



Information published in this Newsletter is for educational purposes only and should not be considered as medical advice, diagnosis or treatment of Guillain-Barré Syndrome, CIDP, related neuropathies or any other medical condition.

Guillain – Barré Syndrome Support Group New Zealand Trust

Registered N.Z. Charity No. CC20639 Charities Act 2005

NEWSLETTER June 2016

If Undelivered Please Return To:

*Chris Hewlett
51 Killen Road
RD 2
KATIKATI, 3178*



| | | | |
|-----------------------------|-----------------------------------|---|--|
| Patron | Hon. Steve Chadwick | | |
| President | Doug Young | 87 Mona Bush Road, RD 1, Invercargill, 9871 | Ph (03) 230 4060 Email: deyoungs@xtra.co.nz |
| National Coordinator | Tony Pearson | P.O Box 21, Mapua, 7005 | Ph (03) 540 3217 Email: tonypearson@xtra.co.nz |
| Secretary | Tony Pearson | P.O Box 21, Mapua, 7005 | Ph: (03) 540 3217 Email: tonypearson@xtra.co.nz |
| Treasurer | Peter Scott | P.O. Box 4162, Palmerston North, 4442 | Ph: (06) 357 8436 Email: peterscott@clear.net.nz |
| Newsletter Editor | Chris Hewlett | 51 Killen Road, RD 2, Katikati, 3178 | Ph: (07) 549 0931 Email: chrispy57@gmail.com |
| Publicity Officer | | | |
| Medical Advisor | Gareth Parry ONZM.MD.FRACP.ChB | | |
| Web Site | Support | Education | Research www.gbsnz.org.nz |

Medical Advisory Board



| | |
|--|--|
| Dr. Gareth Parry ONZM, MB, ChB, FRACP Professor Emeritus, Department of Neurology, University of Minnesota, USA. | Dr. Chris Lynch Neurologist and Neurophysiologist at Waikato Hospital Honorary Senior Clinical Lecturer at the Auckland Medical School Waikato Campus |
| Dr. Pralene Maharaj Pathology Registrar ADHB And Trainee in Pathology with the Royal College of Pathologists Australasia Member of GBS Support Group since contracting GBS in 2006 | Dr. Suzie Mudge Director & Physiotherapist Neuro Rehab Results Senior Lecturer/Senior Research Officer Health and Rehabilitation Research Institute, AUT University |
| Dr. Annette Forrest ICU Consultant MBChB, BPharm, Dip ag & Vet Pharm | Dr. Dean Kilfoyle Neurologist Auckland City Hospital Auckland District Health Board |
| Kathryn Quick Senior Physiotherapist Neuro ó Services at Auckland District Health Board BSc(Hons) MCSP NZRP | Penny Sender Clinical Psychologist Dip Clin. Psyh |
| Dr. David Gow Neurologist with Southern DHB | Dr. Vic du Plessis Neurologist and rehabilitation specialist. Part time consultant neurologist Dunedin |

In this Issue

| | |
|---|-----------------|
| Editor's Note | Chris Hewlett |
| Presidents Report | Doug Young |
| Out Going President's Report | Ken Daniels |
| Secretary's Jottings | Tony Pearson |
| AGM Update | Tony Pearson |
| Personal Encounter with GBS | Jenny Murray |
| Early Physio in GBS ó Conference Presentation | Dr. Suzie Mudge |
| Waikato/BOP Coffee Group Report | Chris Hewlett |
| Notice Board | |

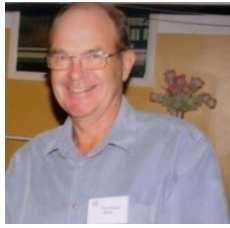
Board of Trustees

President



Doug Young

Secretary



Tony Pearson

Treasurer



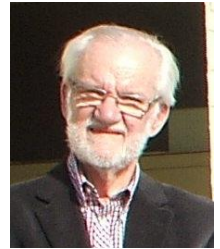
Peter Scott



Chris Hewlett



John Davies



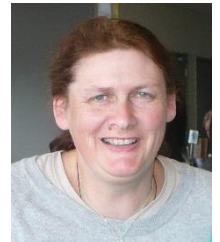
Bob Stothart



Dr. Pralene Maharaj



Dr. John Podd



Meike Schmidt-Meiburg

Financial Statements

If you wish to see a copy of the Groups Financial Statements these are available on the Charities Website.

<https://www.register.charities.govt.nz/CharitiesRegister/Search>



Editor's Note

Winter has finally hit us here in the sunny Bay of Plenty with signs of Jack Frost about if I get out of bed early enough.

Our coffee group is still going strong and our side group the øCycling GBSørersö is also picking up the pace. We have had a couple of enjoyable outings which have ended with shared lunches and a good old chin wag. The last outing, which sadly I had to miss due to work was held at Lake Kairapiro. Nice easy cycling and perfect place to have a picnic lunch. Grandkids included.

If next yearsøconference is in Rotorua I am thinking I could do a sponsored ride there. I will have to give it some careful thought.

We have had a couple of new cases in the Bay and have made contact with these patients and their families.

One contact was made by our hospital visitors calling into the hospital and make a general enquiry if any patients were there with GBS. There was and they were able to visit so I think that this øcold callingö by our øHospital Visitorsö is going to be a positive way to find out about patients.

I really need some new stories to include in the magazine as I have none on hand at the moment. Hopefully my mailbox will be flooded with them before the next magazine is due out. I have reprinted Dulcie Antillø's story this time. Dulcie was the reason the GBS group was started. Her sister, Jenny Murray went searching for info and other people who had GBS and before long she had formed the Support Group. We can never thank her enough for the work she has done over the years to ensure people have had information and support when they have been struck down by this frightening Syndrome.

Iøve been looking back through the archives and discovered I have been producing the newsletter for 7 years. How time flies. My predecessors were Terry Walton and Jenny Murray. I remember when I took over from Jenny and I had the daunting task of compiling (no photocopy to sort and staple each magazine back then) folding and mailing out over 500 newsletters. Luckily my husband was able to be roped in and that helped get the job done. That number has been dramatically reduced with the advent of emailing and I thank those of you who have chosen this method. Added bonus is that you get it in colour. So if you have yet to make the switch to digital give it some thought and email me to make the change.

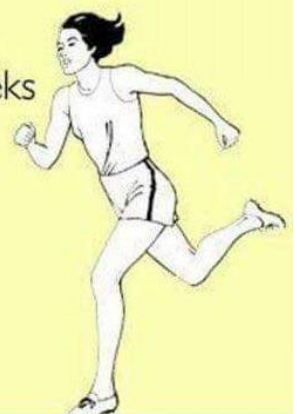
I am off to the States in a couple of weeks for 3 months of motorcycling. I have always wanted to ride up to the Arctic Circle through Alaska and Canada and the time is now. My bike is in LA ready and waiting. GBS has made us re think a lot of things in our lives and now we make the most of every little opportunity to do the things we probably would have just dreamed about doing or putting off till later. The silver lining in the GBS cloud I guess. And because of this trip the September magazine will probably not be in your hands till mid-October so plenty of time to get your story to me.

Keep moving and donø give up. Slowly slowly is how we all recover.

Cheers

Chris

one of the greatest
moments in life is
realizing that two weeks
ago, your body
couldn't do what it
just did.



someecards
user card



Presidents Report

This is my first newsletter, for what I hope is to become a regular way of being in communication with you all that are somehow involved in our organisation.

Over the coming newsletters you will inevitably learn a bit more about me and my journey.

My original contact with the group was through Jenny as she assisted myself and family to gain knowledge of how to access the system to investigate what was happening to me.

After meeting with Gareth, he was able to diagnose me with CIDP, so like most sufferers gained some insight into trying to manage an understanding what a recovery would mean to me and the family.

Before I attended the AGM meeting on 14th May, I was in New Plymouth visiting our son and his new wife. They have moved there for work employment. I took the opportunity to go and visit Jenny. It was good to see her again and although she claimed we were seeing her on a good day, I felt she was positive and very welcoming. I hope she appreciated our visit and she is obviously still very interested in the society.

For those of you that don't know me, I am a born and bred Southlander and live on a 10 acre lifestyle block just out of Invercargill. I am self-employed, a mechanical engineer, project managing in Water Treatment processes which involves me travelling throughout NZ and Australia.

I am married to Terry-Ann, we have three adult children and to our delight we are now parenting our six year old granddaughter.

My first duty as the new president is to acknowledge and thank Ken and his family for their commitment for the role they played during Ken's presidency.

We wish them all the best in their new endeavours and travels. Thank you Ken.

Regards to you all.

Doug Young
President.





EAT MORE Spinach

- HIGH IN FIBER, so it helps keep you full and aids in digestion.
- Helps prevent CANCER.
- It's ANTI-INFLAMMATORY.
- High in ANTIOXIDANTS.
- LOWERS high blood pressure.
- Helps IMPROVE VISION.
- Strengthens the IMMUNE SYSTEM.
- Promotes healthy, GLOWING SKIN.
- STRENGTHENS BONES.
- FIGHTS DISEASES.
- Helps the BRAIN and NERVOUS SYSTEM function.
- Low in calories but HIGH IN NUTRIENTS.



Outgoing Presidents Annual Report:



Unfortunately, this will be my last report as President of the GBS Support Group. The time has come to hand over the reins to another willing member. I have enjoyed my time with the board and have a genuine admiration for those who have helped steer the ship over the last year.

Since my report last year, the society has dealt with a number of important issues. We have had member enquiries about GBS/CIDP and related illnesses. As in previous years we have been extremely fortunate to have had the assistance of our Medical Advisory Board who are always willing to answer questions about this rather unusual illness. This has provided comfort to those who are worried and in need of expert advice. As in previous years I would like to acknowledge the support of our benefactors Dr Gareth Parry who has lead this advisory board and given much of his time and energy to supporting us. For those of you who haven't visited our web site recently a quick look at the people who serve on the Medical Advisory Board and it will demonstrate just how illustrious this section of our society is.

I am delighted to see coffee groups forming to help members get to know each other and to provide support at a very local level. There is potential for these groups to spread and if you think that you could help with forming one in your area please contact one of the board members.

Visits to people with GBS in hospitals and homes continues. This is a truly compassionate part of the support group has the visits occur at a time when sufferers and their families are at their most frightened and sometimes distraught state. We appreciate the work of these visitors.

Thanks are due to members of the Board who have kept a steady and trustworthy control over the society's affairs. On behalf of the Board I wish to acknowledge the extremely hard and efficient work carried out for yet another year by Tony Pearson our Secretary and National Co-ordinator. Thanks Tony. We are also grateful to our Treasurer Peter Scott who has always kept a kind but firm hand on the societies purse strings as well as guiding the financial affairs of the Memorial Fund which will assist in further research and other projects related to GBS in the coming years. We also recognise with thanks the work carried out by the other Board members who have always been there when required to look after our interests.

During the past year we have been regularly treated to our Connectionsö magazine and we are all grateful for the skill and dedication by your editor Chris Hewlett. This magazine is truly a connection between members and I believe its value cannot be underestimated.

I would also like to commend those who assisted in the successful running of the Rotorua conference last year. The sharing of information and the social interactions between members in my view made this one of the best conferences we have run. Next year there will be another conference where we can get together to support each other and learn more about the illness that has changed the lives of many of us. I will see you there. More details on the 2017 conference will be available shortly.

Finally, I would like to thank all of those benefactors and donors who have enabled this support group to survive. Without their continued support and the donations and membership fees of generous individuals our work would have been all the more difficult. Support from Charitable organisations like the ARA Lodge No. 348IC and the Parry Scholarship Fund have helped our support trust immensely. We are truly grateful for their assistance.

It has been a privilege to act as your President. I wish the incoming President and Board all the best for the next year and I know they will have your full support.

Ken Daniels



Secretary's Jottings

As I sit here in a not so balmy Nelson ó 4 degrees early this morning! ó I have to say I am looking forward to our holiday in Europe starting next Monday. We have sold our first NZ house ó built 15 years ago and our re-build of our new home in Mapua is pretty much complete so when we get back I will have to set to and change all our contact details ó including information on the Website (Lil please note!!).

A report on the AGM appears elsewhere in this Newsletter but we have a new President ó Doug Young - who brings a wealth of previous Trustee and Governance experience to our party. Doug and his wife Terry Anne live in Invercargill ó which as a famous motorbiker was reputed to have said you can spell with only one! L! to save ink! Whilst I hope Doug will not subject us to the same thrills and spills that Burt experienced I look forward to working with Doug in expanding the Group's coverage and activities in the coming years.

We had a good Board meeting in Wellington, and needed all the 3 hours Peter had allocated to get through the business. In addition to those 'formal' items addressed in the AGM report we had constructive discussions on the following subjects:-

Publicity Officer ó we REALLY do need someone to step up to this role ó preferable with previous experience of the media 'merry go round'. Ken offered a possible solution and will follow up.

Hospital Visiting: We are getting to see only a small percentage of the 80 to 120 patients who contract GBS EACH YEAR in New Zealand. Tony was asked to discuss with the Group's Authorised Hospital Visitors ways in which we might increase our 'hit rate' ó top of the list of possibilities was a suggestion to instigate regular 'pop ins' to the Hospital with a general enquiry to see if they have any GBS'er on the wards.

Research Funds: Whilst we do have a Fund it will not go far when it comes to funding Research. A feature of both the UK and USA Group Newsletters is the efforts of members in raising funds through sponsored 'activities' ó half Marathons, bike rides, and Iron man/woman events!! And so on - essentially to demonstrate that GBS does not necessarily mean the end of an active life ó even though it may require more effort than it did before. In the 3 months Jan/Feb/Mar of this year UK Group members raised the equivalent of NZ\$55,000 through such sponsored activities ó no small effort for a group with less than 300 members! New Zealanders are a VERY generous bunch of people and seem willing to dig deep for worthwhile causes. If you are a runner, biker, climber, hip hopper or whatever - who has been able to continue with your recreational activities in spite of GBS or CIDP please DO consider seeking sponsorship of your 'event' efforts from friends/family and the wider public to raise funds to further the Group's research aims. Members with the 'technical capabilities' may even consider using the 'Give a Little' fundraising facility we have in this country.

I shall be taking to the UK our revised versions of the **Information Brochures** that were generously offered to us by the UK Support Group (GAIN) ó before we publish them in hard copy and on the website the UK Group have asked to review them and I hope to be able to facilitate this at their 100 year celebration in Glasgow next month. Many thanks to Dr Parry and the MAB for carrying out the medical review and revision of these documents.

Rotorua is on the cards for next May's **Conference**. With his usual caution Peter wants to ensure there is a suitable 'cost effective' venue available before going firm on the selection. Our Patron the Hon Steve Chadwick (The Mayor of Rotorua) has confirmed we will be most welcome again ó so fingers crossed. Anyone fancy organising a 'sponsored walk' say after the Hospital Visitors Workshop on the Friday ó and before 'happy Hour'?

Well I had better start packing my bags ó actually if Vivienne reads this she will laugh out loud ó I NEVER pack a bag she does it for me ó left to myself I suspect I would find myself travelling with the 'fundamentals' of daywear!! But I DO need to pack up this machine and put away all my 'admin' papers littered over the floor ó and get out the travel Brochures!

Tony

Report on the proceedings of the 2016 Annual General Meeting in Wellington

The wild and windy weather in the 24 hours before the AGM clearly deterred Wellington locals from venturing out and the meeting was sparsely attended, although one stalwart member travelled from Auckland to attend ó Thank you Maurice! So a small gathering of 11 members were welcomed to the meeting by Ken the President. A couple of Board members were unable to be present due to ill health or prior commitment issues and the Secretary advised that 26 Proxies had been lodged in favour of the President or Secretary ó again thank you to those members who took the trouble to lodge a Proxy. AGMs are all about meeting the legal obligations of our Charities registration ó not exciting affairs but none the less important for the operation of the Group.

Before commencement of the general business Meike read an Obituary honouring the life and service of Gordon Stephenson. Gordon was a strong supporter of and advocate for the Group over many years and will be sadly missed. The meeting stood in silent tribute to his memory for a moment.

Tony reported on the Hospital Visitors programme noting that 7 new Authorised Hospital Visitors had been approved by the Board following the Workshop in Rotorua and several of these new members had already õseen actionö visiting new sufferers around the country. A new range of information Brochures to support ongoing efforts to assist will be available shortly. Another workshop will be held ahead of the 2017 Conference and members will be encouraged to õstep upö and offer themselves to undertake this important, and extremely satisfying, task for the Group.

Ken reported that the Board had received an initial request for financial support to seed fund a potentially very important Research project into the development of a pain relieving remedy for GBS and other Neuropathic sufferers from an NZ indigenous plant. The Board confirmed in principle that such a project could meet the Memorial Fund criteria and the proposal will now be formally submitted to 2 members of the Medical Advisory Board for a review to confirm its applicability to the aims of the Group and then be subject to a funding review by the Board.

A copy of Ken's full President's Report appears elsewhere in this Newsletter but in it specifically, he drew attention to the efforts made by many to ensure the Conference in Rotorua was so successful.

Congratulations were in order to those members who had started and continued with the social Coffee Groups and Ken encouraged more members to consider starting a Group in their area ó a very enjoyable way for spreading the awareness of GBS within a local area as well as providing an inviting forum to exchange ideas and experience.

Ken advised the meeting and membership that he would be resigning as President and from the Board of Trustees after the meeting as forthcoming changes in lifestyle commitments would preclude his ongoing active support to the Group.

Although the Group made a loss of nearly \$3000 in the year this was essentially due to the decision by the Board to õself-fundö the Conference and not seek outside grant assistance but rather to use some of the accumulated reserves that have been built up over the years and financially the Group is in a sound position. A tight rein had been kept on expenses with the switch by many members to an Email Newsletter receipt being particularly helpful both in Financial and Administration terms. Operating revenues were down on the previous year reflecting a reduced level of donations and membership subs making the regular contribution received from the ARA Lodge No. 348IC particularly helpful ó Thanks to John Davies for continuing to press our need to his Lodge. The Memorial Fund ó essentially a source of Research funds - stands at \$112,000 at the year end. Ken congratulated Peter on producing a robust set of accounts and maintaining a close watch on Group finances. He noted the Auditor had delivered an unqualified report.

There were no new nominations to the Board and accordingly the three rotationally retiring Board members: - John Davies, Tony Pearson and Bob Stothart were re-elected to the Board. With Ken's retirement there was now a vacancy on the Board and they will be seeking to fill that position from the membership. The meeting was advised that it was the Board's intention to appoint Doug Young as President with Peter and Tony retaining the roles as Treasurer and Secretary/National Co-ordinator respectively. The meeting signified its support to these Officer appointments.

On Peter's recommendations membership subscriptions will remain unchanged for the coming renewal year. It is the Board's intention to hold the 2017 in Rotorua again on the 5/6/7 of May, subject to the Treasurer stabling a venue and satisfactory financial terms. Further information in due course.

Dulcie's Encounter with GBS - by Jenny Murray 1997

It's January 1997 - a Friday, and one thumb is driving Dulcie nuts ó it has pins and needles and feels a bit strange. Saturday her feet are semi-numb and heavy and by Sunday her feet were not co-operating and just would not do what she wanted them to. To put one foot in front of the other is an automatic exercise for most of us but when you stand there wanting to move but your feet feel cemented to the floor, it is weird, strange and somewhat scary. With the help of her husband Ronnie, the long process of getting from the house to the car began ó she was going to seek medical advice.

She was examined and admitted to Taranaki Base Hospital. Doctors were not sure what the problem was at this stage and she spent the next two days in the Ward ó bedridden and becoming weaker by the minute. By Tuesday her speech was impaired and stroke was considered but soon ruled out. Later on Tuesday her breathing became compromised and she was admitted to ICU. By this stage one of the medical staff had considered Guillain Barré Syndrome and did a lumbar puncture to test for elevated protein levels in the spinal fluid. The results came back late on Tuesday night with the confirmation that Dulcie did, indeed, have Guillain Barré Syndrome. At last ó a diagnosis, but what on earth was Guillain Barré Syndrome?

Over the next few days she lapsed into complete and total paralysis and required full life support. She was air-lifted to Waikato Intensive Care Unit where she would stay for about six weeks. By the end of about the fourth week she had the ventilator removed and a tracheotomy was put in. Slowly ó very slowly Dulcie began to recover. Just the wriggle of one finger, or the slight movement of her foot was the first flicker of hope she had seen for many weeks. While in Waikato Hospital she was in the care of Mr Singh who advised Dulcie, after doing nerve conduction tests that Dulcie's feet were seriously affected and he did not expect a full recovery in her feet, and explained that she would be left with permanent residual damage there. He was right.

Dulcie was air-lifted back to Taranaki Base Hospital about mid-March where the long period of physiotherapy began. The physio, while very necessary and very beneficial, is a very long hard road with what seems very little results at first. The finger splints, leg splints, tilt tables, and hours in the physio rooms between parallel bars and exercycles looks cruel at the time, but when you see where it has got Dulcie long term you realise every minute was well spent. Dulcie, like any other person seriously affected with GBS, had to re-learn to hold basic utensils (spoon, cup etc), how to brush her teeth, get her balance and stand again and progressively to walk, shower, dress herself. It seems so basic but when this is taken away from you the re-learning is so difficult.

By the end of June, with the help of some fantastic physios and the care of her doctor, Dulcie was ready for discharge from the hospital. She was by no means independent even at this stage and needed a walker, shower stool, and other household aids to allow her home. Her home was modified to allow easier access ó steps altered ó hand rails etc. The road to independence had begun. Dulcie still attended physio as an out-patient for some time after her release from hospital. One by one her little helpers (aids loaned by the hospital) were returned and she could soon walk with two elbow crutches ó then one elbow crutch- then just a walking stick and before the year was out she was leaving her walking stick home more often than taking it with her, and had learned to drive her car again.

Today, apart from nuisance value residual effects in her feet, she is leading a near to normal life. Outdoor bowls was her passion before GBS took its toll, and she has tried unsuccessfully to return to bowls but has now conceded that this is just too hard. The standing, bending, hot days etc all combined to make it no longer a pleasurable experience so she has given that away.

Dulcie is taking music lessons and plays the keyboard, knits, embroiders and is making a floor rug and is completely independent within her home. She and husband Ronnie have had one overseas trip and another is coming up shortly. From the depths of despair to a 95% recovery was a long hard road and Dulcie would like to encourage all those with GBS to hang in there ó suffer the physio, hard as it may seem at the time, and look forward to a life after GBS.

Early Physio In GBS – A Conference Presentation by Dr Suzie Mudge

Role of the Physiotherapist in acute GBS management

Maintain

Prevent

Promote

Physiotherapy Role

Respiratory care

Circulation support

Neurological rehabilitation

Musculoskeletal management

Team work

Patient and family education

Respiratory

Prevention of sputum build up
Clearance of secretions
Ensure good lung volumes
Supporting cough

Mobilisation

Breathing Exercises

Teaching cough techniques

Using pressure devices

Positioning

Suctioning

Manual Techniques



Mobilisation in ICU



- Mobilisation: exaggerated HR and BP response in conjunction with low physiological reserve to meet even the simple task of sitting on the edge of the bed
- SAFETY: It can be done safely in the critically ill ventilated patient with minimal risk

Circulation

Changes to blood pressure
Risk of clot formation
Risk of pressure sore development

Mobilisation - Sitting exercises

- Transfer practice
- Standing exercises
- Walking practice

Positioning

Exercises

Use of supportive devices



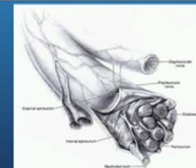
Neurological

Muscle weakness
Altered sensation
Altered joint sense
Pain

Progressive supported mobility

Exercises: strengthening, core stability, endurance

Sensory stimulation and re-education



Musculoskeletal

Muscle deconditioning
Risk of joint damage and stiffness
Pain

Exercises

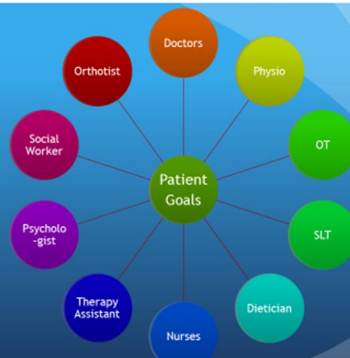
- Joint protection interventions
- Good manual handling principles
- Supportive devices

Positioning

Mobilisation

Splinting

Pain Relief



Team Working



Waikato/BOP Coffee and Cycle Groups Latest Gatherings



Cycling the backroads at Ngatea, Grant, Fran Meike and Chris



Meike, Judy, Grant Fran and Barry enjoying a cycle at Kairopiro followed by a picnic lunch



Coffee Group meeting at Okoirire:

Back: David Powell, Grant McKay, Chris Hewlett, Judy Deed, Linda Bannister, Julia and Ken Ardern, Barry Deed, Rex Bannister

Front: Meike Schmidt-Meiburg, Yvonne Powell, Fran McKay, Sue and John Dixon

NOTICEBOARD

Hawkes Bay Coffee Group 6th August 2016

An informal luncheon will be held for coffee and chit chat with others who have been down the GBS track.

Where: Board Walk Café,
Hardinge Road, Ahuriri, Napier

When: Saturday 6th August

Time: 12.00 noon

Spread the word among your HB friends. All welcome to attend.

Ph: 06 837 5696

What's Your Story?

Urgently needed are your stories to publish in your magazine.

Please take the time to write about your GBS/CIDP (and or other Variants) and post or email to me – your editor. Details on the front of the newsletter.

Bob Stothart is happy to assist anybody to write their story. Contact him by email:

stothart@ihug.co.nz

WAIKATO/BAY OF PLENTY COFFEE GROUP

3rd August 2016



Where: The Club, 601 Mackay Street,
THAMES

When: Wednesday 3rd August

Time: 10.30 am onwards

Please let Meike know if you are attending so she can confirm numbers with the Café.

Email: schmidtfarm@xtra.co.nz

Cell Ph: 027 3250369

**See you there.
Everybody welcome.**

PUBLICITY OFFICER WANTED

We are looking for someone who would like to take on this role.

If you think you have what it takes please contact:

Doug Young: deyoungs@xtra.co.nz

Or

Tony Pearson: tonypearson@xtra.co.nz

Your Ideas Wanted

What topics would you like the MAB to cover at the next Conference?

Send your wish list to the Editor

Email: chrispy57@gmail.com

