



Messenger

August 2017

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Hi everyone!

Once again, a lot has happened since our previous issue!

Thank you to those who attended our recent AGM. We welcome **Pauline Pibworth** to the Board, and say goodbye to **Joan Willcock**, who has given many years of dedicated service to the organisation. **Barbara Whitton** (previously vice-president) and **Jean Scoullar** (previously president) have switched roles on the Board.

As the June newsletter was going to print, we were preparing to farewell manager **Jessie Hines**. We are excited to welcome two new staff members onto the team - our new manager, **Michelle Fraser**, and our new Eastern Bay field officer, **Elizabeth McGougan** (See page 2 for more).

Elizabeth took part in the recent exercise research trial with Dr Lynette Hodges. Read about her experience on page 4.

By now most of you will have received an invoice for your annual subscription. In some cases, this has caused confusion. Thanks to those who have paid promptly. See page 3 for more, together with a breakdown of what members actually get for their \$20.

We are continually looking to improve our services to you, our valued members. Another 'first' coming soon will be workshops for carers and loved ones (see page 5).

In this issue we have included an article about some exciting research findings from our Australian neighbours, as well as an excellent article from Dr Bruce Campbell outlining conditions often found together with ME/CFS and fibromyalgia.

Stay snug and warm, and enjoy the read!



Tina and the team at CCI Support

Want to call or write to us?
We are at:
56 Christopher St
Tauranga South 3112



Office: (07) 2811 481
Email: info@ccisupport.org.nz
Website: www.ccisupport.org.nz
www.facebook.com/groups/203904249678311

Local Items of Interest

Since our April newsletter was sent out, there have been more changes here at CCI Support! We farewelled previous manager, Jessie Hines, with a shared lunch at Christopher Street on 6th June. We thank Jessie for her input into the organisation, and the developments she spear-headed, and wish her well in her future endeavours. We are thrilled to welcome Michelle Fraser onto the team....

New Manager Appointed

Kia Ora everyone !

My name is **Michelle Fraser** and I am your new Office Manager.

I have over twenty-five years of experience working within corporate and government organisations based in the BOP and Auckland. I am the mother of two children and our family moved to sunny Papamoa from Auckland around a year ago.

Some of my immediate goals as Manager for CCI Support include the continuation of developing strong relationships with our funders. I also want to focus on exploring new areas of opportunity in relation to widening our funding pool through networking opportunities and promotional events. In the future, I would like to see our member base grow on a national level. This will be achieved through awareness and referrals ensuring accessibility of the services we provide to all. I will be overseeing the day to day operations of our office while supporting our staff in managing the implementation of CCI strategies and goals.

I am extremely honoured to be joining such an amazing team here at CCI, and look forward to meeting our valued members, carers and supporters in due course.



Introducing Elizabeth McGougan

I come to this role, as the field officer for CCS Support for the Eastern Bay of Plenty, with great excitement and joy. It is a real privilege to be employed by CCI Support, an organization that I have been a member of since my M.E./CFS diagnosis in 2005.

My employment background pre- M.E./CFS was working in the Television industry and since then I have worked in the Disability sector - PR & Marketing role, dress making, CAB volunteer and even as a census collector!

Since participating in the Towards Wellness workshops my health has improved to a point where I view paid work as something which will complement my journey towards wellness, not over-take it.

My aim for the role is to more fully support and grow our local membership, increase awareness within the community of complex chronic illness and bring the Towards Wellness workshops to the Eastern Bay. 'Good things take time' and 'Think big', will be appropriate mantras for Eastern Bay CCI Support!



Check out the dates and topics of the up-coming meetings Elizabeth has organized in our Group Meetings Calendar on page 13

Membership Subscriptions

A big THANK YOU to all of you who have paid your 2017-18 member subscriptions; your payment is greatly appreciated.

We encountered a few 'technical glitches' along the way with generating invoices for members for the first time this year. We appreciate your patience with us and apologise if you have been inconvenienced in any way or upset by receiving an invoice that had a short turn-around on the payment due date.

From feedback received, there are a couple of other little creases that we need to iron out for next year. During the coming month's we will become more familiar with our accounting programme and ensure that we do not have the same issues that we've recently experienced.

Thanks again for your patience.

We'd also like to remind you of the wide range of benefits that membership of CCI Support entitles you to:

Member Benefits *	Value	Cost for Paid Member	Cost for Non Paid Member
Qualified Support Field Officers - to work with each member providing education and assistance to actively manage their illness and improve their wellbeing.	\$100.00 p/h	Free face to face Visits	\$50 p/h Face to Face Visit
		Free Phone / Email Contact	Free Phone / Email Contact
Towards Wellness Programme - the best of research-based knowledge in an easy-to-understand package to help sufferers begin to find their next steps towards wellness. Endorsed by NZ's leading authority on CFS/ME, Doctor Ros Vallings.	\$750.00	\$150.00	no access
Advocacy – Support for meetings with health practitioners / Work & Income / family members	\$100 p/h	Free	\$50.00
Group support meetings – opportunity to have monthly group catch ups with our Field Officers and other members to share ideas and support one another	Various	No Charge	No Charge
Group seminars – various guest speakers, presentations, events	Various	Various (will be subsidised)	Various
Bi-monthly newsletter - linking to the latest research and program information	\$10.00	Free	\$2.00
Facebook pages - where members can get support	Various	Free access to Closed & Public pages	Free access to Public pages only
On site library - where members and whanau can do their own informed research	\$3.00	Gold coin donation	\$3.00 book hire

*Please Note – Membership benefits can be subject to review

As you can see, your \$20 subscription represents great value for money!! Please remember in cases of financial hardship, your subscription can be paid in instalments.

A Participant's Experience of the Recent Exercise Testing.

For years I have complained bitterly about the lack of research on M.E./CFS. Other illnesses always tended to get millions of research hours thrown at them, even when they have done the basics. But M.E./CFS has not even had the basics done. There is no diagnostic tool for this illness.

So when Tina informed me that Dr. Lynette Hodges of the School of Sports and Exercise at Massey University was doing research in conjunction with Otago University, I could not pass up the opportunity to take part. It would be like complaining about the government and not voting!

Of course there is never a good time for these things, especially when you are actually putting your body into a stressed state that will cause it to become unwell again, but I was excited about finally having an excuse to go hard out!

The morning of the 3rd July arrived, as did I from Whakatane, at the testing bus on Third Avenue with a fair amount of trepidation about what I was going to experience.

Firstly I was greeted by Josh, a Sports Science student from Massey, who had to ultra sound the vein in my arm to test arterial stiffness of the carotid artery. He did tests of the speed of blood flow in my veins, my blood pressure (which was raised), and mapped venous movement.

Then Lynette drew some blood, which she spun in a portable centrifuge to separate out the plasma, which she latter drew off to be investigated by another researcher.

Next up: P.O.T.S. test done via a phone app by the other Massey sports science student Tessa, who then set me up with the computer for the neurophysiological testing. This was the hardest part for me, trying to concentrate with noise and movement going on about me; my brain did show me up!

Finally came the incremental cycle testing. I found that mouth breathing with the breath testing apparatus in my mouth hard to do to start with, but once the increments increased on the cycle, I soon forgot about that. As I cycled and it got harder, I had to point to a card stating how I felt – easy, ok, hard, super hard etc., all the while trying to keep my revolutions up to 50, with a heart monitor being checked and as Lynette checked my blood pressure! It was great that they stood on either side, so if I

went over, I would have been caught and Tessa and Lynette encouraged me to keep going. I did my absolute best, then once the breath analysis showed that I had reach my VO2 maximum, the cycle dropped and I rode on till my heart rate dropped, then thankfully got to get off and rest.

But it was not over yet. After some recovery time I got back on the bike and cycled again at a medium-high level. This was high; as it turns out I am moderately fit for my age (shockingly), and this extra 5-6 mins (felt like 30 mins) was to test adding CO2 and O2 to my body. So I changed mouthpiece and then slightly hyperventilated into a bag filled with this mix. This increased the lightheaded feeling, but did signal the end of the test!

I was able to rest again and then head off for much needed lunch and rest. It took about 2.5 hours and was a very intensive time, and I was lucky enough to do it all again 48 hours later!



L-R: Dr Lynette Hodges, Tessa Nielsen and Joshua Bond

The researchers set up two groups, one that repeated the testing 48 hours later and the other at 72 hours. These are to test the M.E./CFS body's unique delayed response to physical exertion. I won't go into detail about how sore I felt afterwards or how super tough it was to do it all again, mentally or physically. I will say that on the second test my body could not equal the first test's results as my muscles felt like cycling through mud. I tired much easier and afterwards felt much worse than the first time. It's been 16 days since the last test and I am still feeling the effects. I tire more easily, have more delayed muscle pain, my sleeping has been disrupted, and my concentration span is shorter than usual.

But I am so happy to have been able to participate and I do feel that I have given a bit back to the M.E./CFS community by doing this. So, good on all the other members who took part and thanks to Tina and CCI Support who welcomed and encouraged these researchers to come to Tauranga.

New Carers' Workshops!!

We have been aware for some time that a sector of our ME/CFS/FM community that could do with more support is our members' 'carers and loved ones' community. In order to help fill that gap, we plan to host two types of carers' workshops over the next few months.



The first of these workshops, a **Towards Wellness Carer Information Workshop**, is scheduled for **Monday August 14th**, and will be linked to our Towards Wellness programme. An invitation to attend will be extended to carers and loved ones of those taking part in the current Towards Wellness programme, which began on July 21st, together with carers and loved ones of past graduates of the programme.

Our aim is to give carers a mini 'taster' of the programme so they can better understand what their loved ones are experiencing, both in terms of their illness, and what they are learning through the Towards Wellness programme. We will also give carers information on how they can best support their loved one.

The second of our Carer workshops is scheduled for **Monday October 16th**. This workshop is aimed more specifically at supporting the carer - of utmost importance - as illnesses such as ME/CFS/FM wreak havoc, not just on sufferers' lives, but also the lives of those close to them.

More details closer to the time....

Member Skills Database

We know that many of you have wonderful skills that you may be happy to put to use in the service of CCI Support at some stage, e.g. IT, photography, art, music, crafts etc etc

If so, please contact Joanne at the office on ph (07) 2811 481 or email her on: info@ccisupport.org.nz

and let her know what your particular skills are so that if/when the need arises, we can give you a call to see whether you'd be willing/able to help out.



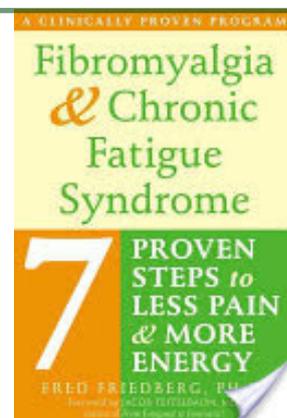
Have you seen these books?



Our 2 copies of this excellent book by Fred Friedberg "*Fibromyalgia & Chronic Fatigue Syndrome: 7 Proven Steps to less Pain & More Energy*" seem to have disappeared.

Has anyone borrowed them from our library and forgotten to fill in the library card?

If you have one of these books, **please** contact Tina at **027 625 4449** and arrange to return it.



Queensland Scientists Make CFS Research Breakthrough

Researchers from Queensland's Griffith University's National Centre for Neuroimmunology and Emerging Diseases (NCNED) have recently linked ME/CFS to a dysfunctional immune system.

Professor Don Staines, NCNED Co-Director, reported that abnormalities had been found in a certain receptor in immune cells of the body. The receptor, transient receptor potential melastatin 3 (TRPM3), is responsible for transferring calcium from outside the cell to the inside.

In the latest study, the team looked at blood samples from 15 CFS/ME patients and 25 healthy controls and found that immune cells in CFS patients had far fewer functioning TRPM3 receptors than those of healthy participants. As a result, calcium ions weren't making it inside the cell like they should be, meaning cell function was impaired.

Calcium does much more than build strong bones. Inside the cell it plays an essential role in cellular signalling and homeostasis; it helps regulate gene expression and protein production; it modulates the activity of many enzymes, including mitochondrial enzymes; it affects neurotransmitter release from our nerves. It's an essential intracellular element.

Making matters worse is that TRPM3 isn't just found in immune cells. The team tested its presence on immune cells as they're easy to access in blood samples, but the receptor is found on every single cell in the body.

"This is why it's such a devastating illness, and why it's been so difficult to understand," said Professor Staines. *"The dysfunction affects the brain, the spinal cord, the pancreas, which is why there are so many manifestations of the illness – sometimes patients will suffer from cardiac symptoms, sometimes it will be symptoms in the gut."*

The class of receptors TRPM3 belongs to are also known as 'threat receptors' because they're upregulated when the body is under any kind of threat, such as infection, trauma,

or even childbirth. Staines and his colleagues hypothesize that it's this upregulation that causes the faulty genetic receptors to over-express and then take over, interfering with the calcium transfer in a range of cells.

Staines and his team are working to find the best markers that can be used to test for these faulty receptors, so they can begin to create a CFS/ME diagnostic test. They're also looking for medications that act on these specific calcium ion channels in the hopes of finding potential treatments for the disease.

Queensland Science Minister Leeanne Enoch said the findings are an important breakthrough in understanding CFS/ME and helping those who suffer from it.



Professor Don Staines

"The discovery is great news for all people living with CFS/ME as it confirms what people with this condition have long known – that it is a real illness, not a psychological issue" she said.

The costs of CFS/ME diagnosis, treatment and management in Australia is estimated to be around \$700 million annually, according to the Queensland Government's statement.

Staines believes this breakthrough is a step forward for sufferers. *"We now know that this is a pronounced dysfunction of a very critical receptor and the critical role that this has, which causes severe problems to cells in the body"* he said. *"We don't know that we can necessarily cure the illness but we can help people lead a normal life."*

Adapted from <http://www.sciencealert.com/one-of-the-biggest-myths-about-chronic-fatigue-syndrome-just-got-destroyed>

By Fiona Macdonald

Printed in ANZMES Meeting Place, Issue 127, Autumn 2017

Gentle Exercise Options

A member recently commented that she missed the EasiYoga classes that were run in the past by ME/CFS Support, as she had found that type of gentle exercise ideal for her. She asked if it was possible to source the CD/s that were used in the classes so that she could do these **yoga exercises** regularly at home.



For anyone that is interested, the CDs are available for purchase direct from yoga teacher Angela Stevens' UK website:

www.angela-stevens.co.uk/me.html

Another option to check out is the **Fernlands Water Exercise Class at 250 Cambridge Rd, Tauranga**. These are run every Wednesday from **10-45 – 11.45am**. This class is suitable for accident or illness rehabilitation, and helpful for weight loss or arthritis. Classes are held rain or shine, but not during school holidays.

A buddhist walks into McDonalds.
The young man serving says:
“ *What will you have today?*”

The Buddhist replies:
“ *I'll have one with everything*”



Psychotherapy for Retirees

How to maintain a healthy level of sanity in retirement.....

- At lunchtime, sit in your parked car with sunglasses on, point a hair dryer at passing cars and watch them slow down!
- On all your cheque stubs write: “For Sexual Favours”
- Sing along at the Opera.
- With a serious face, order a Diet Water whenever you go out to eat.
- Skip down the street rather than walk and see how many looks you get.
- When the money comes out of the ATM, scream “I won! I won!”
- When leaving the zoo, start running towards the car park yelling “Run for your lives! They're loose!”
- Pick up a box of condoms at the pharmacy, go to the counter and ask where the fitting room is.
- Go to a large department store's fitting room, drop your trousers to your ankles and yell out, “There's no paper in here!”



From M.E and You newsletter, ME/CFS Group (Canterbury) Inc, Vol 32.2, April 2017

Overlapping and Related Conditions

By Bruce Campbell

In our previous newsletter we brought you information about Dr Charles Lapp's recent lecture tour of NZ, and the collaboration between him and Dr Bruce Campbell to provide quality information for those suffering from ME/CFS and fibromyalgia. The following article is an excellent overview of other conditions frequently found accompanying ME/CFS and FM, especially relevant in view of our recent rebrand to Complex Chronic Illness Support.

PS: For those who would like to view Dr Lapp's Auckland presentation on ME/CFS and fibromyalgia, it can be accessed at <https://www.youtube.com/watch?v=RTzfWs6FhI4>

Do you have ME/CFS or fibromyalgia (FM), or is there something more going on? If you are like the majority of people with ME/CFS or FM, you live with more than one medical problem.

Research suggests that about two thirds of people diagnosed with ME/CFS also meet the diagnostic criteria for FM, and vice versa. Often the diagnosis made first depends on which medical specialist is consulted. A primary care physician might spot CFS, while a rheumatologist may be more likely to diagnose FM.

In addition, people with CFS and FM often experience one or more additional medical problems, frequently called overlapping or related conditions. *Overlapping medical conditions* are ones that share symptoms and diagnostic criteria in common with CFS and FM. *Related conditions* are medical problems that often occur along with CFS and FM.

Having multiple medical conditions complicates life and increases suffering, but successful treatment of other problems may ease the overall symptom level of people with CFS and FM. Sometimes a patient is eventually understood to have one of the other conditions rather than CFS or FM.

Here are 8 of the more common medical issues faced by people who have CFS and FM, along with common treatments for them.

Irritable Bowel Syndrome (IBS)

Many CFS and FM patients suffer from IBS, a digestive system disorder characterized by abdominal pain, cramping and bloating, constipation, diarrhoea, or alternating constipation and diarrhoea.

8

IBS often occurs with CFS and FM because all 3 involve problems in the autonomic nervous system. IBS is a chronic condition with intermittent symptoms. Symptoms can often be managed with lifestyle changes that may include the reduction of stress and elimination of foods that aggravate symptoms.

Sometimes medications are used. These include stool softeners or laxatives for constipation, anti-diarrhoea medications, low-dose antidepressants used as pain relievers, and sometimes antibiotics to treat bacterial overgrowth.

Multiple Chemical Sensitivity

Many CFS and FM patients experience allergic reactions to various substances. Sensitivities to mould, dust mites and grasses are common. Patients also react to perfumes, scented products, cigarette smoke, household chemicals, car exhaust and diesel fumes, glues, inks and dyes. (Because many patients are chemically sensitive, most CFS and FM support groups ask people to come to meetings 'fragrance-free').

The range of reactions varies greatly among patients, from mild annoyance to serious threat. Symptoms include headaches, dizziness, faintness, nausea, breathing difficulties, and irritation of the eyes, mouth and throat.

Those with more severe reactions may be housebound. The

most useful coping strategy is avoidance, which includes eliminating offending substances from the home, and limiting exposure to them while outside the house.

Myofascial Pain Syndrome (MPS)

Many FM patients also experience MPS, a pain condition localised in trigger points (specific locations in muscles or fascia), often in the neck or shoulders.

MPS is usually treated with medication, massage, rest, heat and cold, and the injection of local anaesthetics into the trigger points. The latter, often called 'spray and stretch', is often accompanied by the stretching of the muscle involved.

Since myofascial pain may be aggravated by stress, repetitive motion, and poor body mechanics, it can also be treated with lifestyle adjustments such as



relaxation, avoidance of repetitive motion, and improved body mechanics.

Depression

CFS and FM patients frequently experience depression, which can be of 2 types, situational and biochemical. Situational (or reactive) depression is a response to a particular set of circumstances, in this case the disruptions and uncertainties created by long-term illness.

Situational depression lends itself to self-management strategies such as those discussed on our site: www.cfidselfhelp.org. Some patients are also helped by professional counselling. A cognitive therapy approach may be effective.

Patients may also experience the second type of depression. Prolonged stress can alter the biochemistry in the body, creating biochemical depression. Self-management strategies may also be useful for this type of depression, but treatment normally includes medication as well. If you are deeply depressed about your illness, for example, if you have thought seriously about killing yourself, get professional help.

For NZ readers, contact

Lifeline 0800 543 354

Depression Helpline 0800 111 757

Suicide Crisis Helpline 0508 828 865

Food Issues: Yeast Infections, Coeliac Disease, Lactose Intolerance

About one third of CFS and FM patients are sensitive to foods and experience gastrointestinal symptoms (heartburn, gas, nausea, diarrhoea and constipation), as well as other symptoms such as headaches, muscle pain, changes in pulse, and fatigue.

While symptoms may be due in part to CFS and FM, they may also be caused by yeast infections like candida; coeliac disease, which causes a strong reaction to what and other grains; or lactose intolerance, an inability to digest the sugar in milk.

There are two major treatments for food allergies: avoidance and the rotation diet. If foods produce strong reactions such as diarrhoea, nausea, headaches or hives, the normal treatment is to eliminate them from the diet entirely. Often, the elimination of just a few foods can improve symptoms dramatically. Alternatively, a food may be tolerated if it is eaten only occasionally (the rotation diet).

Sleep Apnoea

Apnoea, meaning absence of breathing, occurs when a person's airway becomes blocked during sleep. An episode can last from a few seconds to a few minutes. The person then awakens, gasps for air, and falls asleep again. This can occur many times a night, leaving the person exhausted in the morning. Sleep apnoea intensifies the non-restorative sleep usually experienced by people with CFS and FM.

Apnoea is a treatable condition. A common remedy is use of a CPAP (continuous positive airway pressure) machine. The patient wears a mask through which a compressor delivers a continuous stream of air, keeping the airway open. Other treatments are also used for this condition. If you suspect you have this condition, consult a sleep specialist.

Restless Legs Syndrome (RLS)

Restless legs syndrome involves 'twitchy limbs', strong unpleasant sensations in the leg muscles that create an urge to move. The problem is often at its worst at night, making good sleep difficult.

Self-management techniques that may help include reducing consumption of caffeine and other stimulants, establishing a regular sleep pattern, doing exercise that involves the legs, distracting yourself through immersion in absorbing activities, using hot or cold baths or showers, and taking supplements to counteract deficiencies in iron, folate and magnesium.

Several categories of medications may also help, including sedatives, drugs affecting dopamine, pain relievers and anticonvulsants.



Neurally Mediated Hypotension (NMH)

NMH is a condition of sudden decrease in blood pressure that causes light-headedness, nausea and sometimes fainting. It is very common in people with CFS. It occurs when the usual mechanisms for maintaining blood pressure fail. Normally when a person stands, blood pressure is increased to keep blood flowing to the head.

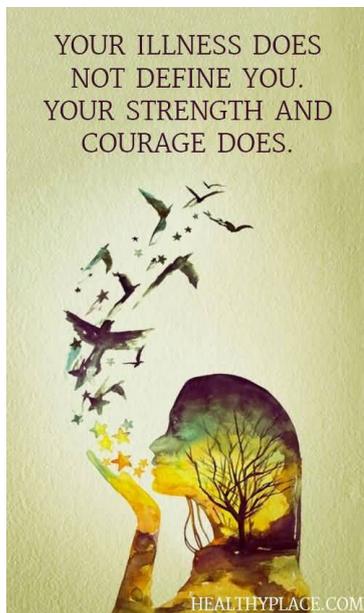
In people with NMH, this process is reversed and blood pressure falls. Dizziness or fainting can also be caused by the release of adrenaline.

Treatments include increasing blood volume through the consumption of more fluids and salt, wearing support hose, avoiding long periods of standing, and using medications like Florinef.

(Note: NMH is one type of orthostatic intolerance. Another form is postural orthostatic tachycardia syndrome (POTS), which causes a rapid increase in heart rate when a patient stands up).

Other Related Conditions

Besides the conditions just described, other medical problems often occur together with CFS and FM, e.g. arthritis, asthma, back and spinal problems, GERD (gastro-oesophageal reflux disease), and thyroid problems.



In Conclusion

The twin bottom lines:

- For people with CFS and FM, multiple medical problems are the rule, not the exception.
- By treating other conditions, you may be able to moderate your overall symptom level.

From <http://www.cfidsselfhelp.org/library/overlapping-and-related-conditions>



Make your own decision, based on your deepest intuitive wisdom and knowledge. You may make the right decision or the wrong one, but whatever happens, it is your best shot, and you will strengthen your capacity for future action.

David Deida

PICTUREQUOTES.COM

Why I still buy a newspaper.....

- "Illiteracy an obstacle, study finds"
- "Starvation can lead to health hazards"
- "Marijuana issue sent to a joint committee"
- "Total lunar eclipse will be broadcast live on Northwoods Public Radio"
- "Mississippi's literacy programme shows improvement"
- "Federal Agents Raid Gun Shop, Find Weapons"
- "Meeting on Open Meetings is Closed"
- "Statistics show that teen pregnancy drops off significantly after age 25"
- "The bra shares a pair of historic milestones this year"
- "Hospitals resort to hiring doctors – Physician shortage prompting move administrators say"



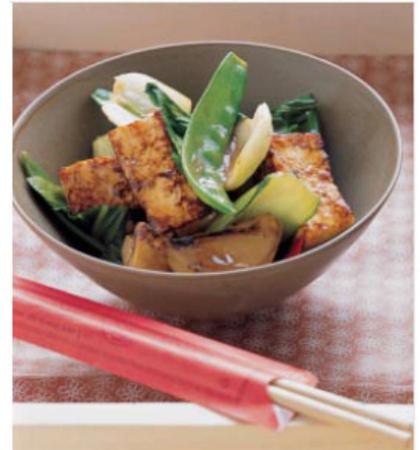
from ANZMES Meeting Place, Issue 128, Winter 2017

Tofu Stir-Fry a (slightly kiwi-converted) recipe by Martha Stewart

Stir-frying is one of the quickest and easiest methods of cooking. With one pan, a little oil, and constant stirring, you can make a healthy meal. Tofu is naturally gluten-free and an excellent source of protein, amino acids, iron, calcium and other micro-nutrients. In addition, tofu is a good source of magnesium, copper, zinc and vitamin B1. (NB People who suffer soy allergies should stay away from tofu.)

INGREDIENTS

500g firm tofu
2 tablespoons reduced-sodium soy sauce
1 tablespoon vinegar
1 teaspoon toasted sesame oil (optional)
1 tablespoon cooking oil
2 small onions, cut into wedges
250g button mushrooms, quartered
1 large red bell pepper, ribs and seeds removed, cut into 1" squares
a few leaves of chopped greens eg bok choy, spinach
a handful of green beans
5 paper-thin slices fresh ginger
1 teaspoon cornflour dissolved in 2 teaspoons cold water



DIRECTIONS

Halve tofu block lengthwise; slice each half into 8 rectangles. Arrange on a paper towel-lined baking sheet; top with more paper towels and another baking sheet. Refrigerate overnight or at least 20 minutes.

Transfer tofu to a shallow dish. In a bowl, whisk together soy sauce, vinegar, and sesame oil with 1 table-spoon water; pour over tofu. Marinate 5 minutes (reserve marinade).

Heat canola oil in a 12-inch nonstick pan over high heat. Cook tofu until golden, 1 to 2 minutes per side. Set tofu aside.

Stirring constantly, cook onions in a pan over high heat until browned, 5 minutes. Add mushrooms; cook 2 minutes. Add red pepper and greens. Cook 3 minutes.

Add beans and ginger. Cook until beans are done.

Add marinade, cornflour mixture, and tofu. Cook until heated through. Season with soy sauce as desired.

Serve with limes .

PREP: 45 MINS TOTAL TIME: 45 MINS SERVINGS: 4

Library

Please feel free to come in and browse through our library collection at our Christopher St offices.

Check that Tina or Joanne are in before you come. If you are on the internet you can access the titles from our website www.ccisupport.org.nz.

Can We Email Your Newsletter?

Costs are always a major consideration to us. If you are currently receiving your **MEssenger** by normal post, and you have email available to you (ideally broadband), we ask that you consider receiving it in future by email. This will help us to keep our mailing costs as low as possible. So, if you are prepared to change, please email the office at info@ccisupport.org.nz with your details.

Mt Maunganui, Katikati/Waihi and Te Puke meetings

If you are planning to attend the above support group meetings, remember to check with Tina before each meeting as the venues change from time to time.

Facebook

Membership of our Facebook page continues to slowly but surely increase. Remember that this is a “Private” page as we want you, our members, to be able to talk freely to each other on the page. We have received requests from people who are not members to join the page, which we have declined for this very reason. This also ensures that non-members cannot use the page to drive any commercial interest they may have. Should you wish to join our Facebook page, the easy link is: <https://www.facebook.com/groups/203904249678311/>

Acknowledgement

We gratefully acknowledge our many sources that have kindly allowed us to use their articles. They include:

Action for ME, UK	ME/CFS Group (Canterbury)
ME Association, UK	MEISS (Dunedin)
Dr Ros Vallings	Nelson Bays ME/CFS & FM
ANZMES	Support Group

Appreciation to our Funders

Complex Chronic Illness Support wishes to note our grateful appreciation to the following organisations for their financial support enabling us to provide our services:

TECT	Grassroots Trust
Bay Trust	Infinity Foundation
Lottery Grants	Southern Trust
Lion Foundation	First Sovereign
Pub Charity	Disability Community Trust Whakatane
WBoP Disability Support Trust	Disability Community Trust
COGS WBoP & EBoP	NZ Post
Legacy Trust	ANZ - Staff Foundation
Ntec	Four Winds Foundation



DISCLAIMER: *The views and opinions expressed in this newsletter do not necessarily represent the views of Complex Chronic Illness Support. They are not intended to replace the advice of qualified health professionals.*

Group Meetings Calendar

CCI Support meetings held **2nd Wed** of the month 10.30amcontact Tina 027 625 4449

Mount Coffee Group meets the **1st Mon** of the month 10.30am contact Tina 027 625 4449

Eastern Bay Group meets **2nd Wed** of the month 1:30pm contact Elizabeth 021 838 217

Greerton Coffee Group meets **3rd Wed** of the month 10:30am...contact Tina 027 625 4449

Young Member meetings held **3rd Thurs** of the month 1pm contact Kira 021 027 18127

August 2017	September 2017	October 2017
<p>Monday August 7th Mount coffee morning at Bayswater Retirement Village, 60 Maranui Street, Mount Maunganui, 10.30am</p> <p>Wednesday August 9th Eastern Bay group, 1.30pm Whitehouse Café, 8b Thornton Road, Whakatane Ph Elizabeth: 021 838 217</p>	<p>Monday September 4th Mount coffee morning at Bayswater Retirement Village, 60 Maranui Street, Mount Maunganui, 10.30am</p> <p>Wednesday Sept 13th Eastern Bay group, 1.30pm Venue: to be confirmed Topic: Sleep Ph Elizabeth: 021 838 217</p>	<p>Monday October 2nd Mount coffee morning at Bayswater Retirement Village, 60 Maranui Street, Mount Maunganui, 10.30am</p> <p>Wednesday October 11th Eastern Bay group, 1.30pm Venue: to be confirmed Topic: Diet Ph Elizabeth: 021 838 217</p>
<p>Wednesday August 9th Support meeting/coffee morning at 56 Christopher Street, 10.30am – 12pm</p> <p>Speaker: Kath Vickers, Physiotherapy & Lymphoedema Services</p>	<p>Wednesday Sept 13th Support meeting/coffee morning at 56 Christopher Street, 10.30am – 12pm</p> <p>Speaker: Phil Jones, Mindfulness</p>	<p>Wednesday October 11th Support meeting/coffee morning at 56 Christopher Street, 10.30am – 12pm</p> <p>For more info Contact Tina 027 625 4449</p>
<p>Wednesday August 16th Coffee morning 10:30am at Zest Café, Chadwick Rd, Greerton</p>	<p>Wednesday Sept 20th Coffee morning 10.30am at Zest Café, Chadwick Road, Greerton</p>	<p>Wednesday October 18th Coffee morning 10.30am at Zest Café, Chadwick Rd, Greerton</p>
<p>Thursday August 17th Young Members' meeting 1.00pm at 56 Christopher St Ph Kira 021 027 18127</p>	<p>Thursday Sept 21st Young Members' meeting 1pm at 56 Christopher St Ph Kira 021 027 18127</p>	<p>Thursday October 19th Young Members' meeting 1pm at 56 Christopher St Ph Kira 021 027 18127</p>

PLEASE NOTE

Some of our members are sensitive to chemicals. Please refrain from using perfumes/strong deodorants before the meetings. Thank you for your understanding.

**Formed
1981**

MEssenger is kindly funded by WBoP Disability Support Trust & EBoP Disability Community Trust

**Incorporated
1986**

Board of Management

President Barbara Whitton
Vice-President Jean Scoullar
Treasurer Jean Scoullar
Board Members Andrea McFarlane
Jacqui Bassett
Steve Napier
Pauline Pibworth

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WBoP Field Officer Tina Richards
WBoP Youth Field Officer Kira Follas
EBoP Field Officer Elizabeth McGougan
Accounts & Administrator Joanne Palmer
Newsletter Jan Morrison

10% Discount Stores

Brookfield Pharmacy – Tauranga
Health Haven – Tauranga
Health Shop & Clinic - Greerton
Bethlehem Health Shop – Tauranga
Nature Zone – Whakatane

Present **Membership Card** at these stores as proof of your Complex Chronic Illness Support membership

Want to call in or write to us?

We are at
56 Christopher St, Tauranga 3112
Admin: Joanne ph (07) 2811 481
Email: info@ccisupport.org.nz
Website: www.ccisupport.org.nz

SUBSCRIPTIONS and DONATIONS

We charge a **\$20.00** annual membership subscription and gratefully receive donations towards our operating costs. We are registered with IRD as being for charitable purposes so donations are tax deductible. Any donation is greatly appreciated.

Subscriptions and donations can be direct credited to our bank account if that is convenient.

Our bank account is: **Kiwibank A/c No: 38 9014 0140507 00**

Please enter your 'name' and 'ME Sub' and/or 'donation' in the reference and email us if you would like a receipt. OR..... deposits can be made in person to Kiwibank if you go in with our account number.

BEQUESTS

Including a bequest to Complex Chronic Illness Support in your will is also an option you may consider.

ACORN Foundation can assist you to arrange a bequest to CCI Support. Donations can be made to our endowment fund with ACORN ph 07 579 9839, internet banking on the Acorn website : www.acornfoundation.org.nz or cheque made out to Acorn Foundation, PO Box 13604, Tauranga 3141



Cut here if sending by post

Yes, I would like to **make a donation / pay my subscription to Complex Chronic Illness Support.**

Please find enclosed my **donation** of \$..... *Tick the boxes*

Please find enclosed my annual **subscription** of \$20.00 *which apply*

Please send receipt to:

Name:

Address:Suburb.....

City: Post Code:.....

14 *Please post cheque to*