

# BAILIWICK OF GUERNSEY BRANCH

# MS

## Multiple Sclerosis Society

WINTER NEWSLETTER 2006



**CHAIRMAN ROB, SECRETARY LIZ,  
TREASURER RON, MS NURSE DEBBIE AND  
THE COMMITTEE, DANI, JULIE AND TONY  
WOULD LIKE TO WISH YOU ALL  
A VERY HAPPY CHRISTMAS**



# SCOTIABANK WATERFRONT MARATHON 2006

by Kay Chivers



Some people run all the time and to them a Marathon could be a monthly occurrence or even yearly, for me it is I think one of the hardest things in my life that I have ever done. Running a marathon was something I have wanted to do for a while but never really thought I would but with the support of family, friends and the chance to raise money for Multiple Sclerosis I have now achieved this in a time of 4 hrs 44 mins.

I started training properly for the marathon at the end of May. I had no experience of preparing for a marathon and basically did my own thing. I had been running about 15 miles per week and slowly built myself up to 25 miles per week and about a 14 mile bike ride to strengthen my legs. With other commitments this was the most I was going to be able to do. On June 18th I ran in the half marathon being part of my preparation and did two 20 mile runs one in July and the other in August. I had to make sure that I didn't run too fast so that I could go the distance and I was very pleased with how I felt and my performance so far.

On 16th September my husband and I flew to Toronto and drove to Pickering where we were staying with friends. I had one week before my big day, I had heard that you shouldn't do too much the week before so I just went out 3 mornings during that week and did between 3-4 miles.

The night before the run we stayed in a hotel in downtown Toronto and at 6am on Sunday 24th September 2006 we were walking down to start off the race only two blocks away. It was still dark and very very windy which surprised me and not what I was hoping for. Very quickly a lot of people were arriving and the most popular piece of equipment before a long run are the porto loos.

At 7 am the race started but my foot didn't actually go over the start until about 5 minutes later, but I had a microchip on my shoe which gives the exact time when you start and finish so nobody had to make a dash to get to the front. As we left daybreak was forming and it was going to be a nicer day than predicted but very windy. There were about seven of us running together on a first name basis, that was nice as I had always been on my own and I knew this would make the marathon a lot easier for me. Unfortunately after about 3 miles I had to stop to use a porto loo, the trouble is you are never the only one and altogether I must have lost about 7 mins which was probably about  $\frac{3}{4}$  mile. When I started running again I wasn't really thinking properly and thought I may catch up with my group and ran quite hard for a little while and then only realising that I was wasting my time so I tried to slow down a little and from there onwards I was on my own. In some ways all my training seemed to have gone out of the window - I was on my own, I didn't know where I was going in the sense how far, and there were no mile

markers to help me, which we were supposed to have, but just kilometres. I knew the whole race was 42k but when I reached 15k or 28k did I know how far I had gone against my time - not a clue. Anyway after a lot of pain in the tops of my legs and in my toes, which I had never experienced in training, I saw 38k and guessed at that point I must have about 3 miles to go which made me feel very emotional and also think about the people and the reason that I was running this marathon. Then suddenly the finish was in sight and people were shouting and calling out our names as we ran past as they had done so all the way round.

The whole marathon was a very new experience for me, one that I will never forget. I am very pleased to have raised over £3,000 for Multiple Sclerosis which was the drive for me to do this and I hope that it will help in some way, even just a little.

I know that if one day I decide to run another marathon I will know what to expect and be more prepared.



Kay in full stride—looking quite happy



At the end with her well earned medal

Congratulations to Kay, for not only running the marathon but for her own personal achievement as well, and a big thank you for the money raised on our behalf

# COFFEE MORNING HELD AT ST MARTIN'S COMMUNITY CENTRE ON TH NOVEMBER

Coffee Morning time again, but this time at a different venue. St Martin's Community Hall is a new experience for us all.

Stall holders arrived at 8 am to start setting up for a 9.30 am start. Ron on the door with some MS items for sale, Dani with a groaning table full of cakes, Tony with enough bric-a-brac to fill two halls, Ros (the chairman's wife) with books and videos for every taste, assisted by young Amy Fallaize (past chairman's daughter), Sue Mollet with hand knitted clothes for dolls and babies, scarves and ponchos, Sarah (my daughter) with her bottle stall, where everyone wins a prize, Julie and Janette with a table full of prizes for the raffle, ably assisted by Ben Gregg. We also had Helen and Heidi with their handmade jewellery, Tess with her beautiful handmade cards and Jill with Teddy bear calendars etc. Myself and my son Iain were in the kitchen making tea, coffee and a cake for 50p but if you paid £1 you could keep your mug.

We opened the doors at 9.30 am to very few people waiting to come in so we were rather relieved that by 10 am we were very busy. The cake stall made the most we have ever made at £215, the raffle made £329. Hand knitting £91, Bric-a-brac £176, books and videos £90, Bottle Stall £156, coffee and teas £65, MS Goods £26 and donations from non MS stalls £52, we also had donations of £125. The grand total at the end of the day was a stunning **£1,383.46**. We also managed to get two new members.

We would like to thank everyone who came along to support us and everyone who helped in the setting up and taking down.



Gosh! Is anyone going to come



Lots of people arrived

# DEBBIE'S PAGE



Food for thought!                      from our MS Nurse

Hi folks, hope you are all well and beating these winter blues!! It's that time again to fill you with words of wisdom. I thought I would talk about healthy eating and give you a few winter warming recipes.

As you all know we all harp on about healthy eating and you are what you eat. But there is some truth in that fact the foods can help or hinder your well-being. It is essential to reduce fats, sugar and salt and eat everything in moderation. Keeping your body healthy will give you energy for the activities you can perform and help fight off winter bugs like a cold etc.

To ensure that a diet is balanced it must contain elements of the following.

**Carbohydrates:** These are needed for warmth and energy. These can be obtained from bread, cereals, potatoes and pasta.

**Fruit and vegetables:** Provide a range of essential vitamins

**Dairy products:** These contain proteins and calcium, which help the body repair and maintain healthy bones.

**Meat and fish:** Provide proteins and essential minerals and oils

And finally a small percentage of fat and sugar is needed to even out the balance.

It is now recommended to take an intake of linoleic oil, which can be found in sunflower and soya oils and in beans and lentils.

Some foods can exacerbate fatigue and to some extent you will know what foods you can tolerate. It might be a good idea to keep a food diary to rule out those that do.

Supplements can also be taken if your diet is lacking in any of these areas. Such as evening primrose or star flower oil.

## **Tips**

Tonic water can help relieve spasms

Cranberry is useful in managing bladder issue

Small amount of chocolate can help boost your happy hormone “serotonin”.

If you can't manage large meals consider having small meals throughout the day. Reduce coffee and alcohol intake as both can over stimulate the body as well as causing a negative effect such as tiredness and mood swings.

Finally a recipe for a low fat Beef Casserole. The perfect winter warmer!!!

1 Medium sized onion, peeled and thinly sliced

1 tablespoon sunflower oil

Plain flour

8 oz rump or sirloin steak, trim off all the fat

7 fluid oz boiling water

2 medium carrots trimmed and cut into thick slices

2 medium mushrooms sliced

1 tablespoon soy sauce

1 small clove of garlic crushed

2 heaped tablespoons frozen peas

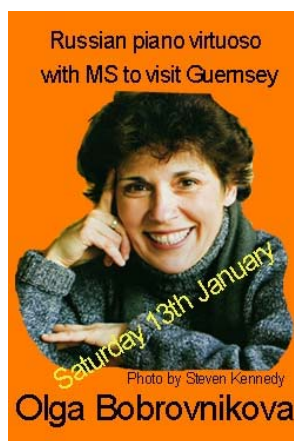
Salt and pepper

**Method:** Preheat the oven to gas 2 or 200°C/400°F. Put the onions and oil into a flame-proof casserole dish, stir over a medium heat to cook for 3-4 minutes. Cut the meat into cubes using scissors or small sharp knife. Sprinkle with flour to coat all over. Add to the casserole and continue cooking over a medium heat while you turn the meat over. When it has turned from red to greyish pink, pour in water, add carrots, peas, mushrooms and soy sauce. Stir in garlic, bring pot to the boil with lid on. Put into oven for one hour. Remove then put on the hob. Mix a tablespoon of flour with 2 tablespoons of water in a cup, when smooth add 2 tablespoons of gravy from casserole. Mix well and pour back in. Stir with wooden spoon and bring back to the boil. The gravy will thicken and you can turn off the heat. Season to taste and enjoy.

If you have any diet queries, please do not hesitate to contact me.

Debbie

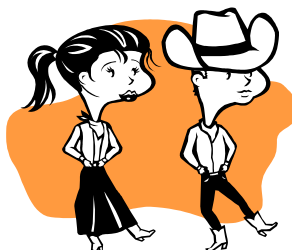
# FORTHCOMING EVENTS



Russian piano virtuoso, Olga Bobrovnikova will be playing for us at Ladies College on 13th January. Olga plays exclusively for Multiple Sclerosis awareness and fundraising, her music takes her all over the world. To hear some of her work log on to her website [www.bobrovnikova.com](http://www.bobrovnikova.com)



Wine Tasting on 31st January—Venue still to be decided



Barn Dance at St Martin's Community Centre on 10th March

Further information will be sent nearer the time for these events.

# CHAIRMAN'S PAGE

My last piece in this newsletter described the time when I found out that a close school friend also had MS. My life seems to be full of coincidences, but perhaps I am guilty of trying to read too much into these things or of trying to make connections that are, at best, tenuous. Having said this, it's still hard to resist sharing with you a few more of my "connections".

When my mother's father, my Grandad, the wonderfully named "Edward Valentine Gebhard" died, I was given his self winding Swiss watch (broken) and two of his books, "The Cruel Sea" and "Three Men in a Boat". I'd like to think I gained my love of the sea from my Grandad. It is more likely perhaps, that I was already passionate about boats and received the books because of my interest. I'm not sure about the watch either, in fact it's twenty years since I last wore one, but, those of you who know me will confirm that I could be accused of being almost obsessive about punctuality!

My memories of my Grandad are scant, but those that remain are precious nuggets, little "post it notes", for me to remember who he was and where at least a part of me comes from. Grandad was, until he was forced to retire through ill health, a dapper man, a man who was witty, gracious and elegant. It wasn't until after I had chosen my career in hotel catering that my mother pointed out to me that I, my Grandad, and all four of his brothers had chosen the same profession.

As a young man learning his craft, he worked at the Shepherds Hotel in Cairo, the Strand Palace and the Berkeley, some of the finest hotels in the world. At the age of thirty two Grandad enlisted in the RAF and worked as ground crew during the Second World War. My mother and my uncle were amongst a relatively small number of children evacuated to Canada during the war, to escape the nightly bombings of the City of London. The British Government stopped these evacuations following the horrifying torpedoing of the ship the "City of Benares" with 400 souls on board, 100 of who were children. To send your children so far away must have been an appallingly difficult decision to make and was one that was to scar my mother and her brother for life. When Grandad and Nanny elected to send their children to Canada they thought they might be separated for six months, possibly a year. In fact, my mother didn't see or talk to her parents again for five years.

At the end of the war, Grandad went to Germany as part of the occupying forces and witnessed at first hand, the devastation of the city of Dresden, which he had helped bring about. This changed him, and he returned a bitter and cynical man. Our family now wonders if the stress of his experiences in Germany, combined with the anguish of the decision to evacuate his children, might have contributed to the onset of his illness. Grandad was diagnosed at 56 as suffering from early Alzheimer's. It wasn't until after he died that the post mortem correctly identified Multiple Sclerosis. Grandad spent his last year receiving caring, but we now realise inappropriate treatment, in an old people home.

Thankfully since Grandad's time, research, which can itself be a process of identifying connections, has led to significant improvements in diagnosis and subsequent care.

How I wish my Grandad could have benefited from somewhere as marvellous as our own Guernsey Cheshire Home.

Rob Platts

