

Thumbs UP

MND / ALS
ASSOCIATION OF SOUTH AFRICA 

The Newsletter of the
Motor Neurone Disease /
Amyotrophic Lateral Sclerosis
Association of South Africa

September 2011



Broadacres Farm Nursery School held a charity golf day to raise funds for the Motor Neurone Disease Association and the Organ Donor Society.

At the school assembly, Liz Keth from the MNDA received a cheque for R12 500

Pictured from left: Rene Britz (golf day organiser); Liz Keth (MNDA representative) & Phedre Fitton (Broadacres Farm Nursery School owner) Front row two of the children: Samuel Kibogo & Kelsey Gahagan

The Mission Statement of the MND Assoc. of S.A. is

"To provide and promote the best possible support for people living with Motor Neurone Disease, their families and carers and to raise public awareness."

MNDA of South Africa is a member of the International Alliance

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ACKNOWLEDGEMENTS

John Hall for producing the design and DTP (desk top publishing) work.
Logo Print (Maitland) for the printing of our magazine



As mentioned in our last Thumbs Up, 21 June was MND/ALS Global Awareness Day. We managed to have representation at 5 locations in the Cape Town area kindly made available to us by Shoprite/Checkers and manned by volunteers. While at some centres we were not really acknowledged by passersby, we hope to have made some people aware of MND/ALS, and our Association, in support of our patients.



Liz Keth in Gauteng had a support group meeting at a well-known local coffee shop to coincide with Global Awareness Day. Refreshments were sponsored by Sleepnet, one of our suppliers. A pleasant time was had by all and we are very grateful and appreciative of everyone's support.

Annual General Meeting

Notice is hereby given of the 18th Annual General Meeting of the Motor Neurone Disease/ALS Association of SA to be held at WBHO House (entrance in Glen Roy) Pinelands on **Thursday 27 October 2011 at 10.30 am**

To facilitate arrangements please confirm your attendance by calling the office on 021 531 6130 by latest Monday 24 October, or email mndaofsa@global.co.za

Meeting of the International Alliance of ALS/MND Associations

The above Meeting and Symposium takes place in Sydney, Australia, from 27 November to 2 December this year. As it has been quite a while since MNDA of SA was last represented, we have applied to the International Alliance for a travel grant to enable our Chairman, Dr Francko Henning, to attend these events. However, should our application not be successful, the Committee voted in favour of making funds available to cover the costs and we trust our members will support this decision.

This opportunity is sure to be to our advantage : having our own representative at the Meeting and Symposium to learn first hand of any new research conducted and any ideas and findings, which could be gathered by meeting and networking with delegates from other countries around the world. We hope to give you feedback in our next Newsletter.

Fundraising

We are fortunate to have the opportunity to use "Fiddler on the Roof" as our annual fundraiser this year. Tickets for the show on *Sunday 11 September at 15h00* at **Artscape** cost R150 and can be obtained from Roxy on 082 468 8980 (mornings) or email levy@headsouth.co.za

And in **Gauteng at the State Theatre, Pretoria** on *19 October 2011, at 20h00* “Dinsdae by Morrie”
 Tickets @ R100 obtainable from Liz on 082 878 3716

This event is posted on our website and email users were advised.

~~~~~  
 “The best thing about future is that it comes one day at a time”

~Abraham Lincoln~

But it’s really amazing when we stop(?) to think just how time marches on !

## Our Christmas Cards



are once again available (see order form enclosed) and we request our readers and members to please support this fundraising effort.

Christmas Cards might not be so fashionable or so affordable any more - what with the various electronic means available and increased postage ... yet think how nice it is to receive an actual card in the mail and know that someone cared enough to send it!

~~~~~  
 This being our last Newsletter for 2011, we would again like to say thank you to all the wonderful people who assisted us in various ways, during the year:

John Hall for the design and layout of Thumbs Up and other stationery items

Logo Print, Maitland, for printing Thumbs Up

Hilda Hunter (who turned 90 this year !) for labelling and filling the envelopes for posting

Elsabe Burger for again taking charge of our Christmas Card sales

Peter Rosmarin for checking our accounts before it goes to the auditors

Dave Woolley for the updating our website

FMG Inc who conducts our audit and compiles our financial statements

Roxy Levy for organising and taking charge of our annual fundraiser (this year “Fiddler on the Roof”)

(Should anyone’s name have been omitted, we do apologise, but it would be purely accidental !)

DONATIONS



We have been fortunate in receiving great donations since the beginning of our financial year (April 2011) for which we are very grateful and in particular we would like to thank Carol van Wijk, Erna

Labuschagne, Kobus Vorster, Adri Engelbrecht, Carole Eisenstein, Inner Wheel Sea Point, R van Wyk & J Coetzer, Kurt & Joey Strauss Foundation, G Subotzky, Andrew Stern & Hailey Griffin (in lieu of gifts for their wedding in Canada), Greenwood, Walsh in memory of Adrie Stimie, for their substantial contributions, but of course, never forgetting our regular and loyal monthly donors.

Discovery/702 Walk the Talk

Matt Rogers, academic trainee accountant working in the Department of Accountancy at the University of Johannesburg, and 11 other academic article clerks from the department, all working towards becoming Chartered Accountants, took part in the Discovery/702 Walk the Talk on 24 July, to raise funds for a charity chosen by the BCom Accounting Honours students. After some deliberation, the students voted that the Motor Neurone Disease Association of South Africa should benefit from their walk and

through their efforts & determination an amount of R6,775 was handed over to Liz Keth in Johannesburg.



*The Team, from left to right – Back Row: Lizelle Muller (Accounting, Landi Janse van Vuuren (Auditing), Nadine Crosby (Accounting), Lisa Moodley (Auditing), Rudolph Seyffert (Financial Management), Karabo Kekana (Accounting), Bastiaan Koster (Financial Management)
 Middle Row : Maria Miltiades (Raxation), Tumi Tisane (Taxation), Alicia Cruywagen (Financial Management)
 Front Row : Lyndall Hobson (Accounting) and Matt Rodgers (Taxation).*

On 30 July, Ashleigh Barkhuizen of Northcliff, Johannesburg, hosted a Champagne High Tea in aid of MNDA, for her best friend's father,



Richard Chandler, seated, with his wife Darryl, and daughter Courtney and friend Ashleigh.

The drinks, eats & venue, were sponsored by Ashleigh's family and a donation of R200 per person was requested from those who wished to attend. This charity tea was a great idea and attended by generous friends, judging by the R4,500 raised ! We are indeed very grateful for and appreciative of this wonderful gesture.

We received this letter, photo and a donation, from **The Coffee Club, Kimberley:**

"The above club which consists of some 25 pensioners (Dads Army) in Kimberley, has as one of its members a Mr Rob Hollings, who last year lost his wife to MND.

At a weekly meeting, actually on MND day, he suggested that a get together could be arranged, where he would provide some information, and spread some awareness of MND.

A braai was arranged and a most pleasant day, in the veld at one of our local game reserves was enjoyed by all our members, and much to Robbie's surprise we raised a small amount to donate to your cause, and which we will be sending you, under separate cover, an amount of R1,300 which we trust will be of some assistance. D Preece, Chairman."



Standing, right, Chairman Preece, in charge of the braai and some members of "Dad's Army"

To everyone -

Thanks

For your Support !

*Time decides whom you meet in life
Your heart decides whom you want in life
But your behaviour decides who will stay in your life*



Patient Mandy Gurr-Snyman from Newton Park, Port Elizabeth writes:

I was extremely privileged to go on an all-expenses paid week-long holiday in May to the Beacon Isle Hotel in Plettenberg Bay. This was a gift to me from my singing partner of way back when & long-time friend, Jonathan Birin. What a wonderful human being he is to do this for me!!

I went with another dear friend, Dorothy Long, who did everything possible to make our time there so special. We celebrated her birthday there too. My sister, Sheryl Gurr, provided me with a much-needed & much-appreciated carer from Plett. And my husband, Tjokkie Snyman, brought my "Porsche" (which I have thanks to the MNSA) so that I had the independence to zoot around.

I have lived with MND/ALS for 13 years, and as devastating as this illness clearly is, my life is made entirely more than bearable by the awesome people in my life. God Bless each one of them!



*While everyone else wore their costumes to enjoy the sun & sea, here's me fully clothed with a blanket on top & slippers!
But, oh my gosh, I did enjoy lying on that lounge chair!!*

Yolinda Freimond, daughter of the late Johann Kruger of Helderkruijn, Gauteng, sent us the following message and poem:

***A Message to my father Johann Kruger
– on the Anniversary of his passing 9 September 2010:***

He was the bravest man I ever knew. He carried the disease with pride and dignity – never to complain. Even shedding a tear in his own quiet time ensuring not ever to alarm his family. He was our block of strength and even at the end – the strongest of us all in the weakest physical form. He passed away the way he lived – peacefully and with great dignity. There is not a day that goes by that I don't miss him – to talk to him – to share valuable time with him – I dedicate this poem to him – this month – one year later ..

*A light from the family is gone – a voice we loved is stilled
A place – a chair is vacant from our home – this can never again be filled.*

Your parting of this life, has left a void – but we have filled it with remembered joy

A friendship shared, a tear – a laugh - a talk - a hug - a kiss –

O yes these things we truly miss

We grieve for you, you've touched our lives in so many ways

but now you're free and following the path God has laid for thee

You took His hand when you heard Him call – you followed Him and left it all

We understand that you could not stay – not even one more day

And through our tears we thank God that you found peace at the close of that day

Your life has been full, you savored much – good friends, good times, your loved ones' touch

To us your time on earth seemed all too brief – but you never wanted us to bear undue grief

So I hold you dear and safe here in my heart – until we meet again – never to be apart.

For we were born to shine – like stars across the sky

I say it loud and let it ring – as you dear father are now part of everything

Your eyes as brown as the earth itself – you are the earth

Your heart as warm as the summer sun – you are the sun

Your spirit as free as the winds that blow – you are the wind

Your love always as true as the waters blue – you are our sea of blue

So yes again - say it loud and let it ring – as you are indeed now part of everything

The future, the present and the past, fly on proud bird, you are free at last

missing you Calvyn ... Yx

Koos Swart of Somerset West, whose wife Johanna is a MND patient, sent us this article written by Jerry Schuitema, who agreed to us using it here:

A decent job

A PERSONAL JOURNEY OF DISCOVERY INTO THE MEANING OF DECENT WORK.

SWELLENDAM - I had a decent job once.

It lasted less than three years and gave me a greater sense of worth than I found in mine-working, fixing roofs, stacking punch cards, soldiering, insurance underwriting, bricklaying, paving, carpentry, general reporting, financial journalism, broadcasting, management consulting, teaching and writing. Not all of these were professional, but they certainly were functions that I was exposed to and became adept enough to earn a living from them.

I had a decent job once. Its critical performance areas

covered nursing, bronchial physiotherapy, housekeeping, cooking and cleaning.

In 2002 Kathy was diagnosed with hereditary spastic paraplegia (HSP). It was a frightening affliction to befall a partner of nearly 40 years, leaving us with the prospect of gradually deteriorating muscle control, growing incapacity and moving from crutches – to wheelchair – to bed. There was some hope. We could retard the atrophy with rigorous exercise and this set off a regime of incessant badgering and benevolent acrimony.

Two years earlier, I had undergone a double by-pass, slowing down my professional work and billings for the consultancy I had founded a decade before in rescuing another ailing business. The additional distraction of the plight of a much loved companion erased from the minds of others the memory of risk, long hours, fear and insecurity in establishing a viable consultancy with what we believed to be an important new paradigm in business. One described by Raymond Ackerman as “the way of the future, the whisper of tomorrow”. One we swore we would sell even on bicycles if we had to.

I had a decent job once.

It was forced upon me by fate and financial vulnerability caused by a confessed misrepresentation of the state of a company in which I had the largest share, a fire sale of that share and a timing of those actions to coincide with a period of intense personal stress and distraction. That is the way of the world so I reflect upon it without malice, acrimony or even the slightest sense of spite.

I mention it purely because it was an important thread in my life’s tapestry that explains why I could not afford to abandon Kathy to the aloofness of institutional care; even when her condition deteriorated to being hospitalised six times in as many months in 2004; when she had been declared dead in an ambulance on two occasions; and when she was aspirating up to five times a day, each time instilling an intense fear of suffocation.

It explains too my desire to become a do-it-yourself bronchial physiotherapist, to learn the art of inserting a suction pipe down the trachea while avoiding the oesophagus. My lack of proficiency was risky, but adequate enough to ensure that her lungs did not collapse during sleep. It was also good enough for the frail care institution where she was held for a short while, to call me for help in the early hours of the morning.

I shopped for all kinds of gadgets that would make her life comfortable. To the point where one day, sensing my concerns about finances she lamented: “I’m sorry that this is costing so much money.” My response was a spontaneous and deeply sincere commitment that everything we had would be used to ensuring her treatment and comfort. In that moment, all concerns about provision left me. For the first time in my life I was left with the lasting and

profound taste of the power of an unconditional act of generosity, of minimum expectations, of acting in the moment and of giving from the heart. All these things were alien to my being a few years before.

It made me question the real understanding of “living for today”. Ask anyone what they would do if they knew that today was to be their last and many will respond with a litany of frivolous and self gratifying events. That’s how self absorbed most of us have become. We only realise the futility of these things when it dawns upon us that our last day will also be the last our loved ones will have with us. The question then should not be how we would act if it were our last day, but rather how we would act if it were the last day of someone who is close to us.

I had a decent job once.

One of its functions was to clean up after someone who no longer had bladder- or bowel-control. On one occasion she bravely tried to reach the toilet but failed before spilling it all over the bathroom floor. She watched as I cleaned and at the end pointed and said: “You missed a spot.” We laughed until we cried.

That gave me my deepest insight into the definition of decent work. For in that moment I remember drawing a distinct comparison between that activity and being in front of a camera interpreting and explaining one or other economic event to millions of people. “Have I been reduced to this?” I wondered. No! I had been elevated to that! It was a deep conviction informed by a simple comparison between the sense of achievement between the two states.

The most satisfying was the one stripped of all accolades, recognition and financial rewards. It was the one with the most menial of tasks. It was the one that was intensely and unconditionally focused on the need of another. It was the one where I could see the result and the profound gratitude of another. It was the one where I could witness the difference it made. It was the one where ego and self were totally irrelevant. It was the one where giving was fully unconditional.

Kathy died in the late winter of 2004. Two weeks before her passing, when she could no longer speak because of the collapse of her tongue muscles, we learned that she did not have HSP but MND or motor neuron disease. All of our efforts at trying to slow down the decline, her brave submission to our exaltations of exercising were not only fruitless from the outset but were becoming increasingly impossible for her to do. MND has no known cause and no known cure. We were left with months of intense remorse about how differently we would have acted had we known that.

I had a decent job once.

And its definition is very different from that of Cosatu or the ILO which says: “Decent work is the availability of

employment in conditions of freedom, equity, security and human dignity.” Like some lofty constitution in trying to say everything, it says nothing about the real texture of how that translates into a working environment.

My definition is simpler: “Decent work is that which gives a sense of meaning in being able to make a contribution to another.” There were elements of that in the decent job that I once had. Clearly not all can be applied to the workplace, but many can. Many are self defined. They are certainly not easy to capture. Those who can find them are

the most fortunate among us.

Today, I can rest and reflect on how our darkest hours can also shed the most light.

**Jerry Schuitema is an award winning veteran journalist, author, retired management consultant and former economics broadcaster who focuses on behaviour in business and economics.*

He can be contacted on FaceBook | E-MAIL | Blog

RESEARCH



Extract from the Spring 2011 edition of Thumb Print (*The magazine of the Motor Neurone Disease Association, UK*)

STEM CELLS : Investing in the future – Stem Cells – so much hype, so much hope, but how far has the science actually come and where do we go from here ?

The vision is a world free of MND, and stem cells could prove to be important players in making that vision a reality. However, they are no ‘magic bullet’. The use of stem cells to directly treat MND is fraught with difficulty and there are enormous hurdles to overcome. The greatest potential of stem cells may currently lie in their ability to provide scientists with a living, human model of MND in the lab but even that involves some serious technical challenges.

The Association recently played a key role in bringing together some of the world’s leading stem cell experts at a conference aiming to clarify the future development of MND stem cell research and our ever growing portfolio of research projects now includes two cutting-edge studies that will see researchers manipulating stem cells to provide a unique tool for studying the disease and developing new drugs. The Director of Research Development, Dr Brian Dickie says: “As a major funder of MND research, the Association is in a unique position to help the scientific community forge a clear way ahead, building on what has already been learned and using stem cells to their maximum potential”.

Funding groundbreaking stem cell research – Both stem cell projects involve “induced pluripotent stem cells”, or iPS cells. These cells start out as human adult skin cells but with a bit of ingenious scientific ‘persuasion’, they can be programmed into behaving like embryonic stem cells. Embryonic stem cells have the ability to go on to develop into any type of cell, including motor neurones, which is why they can be such a valuable tool to researchers.

Prof Siddharthan Chandran and Prof Sir Ian Wilmut at the University of Edinburgh are collaborating with Prof Chris Shaw at King’s College London and Prof Tom Maniatis at Columbia University in New York on a groundbreaking program to develop a reliable lab model of MND based on

living human cells. It’s a goal that’s been something of a ‘holy grail’ to researchers for a number of years.

Their central aim will be to refine and optimise the process of generating motor neurones and other key cells from iPS cells, ultimately providing the research community with a disease model that can be used in the years to come for efficient testing of potential new drugs as well as to better understand the development and spread of MND.

While Prof Chandran and colleagues are using stem cells derived from the skin of people with a rare, inherited form of MND, the other innovative project based at the University of Oxford is using a model of MND based on iPS cells from people with sporadic (non-inherited) MND. Dr Richard Wade-Martins and colleagues will be able to investigate how iPS-derived neurones that already have a subtle predisposition to degenerating, respond when placed under various types of disease-related stress. This will allow the researchers to home in on the key processes that cause motor neurones to die.

Research vs treatment –

Both of these projects have the potential to make a powerful impact on the development of future treatments for MND but it’s important not to confuse this type of work with research into the use of stem cells to directly treat the disease.

- Stem cell research involves using stem cells to generate living human neurones for scientists to study in the lab. These neurones could then be used to test potential new drugs quickly and relatively cheaply.
- Stem cell treatments involve the transplantation of stem cells directly into a person with MND in the hope that they will slow the progression of the disease. Stem cell therapies can involve different types of stem cells, such as those derived from foetal cells or adult bone marrow.

The road to stem cell treatments for MND will be a long one. Scientists need a really good understanding of the various stem cell types, how they behave and how they can misbehave, before they can even begin to think about transplanting them into someone with MND. This ground work is essential. As Prof Clive Svendsen explained to the delegates at the recent stem cell conference, some stem cell lines have even shown a tendency to undergo changes

similar to those seen in tumour cells, so it really is a case of proceeding with caution.

First treatment trials underway – Prof Svendsen and colleagues performed much of the groundwork for the first clinical trial of a stem cell treatment for MND to be approved by regulatory authorities in the USA. The trial is using cells developed by a biotechnology company called Neuralstem. It started at the beginning of 2010 and is concentrating solely on establishing the safety of the stem cells and the surgical transplant procedure patients undergo.

To date, just nine people with MND have received the treatment, with each being very closely monitored both during the surgery to implant the cells into the spinal cord, and for months afterwards. As the clinicians leading the study, Jonathan Glass and Nick Boullis, explained at the conference, patient safety is always absolutely uppermost in their minds.

Another safety trial, or ‘phase 1’ trial as they are known, has since got underway in the USA and another will be starting shortly in Israel. Both involve stem cells derived from adult bone marrow. Should the treatments prove to be safe, the organisation can then proceed through further phases of trials involving large numbers of people to establish whether or not they are actually of any benefit.

Stem Cell Clinics around the world – Given the number of stem cell treatments that can be found on the internet, accompanied by high price tags and claims of remarkable benefits, it might be hard to believe that proper testing of such treatments is at such an early stage. Information sheets and web pages on stem cells and unproven treatments provide clear explanations about the lack of reliable evidence associated with the expensive stem cell therapies being offered around the world, providing balanced information that aims to help people make an informed choice.

A session at the stem cell conference was also devoted to the issue of unregulated treatments, with delegates highlighting the importance of clear communication from charities and the research community to people who are affected by MND.

A patient, Sarah Ezekel, was diagnosed with MND 11 years ago. In 2003 she underwent stem cell treatment at a clinic in the USA that was closed down by American

regulatory authorities not long after her visit. Sarah never experienced any improvement as a result of this treatment and is concerned that other people with MND might still be tempted to spend large sums of money on undertaking similar unproven therapies.

However, she is optimistic for the future: “I’m really encouraged by the recent MND Association conference. I feel that stem cells offer us real hope and the fact that they are now being looked at specifically for us is great news !”.

Dr Dickie explains: “As stem cells become an ever more established feature of the MND research landscape in the years to come, the Association remain poised to support promising stem cell science and to ensure that researchers work together as productively as possible. From this vantage point we will also be able to keep people affected by MND updated with the latest developments and help to separate the hype from the genuine potential of these remarkable cells.”

Information on stem cells:

General: www.mndassociation.org/stemcells

Research information sheet Q: *Stem cells and MND*

Funded stem cell projects:

www.mndassociation.org/chandran

www.mndassociation.org/wade-martins

Research information sheet E: *Funding MND research*

Unregulated treatments:

www.mndassociation.org/research/unproven_treatments

Research information sheet U: *Unproven treatments*

ALS Untangled (a consortium of expert MND clinicians who investigate alternative treatments):

www.alsuntangled.com

Latest news:

www.mndassociation.org/research/news_in_research

Research blog: <http://mndresearch.wordpress.com>

Twitter: @mndresearch

Our lives are not determined by what happens to us but by how we react to what happens,
Not by what life brings to us, but by the attitude we bring to life

A positive attitude causes a chain reaction of positive thoughts, events and outcomes – it is a catalyst, a spark that creates extraordinary results

HINTS & ADVICE



Communication

Speakbook - This link to a new development to assist with communication, was forwarded to us by one of our readers – a family member:

Speakbook is an easy to use, easy to learn, communication tool for people who can't speak and can't use their hands. With Speakbook you can talk using only your eyes.

Speakbook.org is a non profit organization determined to help as many people as possible to keep talking – because communication is everything.

Want to talk about Speakbook? Join facebook

www.facebook.com/speakbook

For more information go to www.speakbook.org/
It can be downloaded from their website although it takes a bit of time.

“Dheva-logue”

The “Dheva-logue” (named after Dhevan Pillay, a MND patient who passed away in May) was developed by a friend, Jeremy Reid, to assist with communication where ability to speak is severely limited. The chart contains letters, numbers and common words which have been arranged in groups to assist the patient to find the symbol they are looking for, e.g. letters/numbers.

Unfortunately we are not able to reproduce the chart here due to space constraints but if interested, you can contact

Jeremy on 082 358 6132 or email miraje@telkomsa.net.
Jeremy says: “I have deliberately not taken out a copyright since it is my intention to assist all persons that may be affected by this disease, and not to benefit from it financially.”

Nutrition

“Energy Supplements” advise that they have a product, Maximeal, a 100% balanced and complete liquid diet, which is suitable as a sip, or through pegfeed. It provides all nutrients in correct proportions and has added vitamins and minerals to meet daily requirements.

It is available from selected Pick ‘n Pay Stores, Hypermarkets, Alpha Pham Pharmacies and directly from Energy Supplements CC. For more info you can call 031 564 0213 or 082 554 6032 or email info@energysupplements.co.za / admin@energysupplements.co.za

**Condolences to Family and Friends of:**

Alan Roughley (9 May),
Dhevan Pillay (11 May),
Patricia Baker (21 May),
Maria Burgess (24 May),
Sarel Page (29 May),
Des Dawson (5 June),
Ruth Botha (9 June),
Ponny Corbett (12 June),
Hannie van Niekerk (25 June),
Adrie Stimie (21 June),
Hennie Coleman (10 August)

**We welcome your ideas – THUMBS UP is your voice –
So if you would like to Contribute to the next issue – Please write to us !**

HELPING THROUGH YOUR WILL

Your Will can be a convenient vehicle for making a charitable gift of a lasting value. Please consider MND Association as a living memorial for a loved one. Many people support the work of the MND Association of South Africa through bequests from their Estates.

MOTOR NEURONE DISEASE ASSOCIATION of South Africa

P.O.Box 789, HOWARD PLACE, 7450,
TEL: (021) 531-6130
FAX: (021) 531-6131
E-mail: mndaofsa@global.co.za

JOHANNESBURG
TEL: (011) 701-5001
CELL: 082-878-3716
E-mail: keth@telkomsa.net

ORDER YOUR CHRISTMAS CARDS NOW

A

Two-toned Blue Christmas Tree

with silver decoration and white background and blue frame

Wording in card:

SEASON'S GREETINGS ... AND BEST WISHES FOR THE NEW YEAR



Christmas card samples shown here are smaller than actual size

B

12 Days of Christmas

(multi-coloured Xmas motives on white background)

Wording in card:

SEASON'S GREETINGS ... AND GOOD WISHES FOR THE NEW YEAR



ORDER FORM

Please complete this order form and return with cheque or proof of payment to:
 MNDA of SA, PO Box 789, Howard Place 7450. Internet Payments: Account No 27 062 9130
 at Standard Bank Rondebosch 025009 with name and "cards" as reference.
 All cards require standard postage.

Name Telephone No

Postal Address

..... Postal Code

..... Pkts **A** Christmas Tree (5 cards and envelopes) @ R18 per packet R

..... Pkts **B** 12 Days of Christmas (5 cards & envelopes) @ R15 per packet R

..... Pkts Notelets (5 & envelopes) @ R5 per packet R

Cost of Cards R

Add postage 1-4 pkts: R5; 5-10 pkts : R10 R

Total Payment R