteers or sponsors.
- If there is a plea for volunteers (especially in Wellington) please consider it.

Bow Tie Collecting Sites

If you want to be involved but not too sure what to do or how to make it happen. please contact Margaret Stoddart on 0800 886 626 or office.mdawgtn@xtra.co.nz

We need collectors for the following sites. Times are 10am, noon or 2pm. 4pm except for the railway station. We need two people for each time slot.

Saturday	17 th March	Westfield Lower Hutt
Sunday	18 th March	PaknSave Petone
Friday	23 rd March	Wellington Railway Station (7am . 9am) Need four people.
Thursday	22 nd March	The Warehouse, Petone
Monday	26 th March	New World Thorndon
Wednesday	28 th March	PaknSave Upper Hutt

It's not too late to get involved and your support will make a huge difference to Muscular Dystrophy Association Wellington!

We Can't Do It Alone

The committee is really urging our branch members to play a big part and be involved and take responsibility for financially supporting our Wellington branch field worker service. You can support us by fundraising during bow tie week - we can even do most of the organizing for you so all you need to do is turn up at a designated place and time and collect. Bow tie week is a great opportunity to make us some much-needed money and give something back. If Bow tie week doesn't work for you, there are other ways to support us - paying subs, general donations etc. Once again this year the Hutt based committee members and Margaret will be out in force collecting during bow tie week. We have at least six venues booked.

All of the Muscular Dystrophy Association Wellington committee are totally dedicated to this branch. getting involved with fundraising has always been something that we have done.

Our branch's operating costs are about \$100,000.00 per year and all our money is channeled into paying to operate the Field Worker Service. The money enables us to hold onto our Field Worker and Office Manager and enables the good work in supporting and caring for our members across the branch area and maintaining the branch office, continue. As of now the branch finances are not in a healthy state. We have started breaking term deposits to pay our bills and our cash reserves (savings) have nearly gone then we will have to hope more of our grant applications are successful and to date more are being turned down than granted and it's definitely not from a lack of trying - the rate we are going we will soon have a \$0 balance. To keep the Field Worker Service running we will need to turn to National Office for financial help.

It is obvious the Field Worker Service is a huge success and the members who see/have seen Marty speak highly of the experience. So much hard work has gone into establishing Muscular Dystrophy Association Wellington into a functioning branch and developing a Field Worker Service for our branch members. We can't and won't let it fail. Wellington branch committee and National Office are committed to keeping the Field Worker Service but we can't do it alone!

Liz Mills - Chairperson

Connecting with your Child, New Plymouth

Venue: Family Works, 51 Buller Street, New Plymouth

Day: Wednesday

Dates: 15th February 2012

Time: 9.15 am-12am

Registration: Phone 06 758 5037

Cost: \$10 per person. This covers 6 sessions and payment is required to secure a place.

Facilitator: Jane Ryan

Connecting with your Child

The importance of parents as teachers in the development of children is an underlying theme in this group. Connecting with your Child recognises that many parents need to be nurtured themselves because essential parts of their own development are missing.

This course has been developed to:

- Assist parents in new ways to understand and accept their children;
- Help parents be aware of child development;
- Provide parents with a set of helpful parenting behaviours;
- Parents supported to consider their own personal development and how it influences their parenting;
- Help parents to understand how children learn;
- Teach specific tools to manage behaviour problems in children;
- Help parents to encourage positive behavior.

<p>Contact Details:</p> <p>Postal Address: PO Box 33 037, Petone 5012</p> <p>Physical Address: 49 Fitzherbert St, Petone</p> <p>Phone: 04 589 6626</p> <p>Freephone: 0800 886 626</p>	<p>Proudly Sponsored by</p> <p># The Lion Foundation</p> <p># COGS</p> <p># National Lottery Board</p> <p># MDA National Office</p> <p># Jack Jeffs Charitable Trust</p> <p># Thomas Macarthy Trust</p> <p># Eastern and Central Charitable Trust</p>
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WELLINGTON BRANCH CAMP

We would appreciate your feedback on the level of interest in holding a membership camp. To help us we would appreciate it if you could complete and return the questionnaire at the end of this newsletter to Viv Klaassen via email: viv.klaassen@paradise.net.nz or by post 7 Dodds Crescent, Otaki Beach, Otaki 5512.

Wellington Branch Membership Camp Questionnaire

1. Are you a? MDA Member Family/whanau Caretaker/support person
2. Which age group are you in? Under 16 16-25 26-55 Over 55
3. Would you like a camp for? All members & families Children only
 Teenagers/young adults Other Older adults
4. How long would you want to be at camp for? 1 night 2 nights 3 nights
5. Do you have your own transport or access to transport? Yes No
6. How far from your home would you be prepared to travel to a camp? Under 1 hour
 1-3 hours Over 3 hours
7. What sort of activities would you like to do on camp? Physical activities e.g. Rock climbing
 Kayaking Shooting Horse-riding Archery Other
 Passive activities e.g. Boat ride Visit local tourist attractions Fishing Other
8. We welcome your suggestions:

9. What sort of information/workshops would you like to access on camp?
 Learn more about your condition exercises/stretching Sexuality/relationships
 Anger management/counseling Vocational//occupational advice
 Inspirational Speaker Individualised Funding
 Coping mechanisms for spouses/siblings/parents Other
10. We welcome your suggestions

11. How much would you be willing or able to contribute towards the cost of accessing a camp?

Your Name (optional):

Your Region: