

Asthmalink



PLUS:

- Balloon Day
9th May 2009
- Farewell
Leigh Dunbar
- Asthma or not
asthma. That is the
question
- Eating well with
COPD
- National Maori
Respiratory hui

Picture left: Val and Tracy
at a recent Community Fun
Day, using our new sail for
the first time.

Sail kindly donated to us by

Signs & Beyond (Hamilton)
and
Creative Images (Auckland)

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9.00AM to 5.00PM
Monday to Friday

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Charmaine Donaldson

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Wendy Lowrie Ph 07 888 4486

South Waikato Branch

Iain Bell Ph 07 883 3039

Thames COPD Group

Esther Butwell Ph 07 868 9319

Hamilton COPD Group

Shona Bramley Ph 07 846 4431



Affiliated to Asthma & Respiratory
Foundation of New Zealand

Services available

- Up to date information on respiratory conditions
- COPD Support groups
- Comprehensive education sessions at your place or ours
- Telephone advice
 - someone to talk to
- Information pamphlets
- Guest speakers for groups
- Regular newsletters
 - local and national
- Spirometry testing
- Nebuliser hire & sales
- Allergy relief bedding sales
- Practice nurse training
- Community health worker training
- Asthma awareness program in schools
- Smoking cessation

REMEMBER: INDIVIDUAL HELP IS ONLY A PHONE CALL AWAY

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2009 COPD support groups

FOR MORE INFORMATION ON ANY COPD SUPPORT GROUPS, CONTACT THE ASTHMA CENTRE

HAMILTON

- Exercise (led by fitness instructor)
- Friendship / Support
- Information (various speakers attend many sessions)

WHEN: **Wednesdays 1.00PM**

WHERE: St Andrews Church Centre,
Cnr River Rd and Te Aroha St

Gold coin donation welcomed
Session followed by tea and biscuits

THAMES

- Information
- Support / Friendship
- Interesting speakers

WHEN: **Last Thursday of the month 1.30PM**

WHERE: Baptist Church Centre,
Mary St, Thames

Gold coin donation welcomed
Session followed by tea and biscuits

MATAMATA

- Information/ Support/ Friendship
- Subsidised gym fees
- Group luncheons every 4+/- months

SOUTH WAIKATO

- Information/ Support/ Friendship
- Public meetings

March Update

We've had a great start to the year, here at the Asthma Centre. Mid-summer usually provides the team with time to complete outstanding administrative tasks and to plan ahead for the coming year, but this year we have been busy educating even with an addition to the team.

Tracy fitted in to the team straight away and we all need to remember that she's only been here four months – it feels like much longer. Vikki has been with us a year now. How time flies!

We'll be releasing two new brochures very soon. One is our Maori service/membership brochure and the other is a complaints/compliments form. Feedback is always welcomed as it can help us to improve our services and/or it assures us that we are doing a great job.

As we are going to print, we can let you all know that we are really excited to be getting new asthma cars very soon. These are 'new' asthma cars, made possible with funding from the Lion Foundation. Asthma and Respiratory Foundation NZ are in the process of rebranding and if Waikato Asthma decides to adopt the new national brand, our cars will be the first in the country to have the new look. We look forward to showing you all the new cars in the next newsletter.

So, all in all, it's been a great start to the year and we anticipate being able to achieve great things for all peoples in the region who are affected by respiratory conditions.

Barbara, Tracy, Val and Vikki

IF you are UNSURE about anything, ALWAYS ASK.

Get an ASTHMA MANAGEMENT PLAN

from either your FAMILY DOCTOR or LOCAL ASTHMA SOCIETY.

It is best to ALWAYS BE PREPARED for any problems.

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Friends and supporters of Asthma & Respiratory Services (Waikato) Inc

Te Ha Ora Huango

We gratefully acknowledge receipt of the following grants/financial support in the past twelve months:

Asthma & Respiratory Foundation (NZ)
COGS
Donny Trust
D V Bryant Trust
Lion Foundation
NZ Lottery Grants Board
NZ Post
Page Trust
Sir John Logan Campbell Residuary Trust
Trust Waikato
Waikato Asthma & Respiratory Trust
Waikato Wdff Karamu Trust
WEL Energy Trust

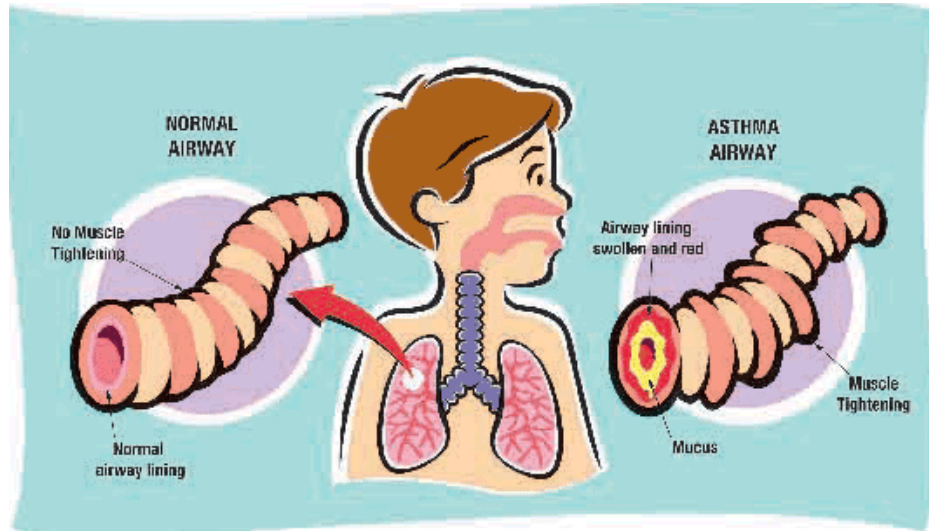
Thank you for donations from:

The friends and family of the late Leigh Dunbar
The friends and family of the late Earnest Selman
The friends and family of the late Murray Crook
The friends and family of the late Eda Bock
The Cambridge Parish Opportunity Shop
Lions Morrinsville

Asthma & Respiratory Services (Waikato) Inc wishes to thank the generous support of the following businesses - *Please support them too*

Community Waikato – for free assistance with capacity building
Creative Images NZ – for making a sail/banner for us at no charge
Dallas Mitsubishi – for providing a fantastic discount on our new asthma cars
Entertainment Books – for inviting us to utilise their fundraising opportunity
Evans Bailey, Solicitors, especially Mandy Rusk
Hamilton Press – for free notices regarding the COPD support group and editorials
Hauraki Herald – for free notices regarding Thames COPD support group
Microsoft – for heavily subsidised Office Products software
Ngaruawahia Golf Club – for their support with our biennial golf tournament
Owen McLeod & Co, Chartered Accountants, especially Gary who audits our accounts
Powder Room - for discounted services
Ricoh – for discounting the price of our new photocopier and discounting the ongoing cost per copy charges
Signs & Beyond – for making a sail/banner for us at no charge
St Francis Church where we hold our AGM/SGM's
The Heating Gurus – for providing a Daiken air purifier for clients to trial
Waikato Times – for editorials
Web Health – for free promotion on their health website. See www.webhealth.co.nz
Zoom Digital Print – for discounted personalised stationery

Asthma or not Asthma? That is the question



Winter is fast approaching and already the asthma cycle is starting to pick up after summer especially with the younger children.

So far, we have seen a couple of kiddies of around two years of age who's conditions are quite difficult to control. This is a tricky age for the doctors to try to diagnose asthma. Children under two years get a lot of viral respiratory infections and these infections irritate and inflame the linings of the little tubes in the lungs (the bronchioles – hence Bronchiolitis), giving the same symptoms as asthma. The inflammation does not settle down with the passing of the cold symptoms. In fact it can take several weeks to return to normal. In the meantime, the child picks up another cold and the cycle is repeated and this can go on all winter with no real respite of the asthma symptoms.

Now the doctor has a dilemma. Does (s)he treat the symptoms with asthma medication or does (s)he wait and see the how things pan out? – bearing in mind that this child is constantly coughing (especially at night), wheezing and miserable for the whole winter. Generally the doctor will treat but will try not to label the child as an asthmatic.

This can confuse parents. They have a child on asthma medication that may not have asthma. Is their doctor sane? Yes. The aim is to reduce the irritation and inflammation, abolish the asthma

symptoms and to protect those little tubes from scarring with the constant inflammation.

The child may be on this preventer medication for a couple of years and then it will be gradually reduced over a few months in the summer until it is completely stopped. By this time the child is 4-5 years of age. If the symptoms recur, the medication will be reintroduced and the diagnosis will probably be asthma.

Some parents are not happy having their child on preventer medication which is a corticosteroid. On the doses recommended in the Paediatric Guidelines, these drugs have few side effects. Growth is initially slowed for a few months, but then catches up and the child will reach its predicted height as an adult.

This will not be the case for a child with uncontrolled asthma. Growth hormones are released at night when the child is asleep. When sleep patterns are disturbed by a cough and wheezing, these hormones are not released and the child does not grow.

Preventers need to be taken every morning and night before meals, to provide full protection for the wee tubes and to prevent asthma symptoms.

Val Hollands

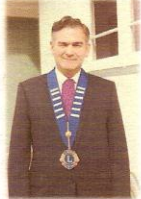
Service of Thanksgiving for the life of

Leigh Guild Dunbar

18 December 1926 ~ 20 December 2008



Holy Trinity Anglican Church
Wednesday 24 December 2008
at 11:00



Mr Leigh Dunbar was our Patron for many years and we were all saddened to hear of his passing just before Christmas.

A large article in the Waikato Times on 17th January outlined Leigh's stunning personality, energetic and immensely popular, and generous support of his community'.

As a supporter of 'Waikato Asthma' Leigh sponsored our biennial golf tournament for many years, providing the winning prize of a tour of the South Island for two. Janet Aldridge, another long time 'Asthma Supporter' says 'he always gave freely of his time and never said no to any request'.

Leigh was also a member of Hamilton Lions who made contributions to many community essentials like Jaws for Life equipment for the Fire Brigade and the Waikato Hospital Cancer Hostel.

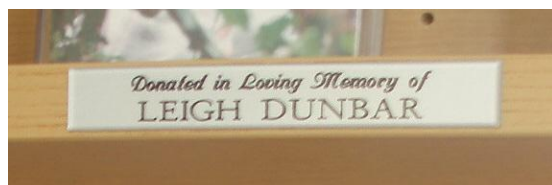
It is people like Leigh who ensured Asthma & Respiratory Services Waikato grew from strength to strength so that we are still here after 36 years, continuing to support people with respiratory conditions.

The current Board formally recognises Mr Leigh Dunbar's contribution to Asthma & Respiratory Services Waikato and sends its condolences to his wife, Betty.

Leigh's family chose to request donations to Asthma & Respiratory Services Waikato in lieu of flowers.

We are currently improving the 'Asthma Centre' to make it an even more pleasant base to work from and for people to visit.

This lovely new credenza was purchased with donations from the friends and family of Leigh Dunbar and it has pride-of-place in the Asthma Centre Reception.



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EATING WELL WITH COPD

“You are what you eat.” How many times have we heard that phrase usually accompanying the moment that we swallow something delicious but not so good for us! Yet for COPD people, what you eat is probably of more importance to your feeling of well-being than it may be to others.

Your body uses food as fuel for all its activities. Oxygen is used to change the food into fuel and carbon dioxide is formed as a waste product during this process. People with COPD have problems taking in oxygen and getting rid of carbon dioxide so the type of food you eat can help or hinder you.

Foods are made up of three major nutrients – carbohydrates, fat and protein and they each use different amounts of oxygen and give off different amounts of carbon dioxide as they metabolise. So how will this affect you?

Carbohydrates: Foods such as bread, fruits and vegetables contain carbohydrates, but also lots of other important nutrients, so you want to keep on eating these – but avoid foods high in sugar i.e. soft drinks, sweets, adding sugar to beverages. If you feel that eating more carbohydrates will give you more energy, remember you will produce more carbon dioxide in the process. Eliminating carbon dioxide can be difficult for people with COPD so try using fats and oils to flavour food rather than sugar.



Fats: We are all aware of that word ‘cholesterol’ and many people have cut fats out of their diet completely. There are good fats and bad fats. Your body needs a certain amount of fat to run efficiently so avoid too much animal fat that is on meats, hard cheese and butter and enjoy vegetable fats like olive, canola, safflower and corn oils. Look for low fat dairy products and trim any visible fat off **meat**.

Proteins: **Protein’s main job is to build up the muscles, blood and other body cells.** Protein rich foods are lean meat, eggs, fish, cheese and milk (low fat varieties please)

Remember too, there is no hard and fast rule for everyone with COPD. Some of you will be fighting the weight issue and trying hard to lose some kilos, others will be on the thin side and need boosting up.

A registered dietician can help you by providing individualised advice about your diet.

Barbara Lawrence

SPIROMETRY COURSE

On the 20th and 21st of March I was lucky enough to be sent to Christchurch to participate in a spirometry course run by the Respiratory Physiology Laboratory staff of Christchurch Hospital. This course is endorsed by the Australian and New Zealand Society of Respiratory Science 2005.

We have been offering spirometry testing since 2000. My initial training was at Greenlane Hospital and that gave me the skills to conduct a spirometry test. Attendance at this latest course reinforced my spirometry testing skills are fine (passed the practical test with 100%) but, and yes, there always is one, highlighted the desirability of the Society purchasing a calibration syringe to ensure the absolute accuracy of our equipment. Currently, we calibrate our spirometer annually and carry out biological controls in line with the manufacturer’s recommendation. (That’s me blowing into the spiro on a weekly basis making sure I get the same results each time. I must have the best tested set of lungs in Hamilton!)

*We want to offer a service par excellence, and to do that we need to ensure everything is checked and all the boxes ticked. Thanks to the course and the great teaching skills of the presenters, I now have a better understanding of the whole spirometry procedure and can check for reproducibility of effort and result for myself and not just rely on the machines calculations. If you wish to have a spirometry test please phone the centre to make an appointment, you do not need a doctor’s referral. Tests currently cost \$20.00. **Barbara Lawrence***

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Allergies remain an underdiagnosed malady, partly because their impact is not fully appreciated, and partly because of a widespread perception that “there is no cure”. Roughly 20% of people have clinically significant allergies, the Waikato area being particularly bad for grass allergies. Desensitisation is an extremely successful treatment having a 80-90% success rate for those patients who complete the desensitization program.

The desensitisation program is available to patients between the ages of 5- 50yrs. Allergies **present commonly** as asthma, eczema, allergic rhinitis/conjunctivitis, chronic sinusitis, frequent ear infections, enlarged tonsils/adenoids, post-nasal drip, “blocked” ears, chronic cough, nasal polyps, snoring, halitosis, breathing difficulties during sleep from allergies and anaphylaxis.

If you think you might be suffering from severe allergic symptoms, a skin prick test should be done initially (performed at Pathlab or the Waikato Allergy Clinic), followed by a short referral letter from your doctor, you would then need to book your own appointment time. The allergy clinic is only open on **Thursdays from 8 am to 1 pm** but bookings can be done via the Victoria Central A&M reception daily. Following consultation at the Allergy Clinic possible further tests can be performed for other allergens.



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NEW FUNDRAISER

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For every book sold

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Use them just a couple of times and get your \$50 back. Use them more and you save lots AND help Waikato Asthma at the same time.

Good discounts and offers are available for:

- Restaurants
- Casual dining
- Arts
- Sports
- Attractions
- Informal dining/ takeaways
- Retail
- Travel
- Leisure
- Accommodation

MĀORI REPIRATORY HUI 18th – 20th MARCH 2009 – by Tracy Keelan



This year the Māori respiratory hui was held at Orakei Marae. Ngāti Whatua (the locals) treated us with great hospitality, and a view to die for. We had a fantastic view of Auckland city, Rangitoto Island and the harbour. The venue had a great vibe, helped by its beautiful location which flowed through to the gentle morning exercises on the marae ātea (the concrete courtyard area in front of the marae). We were also treated with fantastic speakers, top in their field of their expertise. Hence, much was learnt over the three days in an environment surrounded by carvings of tīpuna (ancestors), morning karakia (prayer), beautiful waiata (singing) every now and then and great kai. An environment I am most comfortable in, readily awaiting for the learning's of the day..

The Māori respiratory hui for me, had wonderful diversity. Not only did we have great speakers from the health professions we also had great inspirational speakers who spoke about things around Māoridom. That is, they gave insight from their own experiences about the Māori worldview and related this to Māori health and the world we live in today. Some of these speakers included Moana Jackson (Lawyer), Rose Pere, Hone Harawera (Māori Party MP) and comedian, Pio. The speaker that stood out for me (and they were all great speakers) was Rose Pere who is the founder of the health model called Te Wheke (The Octopus). Her voice and messages “boomed” out to us like ripples through the water, you literally felt the words she spoke as she stood with kaha (strength), her carved tokotoko (walking stick) beside her. At the end of her speech in her crystal clear “booming” voice she ends with “we are all magnificent divine beings!” with that her talk

finished and I swear you could have heard a pin drop in the whareniui, it was as if we were all waiting to hear more but there was no more. I am so privileged to have had the opportunity to listen to Rose Pere I have heard from many people over the years say she is a great speaker and finally I have witnessed that.

The keynote speakers who addressed a variety of topics around respiratory issues, covered subjects such as Bronchiectasis, spirometry, exhaled nitric oxide testing, healthy housing etc.. The workshops I attended included chronic illness and depression, food allergies, sleeping problems, smoking cessation and a COPD and Bronchiolitis program run by Tū Kotahi Māori Asthma Trust who had a fantastic presentation using video recording interviews of their whānau (clients). This added ‘realness’ and a great insight into the effectiveness of these programs through the eyes of the whānau (clients).

Overall this hui for me was fun, relaxing, informative and inspiring. It is great to have a national asthma and respiratory forum in a Māori context, although there is always room for improvement to make the next Māori hui better than the last. I am proud to be working in an area of health that is making an effort to work alongside Māori.

Tēna koutou, tēna koutou mauri ora mai tātou.



NEWS

REMINDERS:

- **Balloon Day** : Saturday 9th May
- **2009 AGM** : will be held Saturday June 21st at St Francis Church, Hillcrest.

Notice & agenda will be sent later

- **2009/2010 Membership fees** : Are due again shortly.

Subscription reminder will be sent early April. Thank you for supporting us so that we can continue to support you and others with respiratory conditions.

Thought of the day

When you see light at the end of the tunnel, it is not beneficial to go out and build more tunnel.



**NEW
NEBULISERS**

We have recently negotiated a great deal for new nebulisers – so prices have DROPPED

Omron NE-C28 \$ 220 (Members get a \$20 discount)
Omron NE-C29 \$ 260 (Members get a \$30 discount)

Balloon Day



Proudly supported by:



1 in 4 Kids can't fill these.



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Balloon Day, Saturday May 9.
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MATAMATA NEWS

Reginald (Reg) Gilbert Small 1928-2008

By Janet Small

Reg joined the Matamata Asthma Society in 2001 after attending an Asthma & Respiratory meeting in Tokoroa where Dr McLaughlin gave an inspirational talk of the problems and effects of COPD.

A year after joining, Reg became the Treasurer and enjoyed being on the Committee for several years. Thursday became a special social event. We had exercise and above all, fun, friendship and laughter which is always the best medicine when you can't breathe comfortably.

Reg was very strict with his medication which he religiously took twice daily. He also did everything at his own pace and believed that exercise and proper medication use made a very positive difference in the sustained quality of life for himself, while enjoying the company of other people who shared the same condition.

We moved to a Retirement Village in Arts Lane, Putaruru in March 2006. We loved the place and congratulated ourselves on making such a good move. However by June 2007, we learned that Reg had bone cancer that had metastasized and the primary was in his lung. He died peacefully at home on 4th May 2008 – 5 months short of his 80th birthday.

His life has been enriched by knowing each and every one of you at Matamata Asthma and beyond.



What a lovely Autumn we are having here in Matamata, we do hope the winter is not too harsh for everyone's breathing.

We had a most successful Xmas luncheon at the Matamata R.S.A. Our guest speaker Kylie Parker gave us all a most interesting and informative talk on breathing management.

Our gym sessions have been well attended and some of our members breathing has improved through regular exercise. " A LITTLE BIT OF EXERCISE IS BETTER THAN NONE AT ALL" Rod Strang one of our regular gym members has not been with us over the past month as he had a bit of a tangle with his farm bike, hope to see you back soon Rod.

Our A.G.M. is to be held on the 25th May at the Matamata R.S.A. We will be having a guest speaker, followed by lunch and fellowship.

Matamata Huffin and Puffin Friends.

SOUTH WAIKATO NEWS

We had a most interesting and informative public meeting on 5th March where Glenda Sullivan, Specialist Respiratory Nurse at Waikato Hospital updated us on 'Managing COPD'.

Another Thought of the day

Adversity reveals ingenuity

Prosperity conceals it

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Aerlite
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MEGA VALUE
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Louanne Waters ph 07 847 4108 or
Andrew Lindsay ph 07 847 1647

Warmup Heating Systems Waikato
Ltd, 99 Kent St. P O Box 5249,
Frankton, Hamilton 3242

*Warmer drier homes are important for everyone, and especially for people who have respiratory conditions. **Asthma & Respiratory Services (Waikato)** have worked with **Warmup Waikato** to trial the impact of their product on a client family to see how it helps them.*

Our family with three young children, live in an older home in Hamilton. The middle child, aged two years, has moderate to severe asthma resulting in a hospital admission late last year. Last winter he was always sick and off his food and the family are dreading this winter. They use a column heater in his bedroom constantly over the colder months.

They are excited to be given the opportunity to trial this product and will report regularly on any changes in his condition.

*We'll follow this family over the winter with a regular feature in **AsthmaLink***

Whether your floor is tiled or carpeted radiant floor heating will make your floor feel great! If it wasn't for the lovely warm feeling in the room, you would never know it had been fitted.

For tiled floors the heating elements are laid between the tiles and the substrate, so they are out of sight. Even more importantly, especially in wet areas such as bathrooms, they are safely out of reach. Manufactured at Warmup's own production facility, Warmup undertile heaters are a result of more than two decades of advanced research and development. Simple to operate and maintenance-free, simply set your thermostat to the desired comfort level and feel the luxurious warmth.

Similar to the undertile system, Warmup's undercarpet heating is the result of many years advanced research. Wafer-thin, the heater fits between the carpet and the underlay. It comes in a number of different shapes and sizes designed to fit virtually every room. What's more it is simple to operate and maintenance free. The undercarpet heating can be added to any home with existing carpets. We simply roll the carpet back, install the heat pads and re-lay the carpet.

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APRICOT & CHICKEN MEATBALLS – serves 4

From Food in a Minute

A tasty, filling dish which is a good option for those who are concerned about fat, saturated fat, sugars and sodium.

Method

1. In a bowl, mix together the Fresh Chicken Mince, spring onions, breadcrumbs, parsley, lemon rind and egg, season with salt and pepper. Use wet hands to roll the mixture into walnut sized balls.

2. Heat a dash of oil in a deep lidded frying-pan and brown the meatballs. This is best done in 2 batches. Set aside.

3. Add an extra dash of oil to the pan, gently fry onion, ginger and celery until tender, but not brown. Add Wattie's Just Add Sweet Apricot Simmer **Sauce** and chicken stock with chicken meatballs, mix together, cover and simmer gently 15-20 minutes

Serve hot with plain boiled rice and seasonal steamed vegetables.

Ingredients

- 500g fresh chicken mince
- 2 spring onions, finely sliced
- 3/4 cup fresh breadcrumbs
- 2 tbsp freshly chopped parsley
- 2 tsp finely grated lemon rind
- 1 egg, beaten
- 1 onion, peeled and sliced
- 1 tbsp shredded ginger
- 3 sticks celery, sliced
- 550g can Wattie's Just Add Sweet Apricot Simmer Sauce
- 1/4 cup chicken stock or water



SPECIAL DEAL FOR MEMBERS

'The Heating Gurus' offer our members a discount to on any air purifier or heat pump purchase. They can also offer finance if required.

'The Heating Gurus' have also provided us with an air purifier to lend to you for a FREE trial.

If you'd like to know more about their products, take a look at www.heatinggurus.co.nz or contact us at the Asthma Centre.

Have you had your flu vaccine yet?

The best time to get your annual flu vaccine is between the middle of March and the middle of May. This timing gives you the best coverage from the flu over the winter months.

It is important to have this vaccine every year, as the content changes to cover the flu viruses expected in our country. This year the virologists are expecting a particularly virulent strain similar to the 1918 influenza epidemic which killed an estimated 50 million people worldwide. Having a flu injection will greatly lower your chances of getting the flu.

This vaccine is free to all those with a chronic illness and for those over 65 years. Those who are on preventer medication – even children – for asthma should ask their GP about being vaccinated. Make an appointment with your Practice Nurse today, if you haven't had it done already.

Can you help? Or do you know someone who can?



Asthma Centre WISH LIST



- Does anyone have any left over paint from the Resene whites and neutrals range for inside the Asthma Centre rooms.
- New or nice second hand couches for the Asthma Centre reception area. Discounted or gifted would be appreciated OR do you know a friendly upholsterer who could recover our couches?
- Is there an artist out there who could create something special to put on the wall and make the Asthma Centre a lovely comfortable and appealing place to visit and to work in?
- Is there a budding freelance writer who would like to help write articles for this newsletter?
- Do you know a handy man who we could call upon from time to time to fix things?
- Soon, we will need to look for larger premises for the Asthma Centre. Does anyone know of a property we could consider? We need at least 4 rooms for offices/consulting and the usual amenity rooms. A lined garage and/or basement would be a bonus and it needs to be handy to public transport and preferably have a fairly high road profile.

Thank you John for making our new office furniture and for the beautiful new coffee table.

Thank you Mr Campbell for removing graffiti from the Asthma Centre. Now that it gets cleaned off straight away, we are not getting tagged.



We now purchase anti-allergen bedding covers to order so have two items in stock at the Asthma Centre for sale below current cost price.

Queen Mattress Protectors - \$55 (x2)

2 year guarantee

If you'd like to purchase these, phone us or pop into the Centre.

Are you a regular nebuliser user?

REMEMBER:

Let your power company know that you need electricity for your medical equipment

Your nebuliser should be checked (electrical and air flow) every twelve months and the tubing needs to be replaced regularly

RICOH

COPIERS, PRINTERS SCANNERS & FAXES
Harwood Street, Hamilton
Phone 07 839 9710

Meet our Board Members

A dedicated group of people bring a variety of skills and experience to Asthma & Respiratory Services (Waikato) Inc. Together, the Governing Board Members work with management to continue the wonderful work that an enthusiastic group of people started 36 years ago. That is - to help people affected by asthma and other respiratory conditions so they can live full, active and rewarding lives.

In this issue of *AsthmaLink* we introduce you to Vice President, Andrew Fox.



After qualifying as a Toolmaker in Harare, Zimbabwe, I worked for a large packaging company where I took the opportunity of working my way up the management structure, enjoying experiences in other parts of the world, eventually leaving to start my first manufacturing businesses in 1990. After ten years of simultaneously running two successful businesses, I was put into the unenviable position of leaving our homeland in order to safeguard the future of our children and New Zealand was an obvious choice. I arrived with my wife Helen and our two daughters, Ashleigh and Charlene, nine years ago, grateful to be able to settle down after experiencing the turmoil of our home country. We happily chose Hamilton as our new base and our girls, then in their teens, have thrived in this peaceful environment earning degrees from the University of Waikato in Science and Business Management respectively.

Coming from a technical management/business ownership background, one may be forgiven for wondering what my connection to the Waikato Asthma Society may be and I have subsequently taken part in many discussions as to the best method of running charitable organisations. My thinking is simple - charitable organisations are not much different from any other commercial business and should be run under the same business disciplines if they are to be sustainable. It is not by accident that this way of thinking was shaped as I have also had previous experience as a volunteer fund raiser for the local hospice in my home town.

My involvement with this organisation started in 1987 when I went along to bereavement counselling as a support person for a friend who had lost his seven year old son in a pool drowning incident. During the next thirteen years I was involved in many Hospice fund raising initiatives which proved to be extremely enjoyable because the organisation was, in essence, an extremely well run business. Simply put, it had a professional board of governors (the Directors), an extremely astute Administrator (the Business Manager), very capable fund raisers (the Sales Reps), who sourced the necessary funds to pay the staff (the Staff), who supply an extremely professional service (the Product).

After arriving in Hamilton, Helen and I were happy to assist at the 2001 Balloons over Waikato, where the Asthma Society was the main beneficiary. After the success of this event I was asked to join the committee and two years later I accepted the position of co-Vice President of the society. Since those days, the Asthma Society has met the challenge of sourcing the elusive “charity dollar” by changing to reflect a more business-like approach as outlined above. We have now

- established a suitable “drop in” centre in Nawton
- employed a full time Business Manager providing administrative experience
- changed the role of the committee to one of governance thereby providing excellent leadership and guidance
- attracted professional volunteers onto the board with the associated network of contacts in the business and health sectors

We have recently set our strategic objectives for the next three years and whilst these are bold, they are necessary if we are to eventually provide excellent service to the whole Waikato. We are poised for great things and I am pleased to be able to do my part. Of course none of the future growth would be possible without the extraordinary work of the management and staff at the centre and I would like to pass on my gratitude for their past faith in the committee and their present support for our new business initiatives. We are now helping more people than before and our profile has grown in leaps and bounds. To all our present friends and members I also pass my thanks for the vote of confidence at the AGM’s, assistance at our fund raising events and general support of the organisation.

If you would like to support us, we invite you to become a financial member of the Society.

Members receive:

- ✓ *The quarterly Asthma and Respiratory Foundation (NZ) newsletter as well as **Asthmalink***
- ✓ *Discounts on allergen free bedding*
- ✓ *Discounted Spirometry (lung function) testing (one test annually per membership)*

Please complete this form and return to:

Asthma & Respiratory Services (Waikato) Inc
Te Ha Ora Huango
P O Box 7013
Hamilton East, Hamilton 3247

I would like to become a member of Asthma & Respiratory Services (Waikato), and enclose my membership subscription

Name: _____

Last name

First Name(s)

Address: _____

Phone: _____

Email: _____

*Annual membership is **\$20**
or \$15 for seniors and beneficiaries
and covers everyone living at your address*

Annual membership \$
Donation \$
Please find enclosed \$

Yes, I want to help others in the Waikato understand their respiratory conditions

Please find enclosed a cheque for:

- \$20
- \$30
- \$50
- \$100
- Other _____

Please write cheques to:

Asthma & Respiratory Services (Waikato)
Te Ha Ora Huango

And post to:

P O Box 7013
Hamilton East
Hamilton 3247

*(Donations over \$5 are tax deductible.
Receipts are provided)*

- Please send me information on how to make a regular donation from my bank account
- I would like information on leaving a gift to Asthma & Respiratory Services (Waikato) Inc. in my will

THANK YOU

FREEPOST Number 209543

Affixing a stamp here
Will help our work
THANK YOU

Asthma & Respiratory Services (Waikato) Inc
P O Box 7013
Hamilton East
HAMILTON 3247

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