



Lake Rotoroa blushed scarlet



Lake Rotoroa blushed scarlet as a string of people wearing red walked the 3.8km circuit to raise awareness and fundraise for the Asthma and Respiratory Services Waikato. *Story continued on page 3.*

Issue Highlights

- ✿ National Balloon Day - 7th May
- ✿ Community Respiratory Rehabilitation
- ✿ Spirometry (lung function testing)
- ✿ Julian So a Finalist in CFO of the Year Awards



News

Fundraising

Hi - My name is Kym Moore and I'm the Fundraising Committee's Co-ordinator. I was diagnosed with mild asthma at 18 and have a lifelong association with asthma with an asthmatic father and cousins as well. I'm 31 years old, a mother to an active toddler and work full time. With the birth of our first child I realised that I wanted to be more involved in community events. So here I am.



We are always looking for new people to join our fundraising committee! Come and help us put the fun back in fundraising. We need worker bees and organisational queens or kings! We are open to fresh fundraising ideas and letting you take a lead in organising events and planning for 2010 and beyond. It's hard to believe it is March already. Due to circumstances beyond our control and despite some really solid work towards our High Tea planned for 27th February; we have had to postpone the event. The High Tea will now be held on 24th April 2010 at Houchen's House. Tickets will be sold for \$25.00 each, and will include a lovely afternoon tea with cups of tea and musical entertainment in the gorgeous surroundings of Houchen's House. We hope to have at least 100 people in attendance. In the last newsletter we confirmed South Pacific Pictures as sponsors of this event. We can now confirm that Ecostore has also come on board with a fantastic pack of goodies to be auctioned on the day. In other exciting news the female barber shop quartet "Smooth Talk" has been in contact with us to perform on the day! I cannot wait to hear these lovely ladies live at our event.

Things we need:

- Do you know a musician who would donate their time to this event? We would love to have stringed instrument players, flutists, etc. We are looking to create a relaxing musical atmosphere.
- Are you or someone you know keen to be involved in events helping with food preparation or helping with the hospitality side (serving food and beverages)?
- Do you have contacts that could help us source more auction items?

We held a garage sale on 13th February thanks to the generous donation of goods by Andrew Fox and other Asthma Waikato Supporters raising \$81 which was a bit disappointing, but it helped us to understand what our future opportunities for fundraising may look like.

The committee have a number of sausage sizzles planned at The Warehouse Hillcrest over the coming months (thanks to Nancy). These sausage sizzles are proving themselves time and again to be very successful for us. Nancy and her wonderful team have things down to a fine art and we really appreciate all they do.

What's coming up? We are keen to look at more family events and anything else that might help us raise the profile of the society, so if you have any suggestions please let us know.

Matamata Group update

What a lovely summer we are having - rather hot and humid, but this certainly has not stopped our members attending the gym sessions. We have all noticed that we seem to have more sweat glands than we realized, as working out in the heat means they are working overtime.

We are pleased to say our members have been keeping well, with only a few ups and downs in their breathing. Matamata holds an annual 7 km run or walk (you can choose) from Matamata Town to our Historic Tower and back. This year 450 competitors took part. Two of our members, Judy and Bill Hamilton, joined the walk completing it in a very good time - great going guys!

It is things like this happening within our group that gives us all inspiration to exercise and keep as fit as each person is able to, even if it is only a little bit of exercise for some.

Barbara Lawrence, is coming to speak to us on April 21st at Parkside Villas at 10:30am.

If any members would like to speak to Barbara about their medication, there will be an opportunity for you to speak to her personally.

Autumn is not far away, enjoy the beauty we have here in Paradise.

Matamata Huffin & Puffin Friends



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

- Do you know anyone who would like to join our new Fundraising Committee?

This group of willing and enthusiastic volunteers is fast developing into a fun, hard working team that is raising funds in creative new ways. You'll get a great sense of achievement and satisfaction while giving to the community and meeting new people.



Asthma Centre WISH LIST



- 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.
- 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 basements would be a bonus and it needs to be handy to public transport and preferably have a fairly high road profile. We also need 4+ carparks.

Upcoming Events

24th April

High Tea and Silent Auction

Houchens House
Houchens Rd, Hamilton
Cost : \$25



7th May

National Balloon Day

Westfield Chartwell
Donations are welcome to 'help us keep up our good work in the community'.

20th June 2010

Asthma Waikato AGM 2010

St Francis Church Centre
92 Mansel Ave, Hillcrest, Hamilton
Meet & greet / Soup & rolls 1.00pm
Meeting starts 1.30pm

16th June

Asthma South Waikato AGM 2010

Speaker: Yvonne Randle (Nutritionist) "EAT WELL TO BREATHE WELL"
St Marks Community Centre, Bridge Street, Tokoroa
1.30 pm

28th June

Public Meeting and Mid-winter luncheon

RSA Matamata
Starting 10.30am
Speaker: Christine Mans, Waikato Hospital Respiratory Physiotherapist
For more information, Ph Trevor 07 888 6391

Health Tips

REMEMBER TO GET YOUR FLU VACCINATION

The new Flu vaccine includes H1N1 (Swine Flu) protection and is free to:

- ✿ people over 65 years
or
- ✿ who have asthma and are using a preventer medication
or
- ✿ have another chronic lung condition.



Check with your G.P. to see if you or your children qualify.

** IMPORTANT **



Do you use SPIRIVA?

Ask your pharmacist to replace your handihaler annually.

The needle inside the handihaler which pierces your medication capsule can go blunt over time, so should be replaced

You could avoid another visit to the EMERGENCY DEPARTMENT because of asthma

Asthma is a reversible condition and our aim is for you (and/or your tamariki/child) to be symptom free

You'd be surprised how much we can help you and it's **FREE**

Breathe well, Be well, You're worth it

Me hā pai, Me tinana pai, Ka whai hua koe

Contact us at the Asthma Centre

Ph (07) 846 4431 Fax (07) 846 4435
waikato_asthma@xtra.co.nz
105B Grandview Road, Nawton, Hamilton 3200
PO Box 7013, Hamilton East, Hamilton 3247



The DHB wants us to focus on educating people who have been hospitalised with asthma, so we hope this will be a great way of encouraging self-referrals from those people.

Thanks to Waikato WDFK Karamu Trust, we have received funding to create new hospital discharge packs. Along with new fridge magnets and our business cards, these have been delivered to Waikato Hospital Emergency Department, Anglesea Accident and Medical, Victoria Accident and Medical, Radius Rototuna & Five Cross Roads and Hamilton East Medical. So far, they have been very well received.

continued from cover page...

The sausage sizzle was well underway before the walkers made the half-way point, with joggers and families buying a snack and enjoying the clear night as they passed.

Asthma & Respiratory Services Waikato Fundraising Co-ordinator Kym Moore said it was a good night with walkers dressing up in grass skirts and devil horns.

"It's our first walk so we weren't sure what to expect." The major prize, a three-month Configure Express membership was won by Hamilton resident Eileen Burrows. Configure Express Head Trainer Michelle Nuku said the walk went well.

"The community really enjoyed the walk."

Community Respiratory Rehabilitation

Asthma and Respiratory Services (Waikato) are soon to start the first of four Community-based Respiratory Rehabilitation programs funded by the Waikato PHO. These programs are for people who are classified and diagnosed with COPD or Chronic Asthma.

For people with COPD, the passages leading to the air sacs inside the lungs become narrowed through constant irritation and scarring often from prolonged exposure to environmental factors, including smoking. The tissue between the bronchioles loses elasticity and air can become trapped in the air sacs. It is described as airway inflammation and limitation that is not fully reversible with medication, but medication helps manage the condition.

COPD leads to a persistent decrease in functional capacity and quality of life. The reduction in physical capacity leads to increased breathlessness resulting in decreased energy levels affecting all aspects of a person's life.

Many studies have shown that Pulmonary Rehabilitation Programs result in important benefits in health-related quality of life and breathlessness during daily activities. Pulmonary Rehabilitation involves exercise and education sessions, delivered by a variety of health professionals (eg. Physiotherapist, Occupational Therapist, Dietician, Respiratory Nurse) and usually runs for a period of 8 to 10 weeks. It is important for people enrolled onto the program to attend each week to really feel the benefits.

Our Community Respiratory Rehabilitation Program is based on the principles of the Pulmonary Rehabilitation toolkit from the Australian Lung Foundation and Australian Physiotherapy Association but we have adjusted it for a community setting. The program will aim to reduce your difficulty in breathing and improve your energy levels; increase independence in your daily activities and enjoyment; encourage a healthy lifestyle that will increase awareness, knowledge and acceptance around your condition and in turn will help to limit the progress and reduce the impact on your lung disease. It will also provide an environment where you will meet other people living with COPD, creating a sharing of experiences and learning from each other.

Tracy



Red walkers at Innes Common on Thursday the 18th March

The ball was won by Ainslee Watts; the shirts were won by Cindy Lewis and Alex Scheurich; the coffees were won by Scott Galvin, Stuart Icke, Bernie Hanvey, Anne Smith, Vikki Blundell, Pat Oldman, Crystal Apps, Janet Hanvey, Kimberley Wellington, Lorraine Ridgway, Judy Thomson, Alan Thomson, Jo Somerville; Spirometry tests were won by Chrissie Massey, Sammie Massey, Lisa Zegwaard, Deanna Tandy, Hetty Djohanli; the drink bottle was won by Caroline Icke and the cap was won by Janet Joyce.



Located inside
The Warehouse
 @ The Base

May is Asthma awareness month
 Come in and speak to our knowledgeable
 pharmacists about your asthma concerns

Open 9am to 8pm 7 days a week
 No additional prescription charges
 Speak to our pharmacist about our current
 prescription offers

pharmacy@thewarehouse
 Cnr Te Rapa Rd and Avalon Drive
 Ph: 07 850 8300
 Fax: 07 850 8322

THERE IS NO SUBSTITUTE FOR EXPERIENCE

With nearly 40 years experience, Ventolin is well established as a first choice asthma reliever for New Zealanders.^{1,2,3}

It does not contain CFCs or alcohol and is suitable for all ages. Experience counts. Ask for Ventolin by name.



Ventolin is partially funded in the Pharmaceutical Schedule, a part charge applies.⁴

Ventolin® (salbutamol) is available as an alcohol-free and CFC-free Inhaler, 100 micrograms per actuation. **Ventolin is a partially funded Prescription Medicine. You will need to pay a part charge for this medicine.** It is a short-acting bronchodilator used for the relief of asthma symptoms. **Use strictly as directed. Do not use Ventolin if you:** are sensitive to any of the ingredients in the preparation. **Tell your doctor if you:** feel that the medicine has become less effective or you are using more than usual; have hyperthyroidism, high blood pressure, cardiovascular disease, diabetes; are taking any other medicine or herbal remedy including those you buy from a supermarket, pharmacy or health food shop. **Common Side Effects include:** headache, nausea, shaky or tense feeling, fast or irregular heart beat, "warm" feeling (caused by blood vessels expanding under the skin), mouth or throat irritation, shortness of breath or wheezing. **If symptoms continue or you have side effects, see your doctor, pharmacist or health professional.** Additional Consumer Medicine Information for Ventolin is available at www.medsafe.govt.nz. Prices for Ventolin may vary across pharmacies. Normal doctor's office visit fees apply. **Ask your doctor if Ventolin is right for you.**

1. Price A, Clissold S. *Drugs*. 1989;38(1):77-122.
2. Gillies J et al. *N Z Med J*. 2005;118(1220):79-83.
3. N Z Guidelines Group. *The diagnosis and treatment of adult asthma*. Wellington: NZGG; 2002.
4. *New Zealand Pharmaceutical Schedule*. August 2008.

Ventolin is a registered trade mark of the GlaxoSmithKline group of companies. Marketed by GlaxoSmithKline NZ Limited, Auckland.

TAPS PP6390-09JA

Spirometry

(lung function testing)

About Spirometry

Spirometry testing has been used for over 150 years. It measures the mechanical properties of the lungs and is the most commonly used respiratory function test for assessing respiratory disease worldwide. The results give an indication of whether air-flow and lung volume are appropriate for a patient's age, gender, and height. This assists in the doctor's or physician's diagnosis of lung conditions, as it can indicate whether there is significant air-flow obstruction (e.g. asthma or emphysema) or a significant reduction in lung volume (e.g. suggestive of a restrictive lung disease.) However, it is not confined to these conditions as it can assist in other lung condition diagnosis or the results may prompt further investigation. Spirometry is the measurement of the volume of air as a function of time.

Spirometry Procedure

Spirometry is a physically demanding test especially for the elderly and people with moderate to severe lung disease. Hence, it is recommended that clients/patients should not be tested within 1 month of a myocardial infarction or within 1 - 2 weeks of eye surgery. Conditions where sub-optimal spirometry results are likely are; chest or abdominal pain of any cause, oral or facial pain exacerbated by the mouthpiece, stress incontinence and dementia or confused state.

The Asthma Foundation recommends spirometry testing for everyone over 35 years who smokes or who used to smoke

Before undertaking your spirometry test the main things the technician will do are

1. Verify the spirometer calibration to ensure accurate and dependable readings
2. Measure your height(cm), weight(kg)
3. Check your bronchodilator use, smoking history, illness etc.
4. You'll be asked to loosen any tight clothing as this could restrict airflow
5. Then they will explain the test
6. You'll need to sit up straight and keep your feet flat on the floor.



'The technician will watch your technique to make sure you get accurate results'

During the test you'll need to repeat a minimum of 3 technically acceptable manoeuvres (ie. 3 separate blows which are within about 3% accuracy of each other). If tests are not repeatable or acceptable, then you will need to do more blows but you won't be allowed to do more than 8.

The technician will watch your technique to make sure you get accurate results. Common mistakes are:

- hesitating at start of a blow – this can result in some air loss
- not sealing your lips tightly around the mouthpiece
- putting your tongue over the mouthpiece
- taking extra breaths while blowing.

'The results give an indication of whether air-flow and lung volume are appropriate for a patient's age, gender, and height.'

Medication

Spirometry can indicate how well medications help your lungs. The test can be done before you take respiratory medication to see what your lung function is like on its own and that can be compared to your lung function after you have taken a bronchodilator.

The technician will need to give the medication time to work, so if you use Salbutamol (Ventolin) (this also includes other short-acting relievers) there would be at least a 15 minute wait before doing the next set of blows. If using Ipratropium Bromide (Combivent or Atrovent) there would be at least a 30 minute wait before proceeding with a post spirometry.

The above information has come from the information I received when I attended a 2 day spirometry course in early February run by the Respiratory Scientists from the Respiratory Physiology Laboratory of Christchurch Hospital.

Tracy

SPIROMETRY TESTING

\$35

(cheaper for existing clients)

Our spirometry technicians are trained and certified by:
Respiratory Physiology Laboratory – Christchurch Hospital

The Christchurch Spirometry Training Course is a TSANZ and ANZSRS endorsed course

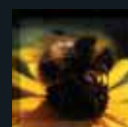


asthmawaikato

Better respiratory health for New Zealanders

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Live life...
not a COPD life.



You may qualify for an
upgrade to SPIRIVA®



Are you (All 3 parameters)

- ✓ 45 yrs +
- ✓ Smoker / Ex Smoker
- ✓ Regular Combivent Inhaler user

Do you: (1 or more)

- ✓ Cough several times most days?
- ✓ Bring up phlegm or mucus most days?
- ✓ Get out of breath more easily than others your age?

Is SPIRIVA® right for you?... Ask your doctor*!

*normal Doctor's fees and pharmacy charges apply. SPIRIVA® is fully funded for COPD. Special Authority criteria apply.

SPIRIVA® (tiotropium 18mcg) is a PRESCRIPTION MEDICINE. It is used for making breathing easier in chronic obstructive pulmonary disease (COPD) including chronic bronchitis and emphysema. **SPIRIVA® should not be used for acute episodes or rescue treatment of bronchospasm.** **Cautions are** high pressure in the eye (glaucoma), kidney problems, problems with your prostate gland or passing urine. **Do not allow the powder into your eyes.** **SPIRIVA® like all medicines can cause unwanted side effects in some people.** These may include dry mouth, dry throat, cough, fast heart beat, blurred vision and high pressure in the eye (glaucoma). **If symptoms persist or you have side effects talk to your doctor. Always read the label and use strictly as directed. DO NOT SWALLOW THE CAPSULES** but administer with the HandiHaler® device. Boehringer Ingelheim PO Box 76 216 Manukau City, freephone 0800 802 461, Pfizer PO Box 3998 Auckland, freephone 0800 736 363 EP/09/12. TAPS PP6831



SPIRIVA®
(tiotropium 18 mcg)

Danyon will swim for the Asthma Foundation



On Saturday 10 April at the West Wave Aquatic Centre in Waitakere, Auckland, Danyon Loader will swim for the Asthma Foundation against a bunch of other New Zealand swimming greats, who are all raising money for selected Not for Profits. The race is part of a swimming festival over several days. Danyon won gold in the 200 metres butterfly at the Barcelona Olympics in 1992 and in the 200 metres freestyle at Atlanta in 1996 among his many achievements.

In helping out the Asthma Foundation, Danyon is contributing to the good work we support in the community through our affiliated Asthma Societies. The Societies help people diagnosed with asthma to best cope with the sometimes huge impact that asthma has on their lives through, for example, advice and offering discounts on low allergen bedding and similar products.

Asthma killed 132 New Zealanders in 2006 – the last year for which the Ministry of Health has statistics – and it is estimated that up to 1 in 4 New Zealand children has asthma. The illness is also the leading reason for children being hospitalised in this country.

Malcolm Aitken, Communications Manager, The Asthma Foundation

Support Danyon Loader when he races for the Asthma Foundation against seven other well-known swimmers on Saturday 10 April 2010 in Waitakere.
www.fundraiseonline.co.nz/DanyonLoader

Asthma Waikato's Board Member Julian So a Finalist in CFO of the Year Awards

CTC Aviation Training Ltd's CFO and valued Asthma Waikato Board member, Julian So, was named as a finalist in this year's inaugural CFO of the Year Awards announced on 16 March. The inaugural awards were sponsored by Ernst & Young and presented by Fairfax Media Business Group and Conferenz.

Award judges commented that they were impressed by the innovative solutions Mr So pursued in his role with the Hamilton-based airline pilot training organisation. In particular his adeptness in engaging with every facet of the business – not just the financials – was noted. The award judges also commended Mr So for being proactive in seeking opportunities in the Waikato regional community and the broader accounting profession where his obvious talents can be put to good use.

Overall the award judges admired Mr So's passion for the role of CFO at CTC Aviation Training and for giving back to the community. They commented that he had a bright future.



Preventers and Relievers: both are important but they do have different actions

Recently I attended an orientation day at a local tertiary provider. We always take up the chance to meet and greet young people on their home turf and spread the word on asthma management. A trend I noticed was many young males were still smoking, some even had a history of asthma and tried to laugh it off when I explained they were risking a reduction in future lung function. These same young people were only using reliever medication. Most had a preventer in the past but didn't use it now and they had no knowledge of the differences between relievers and preventers. They wondered why you would use one and not the other and really didn't think that smoking was a risk or issue even though they had symptoms of asthma. Grrrrr, I smiled (of course) and said "Come and have a chat with me at the Asthma Centre and I may be able to help you". I also showed them the Boehringer Ingelheim lung function decline chart but at 20 something you are bullet proof, NOT!

If they were all telling the truth none were indulging in the wacky backy, I even had to explain that term to some. So that is good news, as we know that marijuana smoking is worse than tobacco. But why, oh why, do we still have this problem of young people not knowing that they should be using a preventer medication.

Many of the young people I spoke to who identified with asthma had had a preventer in the past (no doubt when under the control of parents!) but now no longer used it. Reliever use was high, up to 3+ times a week and life is sweet! NOT.

I think I may have changed a few attitudes with my eyes wide open look and a "let me just explain something....." chat but I do wonder why this message is not getting across generally. It is NOT acceptable to have asthma symptoms - waking at night, using a reliever medication on a regular basis and being short of breath on daily activities, so why do so many of our youth accept this as part of a 'normal' life?

RESEARCH UPDATE: The Tasmanian Longitudinal Health Study followed 702 middle-aged people who identified with having asthma at some stage in life. Of this group 50% had current asthma. Of this 50%, a majority of 85% had used some form of asthma medication in the past year, but only 26% had used minimally adequate preventer medication!!!!!! For those relying on a reliever to sort their asthma out, there was an increase towards more severe, persistent asthma. 41% of people with persistent severe asthma were still smoking!

Message here: We encourage you to stop smoking and please do use your preventer. Barbara

Reference: *Thorax* 2009;64(12):1025-31

For more information about Preventer medication, visit the Asthma Foundations web site.
<https://www.asthmafoundation.org.nz/preventers.php>



asthmawaikato
Better respiratory health for New Zealanders

Directory *Asthma & Respiratory Services (Waikato) Inc*

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South Waikato Branch	Iain Bell Ph 07 883 3039
Thames COPD Support Group	Eileen Baine Ph 07 868 8127
Hamilton COPD Support Group	Shona Bramley Ph 07 846 4431

FREE Services available

- * Up to date information on respiratory conditions
- * Comprehensive education at your place or ours
- * Telephone respiratory advice - someone to talk to
- * Information pamphlets
- * Regular newsletters - local and national
- * Community based Respiratory Rehabilitation Programs - conditions apply

Gold coin donation please

- * COPD Support Groups

Koha please

- * Guest speakers for groups

Other Services available

- * Spirometry testing
- * Nebuliser hire & sales
- * Allergy relief bedding sales
- * Practice Nurse asthma training
- * Community Health Worker training

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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
- Discounts on nebuliser purchases and nebuliser hire

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 \$25 or \$20 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 \$100
 \$30 Other _____
 \$50

Please write cheques to:
Asthma & Respiratory Services (Waikato)

And post to:
P O Box 7013, Hamilton East, Hamilton 3247.

Or pay directly to:
National Bank, Frankton Branch.
Account: 06 0313 0186176 00

Reference (your name)

(Donations over \$5 are tax deductible.)

- Please tick if a receipt is required
- 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

2010 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: Beerescourt Bowling Pavillion,
Maeroa Road, Hamilton

\$2 donation please

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

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.

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
Hamilton City Council –community wellbeing
Lion Foundation
NZ Lottery Grants Board
Norah Howell Trust
NZ Post
Page Trust
Perry Foundation
Sir John Logan Campbell Residuary Trust
Southern Trust
Trust Waikato
Waikato Asthma & Respiratory Trust
Waikato WDFK Karamu Trust
WEL Energy Trust

Thank you for donations from:

The friends and family of the late Catherine Duncan
The friends and family of the late Betty Williams
The friends and family of the late Noel Forsyth
The friends and family of the late Leigh Dunbar
The Cambridge Parish Opportunity Shop
Hauraki Plains Lioness Club
Morrinsville Lions Club

Asthma & Respiratory Services (Waikato) Inc wishes to thank the generous support of the following businesses/Organisations

- Please support them too

Care Medical	Owen McLeod & Co, Chartered Accountants
Community Waikato	Powder Room
Creative Images NZ	Ricoh
Dallas Mitsubishi	Signs & Beyond
Entertainment Books	St Francis Church
Evans Bailey, Solicitors	The Heating Gurus
Hamilton Press	This Week
Hauraki Herald	Volunteering Waikato
Microsoft & TechSoup	Waikato Times
MYOB	Warmup Waikato
Ngaruawahia Golf Club	Web Health

Asparagus & vegetable mini frittatas



Amended recipe from Food in a Minute

Ingredients

6 eggs
1/2 cup low fat milk
1/2 cup grated Edam cheese
2/3 450g pkt Wattie's Frozen Corn, Carrots and Broccoli
340g can Wattie's Asparagus Spears (well drained)
50g blue vein cheese (optional)

Method

1. Preheat oven to 180° C. Cut 12,15x15cm squares from baking paper and use these to line a muffin tin.
2. Whisk the eggs, milk and cheese together and season with pepper.
3. Defrost frozen vegetables taking care to drain any excess water before dividing the vegetables into the muffin tin. Cut Wattie's Asparagus into 3cm sized pieces, keeping aside the tips to decorate and place cut stalks into the muffin tin.
4. Divide the egg mixture between all the frittatas. Finish with asparagus tips and a crumble of blue cheese if using.
5. Place in the oven and bake for 15-20 minutes or until golden and the egg has set. Serve hot or cold.