

Thumbs UP

MNDALS
Association of South Africa

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

October 2016



*"Balloons released in memory of loved ones - Global Awareness Day : 21 June"
- See story 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



It is with regret that, due to the lack of response to the over 3,000 email communications sent, the Awareness Day Conference scheduled for June 20/21, had to be cancelled. We thank Sheila Kendal, our Vice-Chair, for the long hours she spent working on this project and we share in her disappointment that, despite the all-out effort, it did not come to fruition.

Apologies to Mary Hart, patient from Darrenwood :

The poem "Some-of-the-time in Darrenwood" featured in our previous Newsletter (June 2016) was actually written and submitted by Mary Hart, but relayed to us via Karyn Casey – so apologies, and a big word of thanks to Mary, with the hope that she will find the inspiration to write some more ! We are always so pleased when our patients and readers contribute to our Newsletters.

Thank You to each and every one who supported us with donations and contributions to our Association's money box during the past year. And of course we are very grateful to our regular monthly donors who, despite the hard times we are all experiencing, still manage to put that little bit aside for us every month. Special thanks to Peter Rosmaren for reconciling our books, David Cudlipp of Auditors FMG Inc for preparing our financial statements, John Hall for the layout of "Thumbs Up" and Logo Print (Pty) Limited, for the printing thereof.

Your support is greatly appreciated!

Kindness is

*like a window that holds a lovely view of the helpful, warm and friendly things nice people say and do
It adds bright dimension of caring and of giving, and lets in all the sweetness and sunny joy of living
~ Constance Parker Graham ~*

How time marches on! The Festive Season is once again upon us and we would really appreciate your help again this year by purchasing our Christmas cards (order form attached). Postal charges and erratic delivery services can be big factors when considering the purchase of Christmas Cards to send to family and friends, but this may be our last year of offering cards for sale and it is a good way of spreading awareness. Please encourage your family and friends to support our worthy cause!

**CHRISTMAS WISHES TO OUR PATIENTS AND READERS
WHO CELEBRATE THIS HOLIDAY
AND
A HAPPY AND PEACEFUL 2017 TO ALL !**



NEWS FROM AROUND AND ABOUT

From Gauteng

Our readers will remember Kevin & Carla Jordan (from previous Newsletters) who are such avid fundraisers for MNDA of SA, and now Kevin has added another feat to his talents

Karyn Casey & Victoria Goodstein attended the launch of **Kevin Jordan's** book :

"DYING TO LIVE: A Guide To Living With Motor Neurone Disease"

at the Bryanston Country Club on 23 June 2016.

Kevin is 44 years old, and has lived with MND for eight years. As Kevin himself notes, this is longer than the average life expectancy for someone with this disease. Kevin spends much of his time fundraising for the MND Association of South Africa, through the charity foundation he has formed, You And Me vs MND.

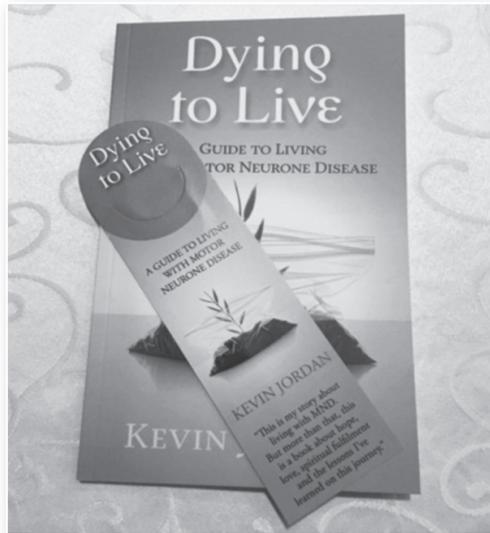
Kevin outlines his personal journey with this disease, through the early days of diagnosis, to his growing dependence on those around him, as his physical abilities have changed. Chapters in the book are written by those close to Kevin, including his parents, and childhood friends.

Kevin's poignant narrative speaks of his personal struggles, and offers a glimpse into the emotions and circumstances of Kevin's life. The book tells of Kevin's own journey with MND, and is not a prescriptive guide of how to

manage the disease. Instead, it details Kevin’s feelings, his triumphs, regrets and hopes for his future, and those of his children. Kevin describes his private frustrations and fears, providing insights into the lessons he’s learnt following his diagnosis.

Kevin’s diary-like style of writing leaves the reader with a sense of having shared Kevin’s emotional and spiritual turmoil. Kevin’s account of his family life, and struggles, shows the vulnerability of a man who has chosen a very public platform to share his story.

Kevin’s occupation has changed from that of a successful insurance consultant, to raising funds for the MND Association through You And Me vs MND. Kevin and his wife, Carla, have made a difference in the lives of those with MND, through their fundraising campaign. The events they arrange have ensured funding for equipment and support for people throughout South Africa, who also have MND.

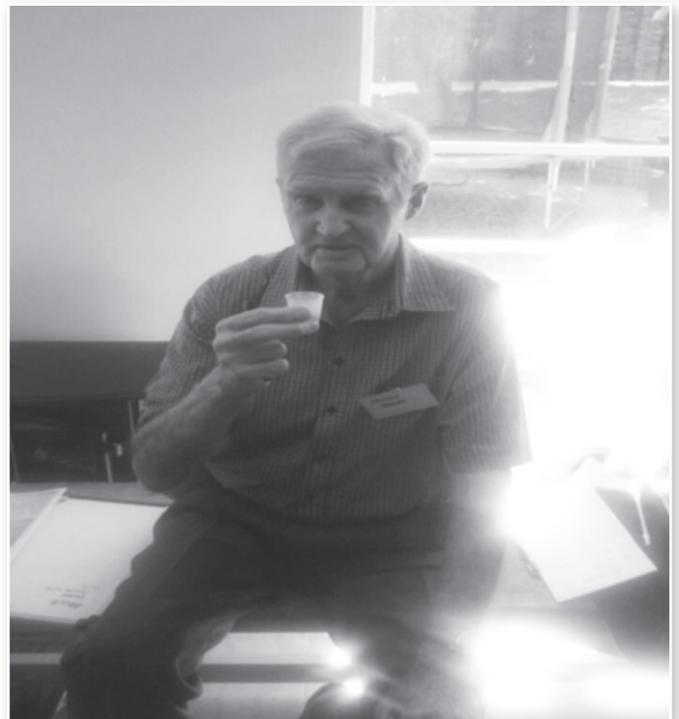


Kevin’s book costs R130 and is available from www.youandmevsmnd.co.za or by contacting Kevin via his Facebook page www.facebook.com/YouandmeversusMND

Gauteng Support Group Meeting



Mary Hart (left) and Nevasha Govender



Graham Brooks

The guest speaker at the August Support Group Meeting, Gayle Landau, Registered Dietitian, spoke about dietary supplements available and a variety of these delicious supplements, sponsored by Nutricia, were offered for tasting. (See Article on Nutrition and Weight Management under the heading of “Research”, following)

From KZN

Kasturi Pillay, our Consultant in the Durban area, sent us a poem which was written by her late husband Dhevan:

*Why am I Here
As I sit on my favorite chair in the lounge watching sports, Sky News or a comedy
I wonder why I am here
Guess what, I cannot change the channel or use interactive
Nor can I push away the ant moving up my hand
I could have died a long time ago
I cannot use my hands or my legs
Neither can I eat properly nor speak properly*

*But why am I here
To spend another week with my family
Or to spend another holiday with them
To be there for the next birthday
Or to spend more time with my friends at the Hospice
To be there with my son to watch Manchester United win another trophy
Or when the Sharks win the Super 14
Or even till Bafana Bafana wins A TROPHY*

*I guess I will never know
God has a plan for all of us
We must live each day as if it's going to be our last*

And for Kasturi and her family, the memories live on, five years after his passing:

He is still the most admirable man I have ever come across. He was my role model and mentor and for my children as well. Just as a tea bag's true strength is noticed when placed in hot water, his true character and strength was shown to us when he was faced with his last struggle in his life. When we were angry with God for what he was going through, he used to say, and I quote: "When God gave us everything good in life, we never asked God why me? So therefore when we are faced with difficult times, we shouldn't ask "WHY" either. Dhevan taught me and our children many valuable life lessons, just by his actions and the way he thought. I learned to be accepting, humble and appreciative for what I have, because life may not always go as we plan it out to be.

From my experience, I know that patience is of absolute importance when living with and caring for someone who has motor neurone disease. It is of essence to realise that an MND patient would be much more frustrated with the struggles they face, than their helper is, when trying to assist them.

Kasturi Pillay

*Peace comes when the head respects the heart, the heart respects the head
And both agree to support each other in pursuit of a shared aim
~ Jonathan Cainer ~*

Also from KZN**Global Awareness Day : 21 June**

Kubashnee Perumal wanted to do something special on Global Awareness Day, in memory of her mother Sylvia -

She writes

I am a Deaf educator named, Kubashnee Perumal and with the aid of a Sign language Interpreter, I was able to do a Presentation on MND which I wanted to do in memory of my Mum, Sylvia Perumal who died on 12 February 2016 and also to keep her memory alive.

The program

- 1) Presentation on MND for 38 Educators and 53 Non-educators at St Martin de Porres School
- 2) Explanation on MND Global Awareness Day on 21 June 2016
- 3) Request People Join MND
- 4) Question time
- 5) Request by some staff to come and do a Presentation for them in Rural areas for Elderly.
- 6) Release of Balloons. All staff bought balloons on which they wrote the names of loved ones they had lost and in memory of all MND sufferers that had passed on.
- 7) Some staff also bought the balloons, cupcakes and sojies in support of the MND Association of South Africa.

Thank you to Kubashnee for arranging this wonderful way of spreading awareness as a tribute to her late mother.



Kubashnee with her specially designed MND T-shirt.

RESEARCH



RESEARCH

Excerpt from the Summer 2016 issue of Thumb Print (magazine of MNDA, UK)

Are we closer to knowing what causes MND ?

When someone is diagnosed with MND, most people ask why.

In this feature, it is looked at in greater detail at several research projects looking to find the answer to that all-important question.

In the spring issue of Thumb Print, some genetic factors that influence MND were looked into.

Although genetic research is giving important insight, the causes of MND are likely to involve a complex combination of genetic predisposition and environmental or lifestyle factors.

Mathematical models using data from several MND registers have shown that up to six steps or causal factors are involved in MND developing.

Environmental factors studied to date include diet, occupation, military service, chemicals and metals. In this article three factors are focused on: physical activity, pesticides, and BMAA – a toxic compound found in blue-green algae and how other factors may be identified in future.

Dr Brian Dickie, the UK MND Association's Director of Research and Development said:

“The significant progress in genetic research in recent years has not been matched by improved understanding of environmental influences. Identification of the latter has been a slow process, but there is increasing evidence that they are indeed there to discover”.

Physical activity

A study by former MND Association Clinical Fellow, Dr Ceryl Harwood, looked at whether people with MND were more active in the past compared to healthy ‘controls’. Her approach, using a new questionnaire, was a better way of measuring lifetime physical activity levels than in previous studies in this area.

“Studies into environmental and lifestyle factors have not yet delivered consistent and clear answers. As with the genetic research, it is likely that these answers will only emerge from large-scale international collaborations.”

Some people with MND had high levels of past physical activity, compared to controls, but others did not. This reinforces the role of genes and the environment as extra contributory factors in the development of MND.

Prof Dame Pamela Shaw from the Sheffield Institute for Translational Neuroscience said: “Clearly most people who are athletic or physically active do not develop MND. The next step in this area of research will be to try and determine the genetic variations which make some people more susceptible to MND when the lifestyle factor of vigorous physical activity is also present”.

Exposure to pesticides

A recent questionnaire-based study in the USA found that exposure at work to environmental toxins, such as pesticides, increases the risk of MND fivefold. Testing blood samples from people with MND also identified five specific compounds found in pesticides, several of which are now banned.

This area needs further investigation to answer questions such as what level of exposure gives this increased risk, and if newer types of pesticide remain a risk factor for MND.

BMAA and blue-green algae

For the last 30 years, evidence has been building for the role of BMAA (beta methylamino-L-alanine) in causing neurodegenerative diseases, including MND. BMAA, produced by certain types of blue-green algae, has been shown to have toxic effects.

Researchers have discovered that when proteins are formed in the body, BMAA substitutes itself for an amino acid, or ‘protein building block’, called serine. This causes the protein to change shape and form clumps in nerve cells.

Several studies in other parts of the world have suggested that the number of cases of MND is higher in areas near coastlines and lakes, where algal-blooms happen and BMAA has been measured in the water. Further research will be needed to establish if exposure to BMAA causes healthy individuals to develop neurodegenerative diseases.

Next steps

Dr Dickie believes that the key to discovering the causes of MND lies in more research, collaboration with international partners such as the STRENGTH Project looking at risk factors for MND and in the longer term, the Association’s work in creating a national MND register for England, Wales and Northern Ireland.

He said: “Studies into environmental and lifestyle factors have not yet delivered consistent and clear answers. As with the genetic research, it is likely that these answers will only emerge from large-scale international collaborations.

“Replication of studies in different populations will help in establishing how much of a role these factors play in MND. Our ongoing work to create a national MND register will allow researchers the opportunity to explore this area in more detail in the future”.

More information:

www.mndresearch.wordpress.com/category/causes/
www.mndassociation.org/causes
www.mndassociation.org/researchsheets

Weight management is critical for survival in motor neurone disease

Researchers from around the UK, led by a team at the University of Sheffield’s Institute for Translational Neuroscience (SITraN), have found new evidence to support early nutrition management in motor neuron disease (MND).

The first UK wide study into tube feeding in MND (ProGas) has found that MND patients benefited most from enteral feeding when they had lost less than 10 per cent of their body weight before the intervention.

In contrast, significant weight loss at the onset of enteral feeding was associated with shorter survival. Based on the results of the study, published in the journal *The Lancet Neurology*, the investigators recommend enteral feeding for MND patients as early as possible at five per cent weight loss from MND diagnosis.

Chief Investigator Dr Chris McDermott, Reader in Neurology at SITraN and Consultant Neurologist at the MND Care and Research Centre at the Sheffield Teaching Hospitals Foundation Trust, said: “These findings will help health care professionals and patients to make informed decisions about the choice of gastrostomy method and timing.”

The prospective multi-centre evaluation of gastrostomy in patients with MND (ProGas) included data from 24 centres in the UK.

A total of 330 patients in the study underwent gastrostomy which entails the insertion of a tube in the stomach to facilitate enteral feeding and were followed up for 12 months. The study aimed to provide evidence on the benefits and timing of gastrostomy feeding, as well as the optimum tube insertion method in terms of safety and clinical outcome.

Study author Dr Theodoros Stavroulakis, Research Associate at SITraN, who analysed the UK wide data said:

“Although recommended by both the American Academy of Neurologists and European Federation of Neurological Societies, there was little evidence for the optimum method and timing for gastrostomy.

“Decisions in clinical practice are currently largely based on consensus and expert opinion. The aim of our study was to provide evidence for the available treatment options and establish guidelines for best clinical practice to improve care for MND patients.”

Enteral feeding is commonly used to support MND patients with severe difficulties in swallowing (dysphagia). The three main methods of gastrostomy currently used in MND patients are percutaneous endoscopic gastrostomy (PEG), radiologically inserted gastrostomy (RIG), and per-oral image-guided gastrostomy (PIG).

“The findings we present suggest that PEG might be the optimum method of gastrostomy when respiratory function is largely unimpaired, and PIG when respiratory

function is significantly compromised,” said Dr Stavroulakis.

“Both methods seemed to offer easier post-insertion tube management than RIG. This is crucial in MND where loss of mobility and speech, as well as breathing problems can increase the burden on both patient and carer”.

The three gastrostomy methods were found to be as safe as each other with respect to procedural risk, however RIG was found to be associated with higher post-procedural complications associated with balloon-retention gastrostomy tubes and more complex tube management. PEG caused a higher rate of patient distress linked to procedure tolerance.

There were no significant differences across the three methods in terms of survival or weight change. The study showed that delay of gastrostomy might lead to diminishing benefits, especially for patients who at the time of gastrostomy have experienced excessive weight loss from their diagnosis weight. The effect on the quality of life was perceived neutral by the participants, however the burden for the carer increased post-intervention.

The ProGas study was supported jointly by the Motor Neurone Disease Association of England, Wales and Northern Ireland and the Sheffield Institute for Translational Neuroscience at the University of Sheffield.

Director of Research at the UK MND Association Dr Brian Dickie said: “The results of this research will underpin the development of clinical guidelines to ensure greater consistency across MND clinics and improve the outcomes of gastrostomy for those affected by this devastating disease.

“Building on this evidence,” Dr McDermott said: “we now need to better understand the specific nutritional requirements of MND patients, particularly the quantity and quality of nutritional support that patients receive after gastrostomy.”

Additional information

Reference

The ProGas Study Group. Gastrostomy in patients with amyotrophic lateral sclerosis (ProGas): a prospective cohort study. *The Lancet Neurology*, published 29 May 2015

[http://www.thelancet.com/journals/laneur/article/PIIS1474-4422\(15\)00104-0/abstract](http://www.thelancet.com/journals/laneur/article/PIIS1474-4422(15)00104-0/abstract)

The Motor Neurone Disease Association UK

The MND Association UK was founded in 1979 by a group of volunteers with experience of living with or caring for someone with MND. *(Read the history of our own MND of SA elsewhere in this Newsletter) !! It is the only national charity in England, Wales and Northern Ireland focused on MND care, research and campaigning.

Motor Neurone Disease (MND), also known as Amyotrophic Lateral Sclerosis (ALS)

HOW THE ICE BUCKET CHALLENGE LED TO AN ALS/MND RESEARCH BREAKTHROUGH !

Not only has research funded by the stunt uncovered a gene variant associated with ALS, it has also demonstrated the huge value of scientific collaboration.

Ian Sample and Nicky Woolf (Wednesday 27 July 2016 – The Guardian)

When Bills Gates pulled on a red and white-striped cord to upturn a bucket of iced water positioned delicately over his head, the most immediate thought for many was not, perhaps, of motor neurone disease.

But the ice bucket challenge, the charity campaign that went viral in the summer of 2014 and left scores of notable persons from Gates and Mark Zuckerberg to George W Bush and Anna Wintour shivering and drenched, has paid off in the most spectacular way. Dismissed by some at the time as “slactivism” – an exercise that appears to do good while achieving very little – the ice bucket challenge raised more than \$115m (£88m) for motor neurone disease in a single month. No, scientists funded with the proceeds have discovered a gene variant associated with the condition.

In the near term the NEK1 gene variant, described in the journal *Nature Genetics* this week, will help scientists understand how the incurable disorder, known as Amyotrophic Lateral Sclerosis (ALS) or Lou Gehrig’s disease, takes hold. Once the mechanisms are more clearly elucidated, it may steer researchers on a path towards much-needed treatments.

The work may never have happened were it not for the curious appeal of the frozen water drenchings. The research grants that scientists are awarded do not get close to the €4m the study required. Instead, Project MinE, which aims to unravel the genetic basis of the disease and ultimately find a cure, was funded by the ALS Association through ice bucket challenge donations. It was more than money that made the difference. Jan Veldink, who led the latest research at University Medical Centre, in Utrecht, said that ALS charities in the US, UK, the Netherlands and elsewhere joined forces to make the project happen. National funding bodies would do well to do the same, he says. “It is a call for funding agencies to collaborate and not just fund projects within a few hundred kilometres, to think globally and synchronise their efforts”.

Bernard Muller, a Dutch entrepreneur, was diagnosed with the disease in 2010 and decided to turn his business skills to finding a solution. In 2013 he founded Project MinE, starting with thousands of untested blood samples of ALS patients that was gathering dust in a lab in the Netherlands.

He said that when he saw the ice bucket challenge play out on social media, he was thrilled, adding that he was honoured that his project was chosen as a recipient of funds.

“It was one of the most successful campaigns on social media, it came out of the blue,” he said. “The funding has helped us with research, but it has also had a profound

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effect on the attention not only on the general public but also in biotech and pharmaceutical companies – we are seeing more and more thinking that ALS should be a target [for research].”

The viral campaign was only the start of the crowd-funding effort that brought in the research money. “It was the first and the largest and the most important crowdfunding activity, but then there were city swims in Amsterdam and in New York and then cycling events,” Veldink said. “The only way we could do this research was through crowdfunding projects.”

Millions took part in the ice bucket challenge and submitted to a bucket of iced water being poured over their head in return for donations to the charity and the chance to nominate others to follow suit. When Zuckerberg got drenched he challenged Bill Gates who in turn invited Elon Musk, the entrepreneur behind SpaceX and Tesla cars to do the same.

Veldink’s team of 80 researchers in 11 countries discovered the link between NEK1 and motor neurone disease by comparing the genomes of thousands of patients with the DNA makeup of healthy controls. The NEK1 variant appears in only 3% of patients, suggesting more genes that raise the risk of motor neurone disease are out there to be found. But what is known about NEK1 has already got scientists thinking. The gene appears to help repair DNA damage that accumulates as we age. That ties in with motor neurone disease being rare in the under 40s and normally only emerging when people reach their 50s and older. Should the new variant of NEK1 work less well, faults in DNA could build up as people grow old. “It may be that DNA repair is less efficient than in healthy people,” Veldink says.

The ice bucket challenge raised more than £7m for the MND Association in the UK. More than £5m went towards research, with £1.5m going to Project MinE. Research by the Charities Aid Foundation in 2014 showed that, contrary to what some had feared, the majority of people who gave money in response to the ice bucket challenge donated on top of their usual charity giving. The campaign led to a spike in donations in the summer of 2014, particularly from younger people, but overall giving has remained fairly stable in the UK at £10bn a year.

Sally Light, chief executive of the MND Association, said: “Motor neurone disease is a devastating disease and kills more than half of people within two years of diagnoses. It’s fantastic that the money raised globally from the Ice Bucket Challenge has contributed towards the discovery of this new gene.

“It’s another step towards understanding so much more about what is such a complicated disease. A huge thank you to everyone who poured iced water over their heads; their support is really making a difference in our fight against MND.”

25 YEARS The Motor Neurone Disease Association of South Africa

February 1991, 25 years ago, saw the commencement of services to persons diagnosed to be suffering from Motor Neurone Disease, a disease which was unknown to most of us at that stage. So how did it all begin?

Elsabe Burger, a qualified Social Worker, and our longest serving active Committee Member, was there and relates the story:

The Association for the Physically Disabled Western Cape, at that time ran a service known as the Independent Living Centre in a cottage in Mowbray, Cape Town. Information was gathered on various devices and equipment for persons with disabilities and they were encouraged to visit the Centre for advice and guidance. At this time very little was known of Motor Neurone Disease. The medical profession, after extensive investigation, would advise persons of their final diagnosis, but as there was very little treatment they could offer, the patients were sent home with no further support. It became very clear to the ILC, through contact with patients, that there was a need for ongoing support.

One of these patients/visitors to the Centre, Bill Husband, had done some extensive enquiries re the Disease and was able to put us in touch with the British MND Association. They in turn supplied us with their brochures and literature which we adapted to our needs.

Personal support was clearly of paramount importance and a support group of family members and friends was initiated. Di Husband, Bill’s wife, a friend Vivien O’Cuinnegain, and Lee Leith from the Muscular Dystrophy Association, joined the staff at ILC to establish the support group. Patients could be referred to the support group where they and their families could receive the information and support they so desperately needed. We were very soon joined by Vivienne Zilberg, herself a patient, still in the early stages of the disease.

It was not long before we realized that we needed to be registered as a fully-fledged organization and sought the assistance of the Hospice movement to be registered under their wing as the MND Association of South Africa. At this time, Di Husband invited a very close friend, Aviva Pelham Sulcus to join the MND Association and to be our Patron. Aviva has walked the road with MND over these many years and her dedication and concern for MND patients has never faltered. Di Husband took on the Chairmanship of the Association, with Vivien O’Cuinnegain as nursing consultant. Soon Viv Zilberg took on the position of Secretary and these three members became the most dedicated backbone of the MNDA Support Group.

We became affiliated to the International MND Alliance and were represented by Di Husband, who in time took on the role of the African representative of the International Alliance.

Over the years MNDA has spread to the Johannesburg, Durban, Port Elizabeth areas with the very dedicated consultant in Johannesburg, Liz Keth. Sheila Kendal become involved through Viv Zilberg and today holds the position of Vice-Chairperson, with very close contact with MND patients.

We are most fortunate to have as our current Chairman, Dr Francko Henning, a Neurologist with a very special interest in MND. His knowledge and follow-up of patients is a very special aspect of his service to MND patients. Our loyal team of Home Consultants, Joey Bayley, Peggy Saxon and Tracey Cuff in the Western Cape, Kasturi Pillay in Durban, and Sheila caring for the South Western and Eastern Cape, have made it possible for MNDA to achieve its goal of support and assistance to persons with MND country-wide. When Viv Zilberg needed assistance in her duties as Secretary, Rina Myburgh stepped into the breach and has been with the Association these past 13 years.

May the MND Association of South Africa, continue to serve patients and their families and carers on their journey and achieve their aim to provide and promote the best possible support for people living with MND and to raise public awareness.

A Request

As a matter of importance to us, we need to keep our records up to date, and we ask you to please advise us when a patient has changed contact details, for eg moved to a new address, closed their post boxes, or has new telephone or cell phone numbers, or when a patient has passed away. Please also let us know if you want your name removed from our mailing list and you no longer wish to receive any communications from our Association.

..... And of course, if you have any photos / stories to tell about what is happening, or what has happened, something interesting or something funny, please pass it on to us - we want to tell our readers about it too (with your permission of course!)



Condolences to Family and Friends of

Janita Eigelaar (16/5), Johannes de Kock (16/5), Gamat Balaskas (3/6), Heather Roper (25/6), Margaret Woodvine (9/6), Hamilton Vaughan (23/6), Heather Roper (25/6), Aadilah Potts (31/7)

We welcome your ideas – THUMBS UP is your voice – So if you would like to Contribute to the next issue – Please write to us !

HELPING THROUGH YOUR WILL

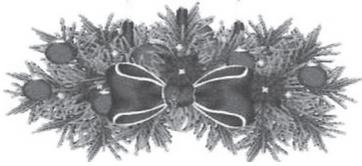
Your Will can be a convenient vehicle for making a charitable gift of a lasting value. Please consider MND Association as a living memorial for a loved one. Many people support the work of the MND Association of South Africa through bequests from their Estates.

MOTOR NEURONE DISEASE / ALS ASSOCIATION OF SA

Cape Town Office and other areas
P.O.Box 789, HOWARD
PLACE, 7450,
TEL: (021) 531-6130 or 072 326 4477
FAX: (021) 531-6131
E-mail: mndaofsa@global.co.za

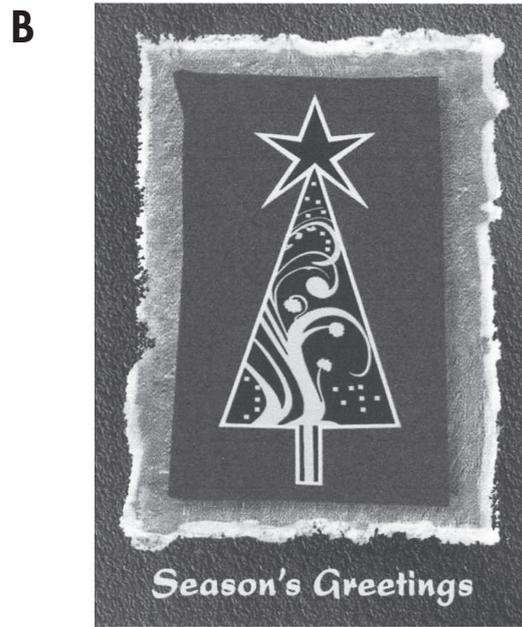
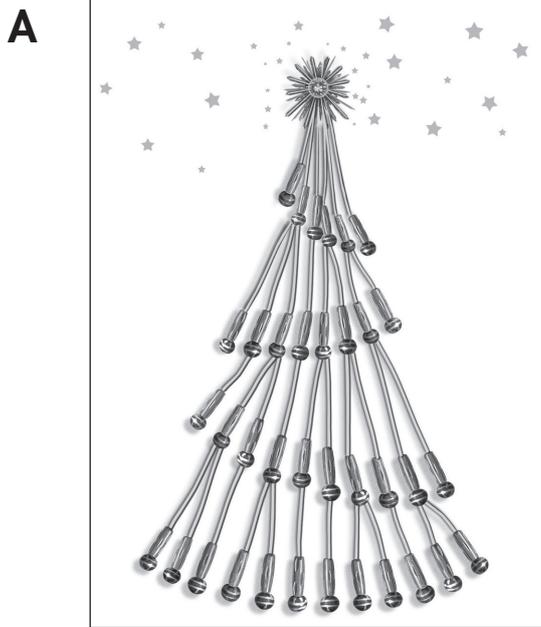
Durban/KZN
CELL: 083-777-2029

ORDER YOUR CHRISTMAS CARDS NOW



A
White background, with blue and silver tree and silver stars.

B
Shades of Blue background with outline of tree, decorations and wording in silver.



These images of Christmas cards are not to scale

ORDER FORM

Please complete this order form and return (via post, fax or email) with cheque or proof of payment to:
 MND/ALS Association of SA, PO Box 789, Howard Place 7450.
 Internet Payments: Account No 27 062 9130 at Standard Bank Rondebosch 025009
 with name and "cards" as reference.
All cards require standard postage.

Name Telephone No

Postal Address

..... Postal Code

..... Pkts A Blue and silver tree and silver stars on white background
 (5 cards & envelopes) @ R25 per packet R

..... Pkts B Silver Tree on shades of blue
 (5 cards & envelopes) @ R22 per packet R

Cost of Cards R

Add postage 1 pkt: R4; 2-5 pkts: R8; 6-10 pkts : R10 R

Total Payment R