



MEssenger

October 2017

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Hi everyone!

I hope you've managed to stay warm and dry during our introduction to 'spring' weather! At least daylight saving has begun, bringing more evening daylight hours for us to enjoy!

Here at CCI Support we have been having a 'spring clean' of sorts, bringing our systems, including our membership database, up to date. Our new policy of invoicing member subscriptions will be an effective way to engage annually with members who are less active in the organisation, to gauge whether our service is meeting their needs.

Our service has expanded in several ways over the past year. The Young Members' monthly support meeting went from being in recess to being a well-attended monthly meeting; the Towards Wellness programme now has 15 workshops (previously 14); and we now run an additional 4 workshops each year for carers and loved ones of those with ME/CFS, fibromyalgia, and related complex chronic illnesses (next Self-care Workshop on October 16th – details on page 2). We are also developing a telephone outreach service for members who are mostly housebound and find it difficult to attend meetings, coffee mornings, etc.

For those who may feel somewhat 'stuck' in their ME/CFS/FM journey at the moment, this issue includes an excellent article by Kira on Motivation (see page 5).

We look forward to continuing to support you in your quest for wellness...

Tina and the CCI Support team 😊

Remember to check the Group Monthly Meetings Calendar!



CCI Support :

56 Christopher St

Tauranga 3112

Office: (07) 2811 481

Email: info@ccisupport.org.nz

Website: www.ccisupport.org.nz



Should you wish to join our Facebook page, the easy link is: <https://www.facebook.com/groups/203904249678311/>

Send a friend request...!

Local Items of Interest

Recent speakers at our Christopher Street meetings

August: Kathryn Vickers

Kathryn Vickers, a local physiotherapist who specialises in treating lymphoedema, was guest speaker at our August meeting.



She spoke about the different types of pain patients with ME/CFS and fibromyalgia may experience, and strategies to reduce pain, including massage, wheat packs, and Epsom salts baths.

Kathryn spoke about the importance of correct posture, and of movement. Even onerous chores such as vacuum cleaning or dusting / cleaning could be turned into a gentle movement / exercise routine to improve circulation and lymphatic drainage.

The wide-ranging talk touched on the importance of setting healthy boundaries when affected by a long-term chronic illness. Breathing was another topic covered. Kathryn described how hyperventilation, common in ME/CFS, leads to an acid body state, which increases overall pain levels. She demonstrated correct diaphragmatic breathing.

Before concluding her talk, Kathryn demonstrated a self-massage technique to assist lymphatic drainage. She offered to return in the future to cover this topic more fully.

September: Phil Jones



Phil Jones, mindfulness trainer, was the guest speaker at our September meeting.

Phil explained that the purpose of mindfulness is to create a calm space so that we can focus our mind and gain clarity.

As we live our lives more mindfully, we will begin to notice more, as opposed to living our lives in a constant state of auto-pilot, rushing from one thing to the next. Another benefit of mindful living is the nurturing of positivity. We will also become less reactive,

and more skilled at responding appropriately to circumstances / situations. This, in turn, will lead to us making better choices for ourselves.

Phil explained that mindfulness is simply about being present in the 'here and now' with 'what is' – acknowledging it and accepting it – not trying to change it. He emphasised the importance of treating ourselves with kindness and compassion (or simply with love) – which is often a missing ingredient.

Phil demonstrated how to connect with the breath in a simple but effective mindfulness technique.

CCI Support are grateful to these speakers for giving up their time to share their expertise with our members.

We are open to members' suggestions for possible speakers for our meetings.

Contact Tina with suggestions.

Self-Care Workshop for Loved Ones

On **Monday 16th October from 10am-12pm** at our Christopher Street premises, Tina and Kira will be holding a two-hour workshop for Loved Ones of our members.

The purpose of the workshop is to help your Loved One better understand your illness/es and how they can support themselves to support you. It will also give them the opportunity to share their experience and connect with others, and allow us to offer them important information on self-care.

If you have a Loved One who is interested in attending, please RSVP by 11th October (limited spaces available), to the office on info@ccisupport.org.nz or phone Joanne on 07 281 1481.

Annual General Meeting – When does it suit?

At our recent AGM, it was suggested that we should consider having our meetings at a different time of the year.

We usually hold our AGM in the month of July, when the weather tends to be quite miserable! Could this be why we don't see many members at our meetings?

The Board have considered this and after looking into the legalities of our End of Year Financial Reporting with respect to the AGM, we propose that we are able to hold the meeting as late as early September.

With this in mind, the Board would appreciate your feedback on whether changing the AGM date to early September would encourage you to attend?

Please direct feedback to info@ccisupport.org.nz. Thank you.

Eastern Rising

Vegetable seeds are in the ground, rain and sun in the same hour, daylight saving has started... must be spring in the Eastern Bay!



Our **Eastern Bay group** has had several good meetings. It's so heartening to gather and talk about issues that affect us, and share our unique ways of coping. Sleep is so often an issue and it was interesting to hear about options that members use - various techniques including breathing, mindfulness.

I have posted the links about the sleepy story teller and sleep meditations on the closed Facebook page.

Next on **11th October at 1.30pm** we are discussing **Diet** in relation to ME/CFS/FM and CCI Support manager Michelle Fraser is joining us as she is keen to meet everyone.

For the first time, we will be holding the meeting at the Little Orchard Activity Room at Te Koputu a Te Whanga a Toi - Whakatane Library and Exhibition Centre, 49 Kakahoroa Drive, Whakatane. Looking forward to seeing you there. (Please see the list of the next group meetings dates and topics.)

The **Whakatane library team** offer a service for housebound users, which may be of interest to our less mobile members;

This is how **'Housebound'** works:

Our library staff will select items for members of the Whakatane Horizon Energy Library who, for reasons of illness or frailty, are unable to visit the library and who have no family able to assist.

We can select from the following:

- Books (standard and/or large print)
- Audio (talking) books
- Magazines
- Jigsaw puzzles

Volunteer drivers will deliver and collect items fortnightly. Please call us to request a form to join this service.

Ph: 07 306 0509 E: library@whakatane.govt.nz

Also remember their massive digital collections; eBooks and eAudiobooks, which can be downloaded from home; <https://www.whakatane.govt.nz/ebooks>

I hope that I have managed to catch up with the entire membership now; but if not, please call me! It's been a delight to reconnect or speak with you; we have an interesting and diverse membership.

My aim is to be out visiting you over the summer months, and to work really hard on growing our membership. So, if you know of anyone who lives with ME/CFS/FM, or someone who works in the healthcare sector who may come in contact with ME/CFS/FM people, please inform them of our service as word of mouth is the best way to get our name out there.

I recall when I first met people like me who also had ME/CFS. It was like a bright light in the dark. They knew exactly what I was going through, did not question the diagnosis, and best of all were real, normal people.

Through this very service I was informed of Dr Vallings, given actual information on my diagnosis and learnt some great coping techniques. I hope to be able to offer this support to anyone in the Eastern Bay who receives any of these diagnoses.

I hope all members have managed to pay their membership sub and those who are interested have joined the closed Facebook page. We have some great threads of discussion and Kira Follas delivers the most interesting and relevant posts.

Towards Wellness continues with its excellent programme in Tauranga, so any Eastern Bay members who are keen, please let me know so we can ascertain when we can run the programme here.

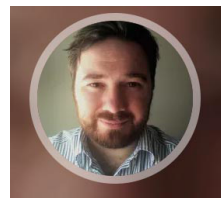
Best wishes for the spring season, and see you all soon.

Elizabeth.

"When you talk, you are only repeating what you already know. But if you listen, you may learn something new." Dalai Lama.

Connection Between Gut Bugs and Impaired Energy Production in ME/CFS

Source: Bio21 Molecular Science & Biotechnology Institute
<http://www.bio21.unimelb.edu.au/gutted-bad-gut-bugs>



Dr Chris Armstrong, a researcher at the Bio21 Molecular Science and Biotechnology Institute is the lead author of recent studies that associate metabolites and microbiota in faeces, blood and urine with ME/CFS. Together with clinician, Dr Donald Lewis, Armstrong studied blood, urine and faecal samples from 34 women diagnosed with ME/CFS and 25 controls.

Armstrong's previous research had shown that ME/CFS patients had altered gut bacterial populations – less variety, and more 'baddies'. His current research has shown changes in metabolites in the blood and urine of ME/CFS patients, suggesting that the composition of the gut bacterial population could be skewing the body's metabolism away from obtaining energy from glucose in the process of glycolysis (glucose > energy) towards gaining energy from breaking down fats and proteins/amino acids.

Armstrong also found that the biochemical pathways associated with cell and tissue damage from oxidative stress were more active in ME/CFS patients.

ME/CFS patients' elevated blood glucose levels, and decreased blood levels of many amino acids including glutamate, add weight to Armstrong's findings. Glutamate (an amino acid) plays an important role in glutathione synthesis. If glutamate is used as an energy source, it may not be available for the synthesis of glutathione, the body's chief anti-oxidant.

(Adapted from an article in ANZMES Meeting Place Issue 128, Winter 2017)



The following article outlines important recent research which also confirms increased oxidative stress in ME/CFS and fibromyalgia:

Elevations of Ventricular Lactate Levels Occur in Both CFS and FM

Source: <https://www.healthrising.org/blog/2017/05/31/study-suggests-bad-energy-core-problem-fibromyalgia-chronic-fatigue-syndrome-mecfs/>

Several research studies have confirmed that in ME/CFS, the body switches from efficient aerobic energy production (using oxygen) to anaerobic energy production (without oxygen), often after only a few minutes of exertion. Lactate, a by-product of anaerobic energy production, is produced in significant quantities as the body draws on reserves it doesn't have, with resulting pain and fatigue.

Lactate is ordinarily associated with over-exercise, so high levels in ME/CFS patients suggest that something is profoundly off with their energy production systems, and possibly those of fibromyalgia patients as well.

Researchers have mostly focused on lactate in the muscles and blood, but over the past 10 years, Dr Dikoma Shungu and Dr Benjamin Natelson have documented large lactate increases in the ventricles in the brains of ME/CFS patients. They've also found large decreases in brain glutathione levels as well; low levels of glutathione suggest the brain's antioxidant defences are down.

When Shungu and Natelson refer to ventricular lactate, they're also referring to the cerebrospinal fluid (CSF). The ventricles are 4 cavities at the bottom of the brain where the CSF is produced. The CSF acts as a kind of cushion, a blood flow and neuro-endocrine-immune regulator, and as an important waste removal outlet. Analysing the CSF is the closest we can get to the brain short of a biopsy.

In Shungu and Natelson's latest study, they went a step further and examined lactate levels in the brains of fibromyalgia (FM) patients as well. Several studies found increased lactate levels (some highly increased) in the brains of patients with ME/CFS, patients with FM, and patients with both ME/CFS and FM. Shungu and Natelson

believe that the lactate elevations may be a core part of both ME/CFS and FM syndromes. Further study is needed but it could be the tie that binds the two disorders together. In Shungu's experience, elevations of ventricular lactate are most often associated with mitochondrial dysfunction.

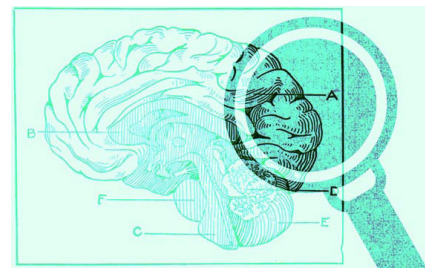
Shungu's findings of a 36% deficit of cortical glutathione – the most abundant and primary antioxidant in living tissue – in ME/CFS patients compared to controls, have led him to conclude that the primary problem in ME/CFS involves oxidative stress, and that mitochondrial problems are secondary.

Too much oxidative stress can damage the mitochondria and impair cellular functioning. The significantly reduced levels of glutathione in the brains of ME/CFS and FM patients suggested that the antioxidant systems that normally keep oxidative stress in the brain in check were not doing so anymore.

According to Shungu, mitochondria are involved, but it's not a problem with the mitochondria themselves - they are being seriously affected by the neuro-inflammation and oxidative stress that's present. The one proviso is that he has been studying patients at rest. Next he plans to combine an exercise challenge with an MRS brain scan to determine if energy replenishment is occurring normally. Only then will he know for certain if the mitochondrial problems are primary or secondary.

The general outlines of Shungu's oxidative stress model appear to have commonalities with recent findings from Naviaux's, Davis's, and Fluge / Mella's models: that there is an over-emphasis on anaerobic energy production; something in the blood is turning off the mitochondria in the cells.

What? Why? Watch this space!!



Motivation

There was a point in my CFS journey that I decided life had to improve or it was not worth living anymore. Life had got to a point where there was barely any quality left, if any. After countless visits to doctors, specialists and alternative therapists I realized it was unlikely that a magic pill was going to be discovered anytime soon. This meant that I had to do something to help myself because it was clear that nobody else could do this journey for me.

So here's what happened. Supporting my health and wellness became my sole focus. Everything I did was framed with 'does this support wellness, and if not, how could I do it differently?'

By changing my focus in this way I noticed microscopic improvements begin to happen ever so slowly. I experienced a sense of achievement and pride in the lifestyle changes I was making so that even on the not-so-good days I felt a sense of gratification that somehow I was on the right track.

When I track back over my near 10 year wellness journey I know it was the belief that improvement was possible that fueled and motivated me to keep going. And it was not a motivation to 'push myself better' derived from my inner achiever pattern (because obviously we all know this is a futile aspiration!) but instead came from a desire to learn more about wellness and implement appropriate strategies

where and when possible.

So a question I have asked myself recently is: What drives motivation? My own motivation through my wellness journey obviously stemmed from a belief and faith that I could make a difference to my health by making small incremental changes in my life. But research suggests something else which I can also relate to my journey.

Research indicates that when we know we can do something for ourselves autonomously we are motivated. Our wellness journey is an autonomous journey. It is ours and ours only; nobody can do it for us. By implementing a wellness plan and enlisting support where necessary, we call the shots, and by necessity we become the CEO of our own health.

Mastery is the second important driver of motivation. We need to remind ourselves that on the not-so-good days we are being challenged, yet again, to master our skills at navigating the tricky tightrope of chronic illness. What's more, with appropriate guidance and information, we increase our ability to make healthy decisions to support healing.

And finally, we are also motivated by purpose. We all have a purpose for being here, even if we are unwell. We can ask ourselves how do I want to carry myself in the face of this challenge? What qualities do I wish to embody? And what am I healing towards? There is nothing more satisfying than being able to do something, even if it is the tiniest thing, that propels us toward that which we deeply desire.

And taking purpose a step further, what about our collective purpose? It is important for human beings to feel like we are a part of something much bigger. Through my own health challenges I developed a newfound empathy and deep desire to forge an easier path for chronic illness sufferers. I wrote articles from my bed to raise awareness about ME/CFS because that was something I could do. This was deeply satisfying, keeping my mind engaged in projects that made me feel like I was a part of a greater vision even though I was largely isolated and house-bound at the time.

As a side, I notice we have oodles of untapped talent in our chronic illness community. Some of us have gifts in speaking, others in technology, others in emotional support, others in administration and leadership, others in publicity. Perhaps, for you too, there is a hidden talent that could be put to good use within the bounds of your energy threshold.

If you feel you are lacking motivation – let's think

about those three drivers for motivation.

Autonomy: are you on-goingly growing and implementing a daily wellness plan specifically designed for your individual needs?

Mastery: what is the growth edge you are currently working on? Is it breathing, mindfulness, acceptance, self-compassion or something else?

And purpose: how are you carrying yourself in your everyday life, despite the curveballs being thrown at you? And are you healing towards something you love? How could you contribute to the greater good within your energy envelope?

I hope that this message lands in a way that soothes and heals.

Until next time, take very good care of you....

Kira 😊

A Parable

This parable is told of a farmer who owned an old mule...

The mule fell into the farmer's well. The farmer heard the mule praying... or whatever mules do when they fall into wells.

After carefully assessing the situation, the farmer sympathised with the mule, but decided that neither the mule nor the well was worth the trouble of saving.

Instead, he called his neighbours together, told them what had happened, and asked them to help haul dirt to bury the old mule in the well and put him out of his misery.

Initially the old mule was hysterical. But as the farmer and his neighbours continued shovelling and the dirt hit his back, a thought struck him...

It suddenly dawned on him that every time a shovel load of dirt landed on his back, he would shake it off and step up!

He did this, blow after blow.
Shake it off and step up....shake it off and step up...shake it off and step up....
He repeated this phrase to encourage himself.

No matter how painful the blows, or how distressing the situation seemed, the old mule fought panic and just kept right on.... shaking it off and stepping up.

It wasn't long before the old mule, battered and exhausted, stepped triumphantly over the wall of that well.

Author unknown



Unrest = Unflinching

This morning in the rain I saw "Unrest" a film by Jennifer Breaand wept.

These were not tears of sadness but tears of empathy, of recognition, of fear, of good fortune, of hope, of loss and of understanding.

Finally I understand the magnitude of the illness, M.E./CFS, what Jennifer and millions of others live and suffer with every single day.

And I am one of those millions.

The film caught me at the first audio, before pictures, sounds that anyone who has ever struggled with pain and fatigue will recognize; her breathing as she tries to get off the floor and back into bed. It was like a gut punch from the start and the film keeps on punching and kicking the viewer below the belt for the whole hour and a half.

It is a profoundly intimate film about Jennifer's personal struggle to find a way forward after becoming severely unwell with what is later diagnosed as M.E./CFS. It's an unpopular illness, still without a diagnostic test, still without any real treatment, still without many clues as to what it actually is. But don't let that fool you into thinking that it is not real. Brea, with her Princeton-honed intelligence, leaves you under no illusions about the validity of the condition and about the disgusting lack of funded research for this far too common disease (approximately 17 million sufferers worldwide).

The documentary covers scientific research, historical data and recent developments, but for me it was the interviews with fellow sufferers that hold the key message of the documentary.

In interviews from her bed, Jennifer speaks with a diverse range of fellow M.E./CFS sufferers. These personal stories are unflinching in their raw honesty, and powerful as they show what this documentary is really about... yep, good old Love.

The love that sufferers receive from their families, who in the end are usually the only people who believe and support them, is the cornerstone to this story. It is interspersed with Jennifer's own love story with her husband Omar Wasow.



Love and marriage is often complicated but add in a life-destroying chronic illness and it becomes even more difficult.

It is tough going to watch Omar, as Jennifer writhes in pain, and he can do nothing for her. He says he can cope with his life when he does not see how others view him, but when he sees the pity they have for him, it hits a raw nerve. Sharing these intimate stories give substance to this observational documentary and will leave few unmoved.

Suicide is usually a taboo subject but not off limits here. In most chronic or terminal illnesses suicide is one option that people choose, and any discussion on this topic is usually fraught and complex. Many interviewees speak of the pain and despair of living their entire lives in beds, on couches, inside and away; without hope, never able to actually participate in life.

Jennifer speaks about the fear of being missing from her life, that she is living so little life that it has no point; that she may as well not have been born.

Stark and frighteningly honest, these are the fears and thoughts of those unseen members of society who are so easily forgotten, not only in this illness sub-group, but throughout society the world over.



It will not be easy for me to forget this film, made by a woman over many years from her bed, with love and support from her husband and from a growing number of friends and fellow sufferers found via the internet.

I am so grateful to Jennifer for making this and having the courage to show herself, exposed to the world, so that others may finally find a voice and some understanding.

The lives of those touched by chronic illness are very different from the norm but Unrest shows us that hope and joy can be found in anything and everything; slowing down and enjoying what you actually have, is the greatest love of all.

Elizabeth McGougan, CCI Support member and Eastern Bay field officer

SO SICK OF LOOKING IN MY PURSE AND NOT SEEING TWENTY THOUSAND DOLLARS

Double Diagnoses

Ed note: It is important to recognise that an ME diagnosis does not exclude other disorders rearing their ugly heads. Any changes in symptoms should be noted and you should talk to your GP about them.

Source: InterAction 81, Autumn 2012
(This article has been abridged)

Living with the fluctuating symptoms of ME can be a daily challenge – but what happens when you have to cope with other health conditions too?

ME affects people in different ways, and to varying degrees. It's a very variable illness and symptoms can change over time – which is why it's important to always get new symptoms checked by your doctor. They may be part of the fluctuating nature of the condition, or they may be unrelated to ME. Your GP may decide to carry out a range of blood tests to look for other possible causes of your new symptoms.

One way of noticing the development of new symptoms over time is to keep a diary. This can help you and your GP see a pattern and track how your symptoms may or may not be changing.

Long, hard road

Lesley, 62, told us that, on top of the ME she has had for many years, she has also been recently diagnosed with painful bladder syndrome (also known as interstitial cystitis). 'This can be a symptom of fibromyalgia and, I suspect, ME' she explains. 'It's been a long, hard road getting the diagnosis and seems to me that the medical profession need educating about the possible connection with ME'.

'Although there is no cure for painful bladder syndrome, there are some medical treatments which might be suitable for some cases. There is also help available from incontinence nurse specialists. I strongly believe that knowledge is power, and the more we compare our experiences, the more empowered we become'.

It might be that your ME was more difficult to spot because you were already living with an existing condition, like InterAction reader Karen Harradine.

'I was diagnosed with polycystic ovary syndrome (PCOS) in September 2001 when I was 31,' she says. 'I had come off the contraceptive pill after being on it for 12 years. As the pill can mask the symptoms of PCOS, it was only then that symptoms started to badly affect me. It took my then GP four months to diagnose and eventually refer me to a consultant'.

Six years later, Karen was diagnosed with ME by her GP after months of continual viruses. 'I have felt intuitively that there has to be a connection between ME and PCOS,' she continues. 'It just made sense to me that if something is not working correctly within the body, the resulting strain on the body can lead to ME'.

'Living with both is akin to having a war waging inside my body. The methods to help and heal both conditions often contradict each other. With PCOS, the more active I am, the easier it is to control the devastating symptoms. But with ME, it is about graded gentle exercise and activity, pacing, and lots of rest'.

'Just as I manage to get one set of symptoms under control, the others come flying at me to remind me that I still have the other condition to deal with. The combination of ME and PCOS means it is a daily struggle for me to keep well, active and healthy. What is not understood by the medical profession and general society is the link between PCOS and ME. This is an under-researched and unacknowledged area.'

Difficult to diagnose



'The symptoms of PCOS, like ME, are varied and can be difficult to diagnose. I have had cysts on the ovaries, infertility, weight gain, insulin resistance, fatigue, acne, hair loss, and irregular and heavy periods. But some of these symptoms can also be the result of having ME, and it confuses me as to which symptoms are attributed to which condition'.

'If I have fatigue I need to work out whether it is due to PCOS or ME as this will influence the way I overcome it. For example, the nausea that accompanies an ME bout of fatigue and illness can make me crave high carbohydrate food – but this is poison to my PCOS body!

I now control my PCOS symptoms partly with the help of my GP, who is invaluable in her support for both conditions'.

'Instead of feeling sorry for myself for having both ME and PCOS, I try to accept the reality of both conditions and the fact that I need to deal with both sets of symptoms myself. In this way, I believe I can move towards the pathway of healing and health'.

From ANZMES Meeting Place, Issue 129, Spring 2017

Just for fun we have two recipes for you in this issue. Enjoy.

Rolled Oat Cookies

Ingredients: 2/3 cup rolled oats (gluten-free if needed)

1/3 cup dried fruit (your choice – raisins, cranberries, chopped dates, etc)

2 tablespoons chia seeds (or flaxseed)

1 medium banana (mashed)

Method: Preheat oven to 180 degrees C.

Put all ingredients in a bowl and mix well, using your hands.

Take a spoonful at a time, roll into a ball, place on tray and flatten slightly.

Bake 15 – 20 minutes until golden brown. Cool.

Extra additions to add if you like:

Peanut butter, maple syrup, cacao nibs, cinnamon or ginger



No-sugar Banana Blueberry Wholemeal Muffins

It's been a while since we've had a good EASY muffin recipe so here is one that is pretty simple to put together and tasty as well. I make muffins from this recipe quite often because it's very hard to go wrong with it...! Ed.

Ingredients Serves: 18

- ☐ 2 medium bananas mashed
- ☐ 1 egg
- ☐ ½ cup (125ml) water
- ☐ 125ml vegetable oil
- ☐ 2 cups (250g) wholemeal flour
- ☐ 1 teaspoon bi-carb soda
- ☐ 2¼ teaspoons baking powder
- ☐ 1 cup fresh or frozen blueberries



Directions

Preparation : 15min Cook : 15min Ready in : 30min

1. Preheat an oven to 180 degrees C. Grease 18 muffin cups, OR line with patty cups.
2. Mix together mashed bananas, egg, water, and oil in a large bowl. Mix in flour, baking soda, and baking powder until mostly smooth (you will still see lumps from the banana, but that's okay!). Gently fold the blueberries into the batter.
3. Bake in the preheated oven until golden and the tops spring back when lightly pressed, about 15 minutes. Remove muffins from tins, and cool on a wire rack.

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.

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)

MEISS (Dunedin)

ME Association, UK

DR Ros Vallings

ANZMES

Nelson Bays ME/CFS & FM 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:



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 10.30am contact 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

October 2017	November 2017	December 2017
Monday October 2nd Mount coffee morning at Bayswater Retirement Village, 60 Maranui Street, Mount Maunganui, 10.30am	Monday November 6th Mount coffee morning at Bayswater Retirement Village, 60 Maranui Street, Mount Maunganui, 10.30am	Monday December 4th Mount coffee morning at Bayswater Retirement Village, 60 Maranui Street, Mount Maunganui, 10.30am
Wednesday October 11th Eastern Bay group, 1.30pm Topic: Diet Little Orchard Activity Room, Whakatane Library 49 Kakahoroa Drive, Whak. Ph Elizabeth: 021 838 217	Thursday Nov 9th Eastern Bay group, 1.30pm Topic: Pacing Little Orchard Activity Room Whakatane Library 49 Kakahoroa Drive, Whak. Ph Elizabeth: 021 838 217	Wednesday Dec 13th Eastern Bay group, 1.30pm Topic: Heat Little Orchard Activity Room Whakatane Library 49 Kakahoroa Drive, Whak. Ph Elizabeth: 021 838 217
Wednesday October 11th Support meeting/coffee morning at 56 Christopher Street, 10.30am – 12pm Speaker: A member shares her experience of the CFS/ FM journey & the Towards Wellness programme	Wednesday Nov 8th Support meeting/coffee morning at 56 Christopher Street, 10.30am – 12pm Topic: The power of positive emotions Ph Tina 027 625 4449	Wednesday Dec 13th Support meeting/coffee morning at 56 Christopher Street, 10.30am – 12pm Pre-Christmas morning tea Ph Tina 027 625 4449
Wednesday October 18th Coffee morning 10:30am at Zest Café, Chadwick Rd, Greerton	Wednesday Nov 15th Coffee morning 10.30am at Zest Café, Chadwick Road, Greerton	Wednesday Dec 20th Coffee morning 10.30am at Zest Café, Chadwick Rd, Greerton
Thursday October 19th Young Members' meeting 1.00pm at 56 Christopher St Ph Kira 021 027 18127	Thursday Nov 16th Young Members' meeting 1pm at 56 Christopher St Ph Kira 021 027 18127	Thursday Dec 21st Young Members' meeting To be advised Ph Kira 021 027 18127

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
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10% Discount Stores

Brookfield Pharmacy – Tauranga
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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



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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 \$.....

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