



# Multiple Sclerosis Society



## This Newsletter's main points

Pages 3 - 4 The Secretary's pages.

Pages 5 - 6 The Chair's pages.

Page 7 Christmas Tree

Pages 8 - 10 Rowathlon

Pages 11- 12 Wear Orange Wednesday (WOW)

Page 13 Puzzle page. Sudoku questions.

Page 14 - 15 Events so far this year.

Page 16 Sudoku answers.

## A letter from the Secretary

A warm welcome to this the second newsletter of the year. I hope you are all well and managed to keep warm and safe during our period of cold weather and the snow and ice. I thoroughly enjoyed it as being school based I was given 3 'snow' days, even though there was not much snow!

The Committee have been busy on your behalf, some of which is mentioned in this newsletter. The main focus of this newsletter is to let you know about the events happening during MS Awareness week, which is April 21<sup>st</sup> to 27<sup>th</sup>.

One event which you may think is a little early to mention, is this year's Christmas Fayre. I mentioned in the previous newsletter that feedback from last year's event mentioned the difficulty in parking at the Cobo Community Centre for many of the visitors. So after a lot of hunting around I have booked the Vale Douzaine for this year's Christmas Fayre on 24<sup>th</sup> November. There are many parking spaces and some allocated slots for easier wheel chair access. We will have the main hall for the stalls, a side room with kitchen for a quieter area to sit and have a cup of tea or coffee, a mince pie and of course my favorite mulled wine. I promise not to mention Christmas again until much later in the year, but I felt it important for you to know that I have acted on the feedback and found somewhere more suitable for everyone to park.

There is the normal list towards the end of this newsletter about the events this year. April is a busy month with the the events for Awareness week and the Rowathon at Beau Sejour.

In addition to the events mentioned in the list, Beau Sejour offer exclusive (and free to you) swimming sessions on a Thursday evening for those with a

medical condition. There are a number of staff available to help facilitate the use of the hoists if needed. If you would like to participate in these sessions please contact by email [GDS@gmail.com](mailto:GDS@gmail.com). or phone Ruth Parsons on 01481 264592.

There are also toning tables available at Physio Fit in the indoor Bowls Centre in Hougue Du Pommier for those with MS. If you are interested in these please contact Mrs Lynda Gilmour on 251110.

Gill Ford  
Committee Secretary  
Guernsey Multiple Sclerosis Society

Tel: 07781 412131  
[www.guernseymms.com](http://www.guernseymms.com).  
[www.facebook.com/MSSocietyGuernseyBranch](https://www.facebook.com/MSSocietyGuernseyBranch)

## Chair's Page

This grey, wet (even snowy) and cold weather hasn't been doing much for the spirits has it? However, spring is round the corner and so are a host of events for Guernsey MS, so please consider joining us to raise more money to help our local community.

First is MS Awareness Week from April 24<sup>th</sup>- 30<sup>th</sup>. We have three events, although 2 come slightly before the 'official week' due to availability of sites:

April 15<sup>th</sup> Rowathon at Beau Sejour (see article later in newsletter). Even if you are not involved with a team, your support on and for the day, can make all the difference. Come along with your friends to cheer on the rowers working hard to be the first to finish. Encourage donations by taking a turn manning a donation bucket.

April 21<sup>st</sup> MS Flag day (see article later in newsletter). We will have 7-8 collection sites all over the island, and need helpers to man these sites. Please consider volunteering for an hour or two. We obviously need to fill the various slots but it doesn't matter if there is more than one person at a site – you can chat to people and thank them for their generosity and it's all about raising awareness.

April 25<sup>th</sup> WOW = Wear Orange Wednesday (see article later in newsletter). Orange is the colour of the MS Society, so everyone, families, schoolchildren, businesses, shops, clubs etc are being encouraged to get sponsored for wearing something orange for the day. Alex Jenner has an array of inexpensive items for sale, but it is first come first served!

Looking further ahead, we are one of this year's beneficiaries for the Saffery Rotary Walk round island walk on Saturday June 9<sup>th</sup> 2018. Encourage those walking friends of yours to register, and even if you don't feel able to walk/ wheel/drive yourself then support to the walkers on the day will be really appreciated. If there is enough support for this we could ask about setting up an MS support station along the way. The website for further information is [www.safferyrotarywalk.com](http://www.safferyrotarywalk.com).

So your committee is being kept busy, but we are always needing ideas and support, so please do contact us and keep the information coming. Unless you tell us about them we can't do the things YOU want.



## Christmas Tree

Linda gave us a glimpse of the arrangement of the Christmas tree in the last newsletter, and here it is in a little more detail. The Town Church asks Guernsey Charities to erect a Christmas Tree in the church and the donations throughout December are split between each of these charities. There were about 40 trees this year and the church looked very festive and with carols being played, it was a nice atmosphere whilst we decorated our respective trees. I decorated the MS tree with the MS gold and red stars, which are very nice to dress a tree. I also left some stars around the base and some donations were received from the sale of these. I sold some stars myself and bought one each for our close friends. My daughter and husband, also sold some stars at their place of work, so nearly £100 was raised in the end, which I know isn't a huge amount, but every little helps and we also get the publicity. I would like to thank the following for their help Garry, Annika and to Jan who gave me the idea of asking people to sponsor the stars on the tree. Thanks also to Liz, Maggie, Jan, Joan, John, Esther, Henry, Sara who all bought stars and also Zoe who gave me details and helped me decorate the tree.

Julie Fusellier



## 5<sup>th</sup> Annual Rowathon

The Guernsey MS Rowathon has been an annual fund-raiser for the local society for the last six years. It's a challenging but fun event which takes place on the Beau Sejour Concourse, starting at 11am on Sunday April 15 with team registration at 10 am.

Teams of six (men's, women's and mixed team categories) are invited to enter the 'race' to raise funds for the MS Society. Each team rows 30km, 5km per individual in 1km relay stints. The relay race generates a great atmosphere and camaraderie as team members egg each other on. It takes about two hours or there about for all teams to complete the race.

As a condition of entry we ask each team to raise £300 sponsorship - i.e. £50 per person which we encourage to be match funded by corporate sponsors – employers of people entering the event.

Many Guernsey Rowing Club (GRC) members participate but what is good about the event is the mix of people – not all of whom are super fit. It's a team builder for company sports and social clubs. Overall, there's a sense of achievement in completing the challenge, knowing you are also doing your bit for local people living with MS.

We endeavour to get all the money delivered on the day at team registration – preferably by cheque made to the Guernsey MS Society.

Entry forms, posters and sponsorship forms, race details etc. from:  
Mark Windsor: [markrw555@gmail.com](mailto:markrw555@gmail.com). Tel 240276 (wk), Mob 07911 744 213 Entry deadline: March 31. Late entries at the organisers' discretion.





**ENTER A TEAM**

Minimum 6 people per team which can consist of Men's, women's, mixed (three male/three female). Minimum age: 16 years. Great fun as team members egg each other on.  
**Registration at 10am on the day.**

**INTERESTED?**

For more details, registration, rules, application and sponsorship forms go to [guernseyrowingclub.org.gg](http://guernseyrowingclub.org.gg) or on our Facebook  
Or contact **Mark Windsor** on **07911 744 213**  
email: [markrw555@gmail.com](mailto:markrw555@gmail.com)

**HELPING THOSE IN OUR COMMUNITY**

Multiple Sclerosis is a debilitating disease, affecting almost 150 people in the Guernsey community. The Guernsey MS Society is funded entirely from voluntary contributions. Money raised from the Rowathon will go towards care and equipment for local MS patients and national research

**Notes\***

The event is coordinated by GRC member Mark Windsor with a great deal of help from GRC members: Paul Montague, Margi Jorgensen, Lloyd Le Page, Matt Toussaint, Matt Gill, Nicky Bougourd, Sandy Ozanne, Gary Ward and others. Thanks go to Penny Weaver of Beau Sejour(BS) and her staff for helping to put it on and use of BS equipment. Thanks also go to Sean Mills of Kings (and his predecessor Mark Pemberton) for the loan of additional rowing machines.

The first team indoor rowing challenge was the Centurion Challenge when 12 GRC members each rowed 100km on a rowing machine. This was a very telling endurance event during which GRC member Trevor Coulter broke the British 100km record for his age group. A public sprint event took place simultaneously where many teams of 4 rowed 2km, 500 metres each.

It was decided to change the event to one race in which more people could participate in teams. The 30km Guernsey MS Rowathon is modelled on a similar event that raises money for McMillan Cancer in Jersey.

There is an historical relationship between GRC members and the MS Society which was initiated by Colin Fallaise, former owner of the Fitness factory (now Tri-Fitness). Colin initiated the Home to Dome challenge, when Fitness Factory/GRC rowers raised money rowing from Guernsey to the London Dome.

The Guernsey to Amsterdam Row of 2002 raised money for a local MS Nurse. The London to Paris row of 2004 was the most successful of all, where 15 GRC members rowed in relay – five at a time from London to Paris, entering the Guinness Book of World Records in the process

Mark Windsor

### Wednesday, 25 April – WOW (“Wear Orange Wednesday”)

Hard to believe but this will be the 3<sup>rd</sup> year that WOW will take place in Guernsey.

Amazing to think that such a small idea, and jazzy name, has produced so much fantastic support from our Islanders. Last year we more than doubled the first year’s profits and although we don’t expect to double it again, we certainly hope to try and match it. We will certainly need everyone’s help to get people on board and joining in to raise another £6,000 this year! Yep, over £6,000 was raised last year - a phenomenal result.

We couldn’t do it without our wonderful Sponsors, Richmond Fiduciary Group, and the many local organizations, groups and schools and, of course, YOU!

All supporters need to do is wear something orange, and make a donation. We have some scarves, bow ties, ties, hair extensions, hair bands, scrunchies and socks plus other bits and bobs (limited stock) which will be available from a few outlets nearer the time. If you know of anyone that may be willing to stock and sell some of our goods in advance of the day then please do let us know or large orders can be delivered.

So, the next step, is to get your friends, family and colleagues involved and spread the word.

Keep your eyes peeled for more information through the media and don’t let people put you off when they say they can’t do it on

Wednesday, 25 April – we don’t mind if they do it on another day – we ain’t fussy lol!

All donations will be gratefully received, however big or small.

Good luck and thanks for your help in spreading the word. Any queries please drop me an email, message, text etc.

Alex Jenner – MS Guernsey Support Officer – [alexmj40@yahoo.com](mailto:alexmj40@yahoo.com) - 07781 145152



### Sudoku

9			3			5		
	8		5	1		6		
		1				2		
5	9					7		
		4			9			
				3			1	
				4			8	
			6			3	7	
				5	2			

9								4
			9			1	5	
			6					
			8					
1				3	5		6	
3					7			
2		8		7				3
	6				9		4	
7	9	1						8

Events arranged so far this year

28th March - Specialised exercise class at Beau Sejour

4<sup>th</sup> April - Specialised exercise class at Beau Sejour

11<sup>th</sup> April - Specialised exercise class at Beau Sejour

15<sup>th</sup> April - 11am Rowathon at Beau Sejour.

17<sup>th</sup> April - 2pm - 4pm Liz's Tea/coffee afternoon at the Cotils.

18<sup>th</sup> April - Specialised exercise class at Beau Sejour

21<sup>st</sup> April - Flag Day. Various shops around the island.

25<sup>th</sup> April - Wear Orange Wednesday (WOW). All over the island.  
- Specialised exercise class at Beau Sejour

2<sup>nd</sup> May - Specialised exercise class at Beau Sejour

9<sup>th</sup> May - Specialised exercise class at Beau Sejour

15<sup>th</sup> May - 2pm - 4pm Liz's Tea/coffee afternoon at the Cotils.

16<sup>th</sup> May - Specialised exercise class at Beau Sejour

23<sup>rd</sup> May - Specialised exercise class at Beau Sejour

30<sup>th</sup> May - Specialised exercise class at Beau Sejour

6<sup>th</sup> June - Specialised exercise class at Beau Sejour

13<sup>th</sup> June - Specialised exercise class at Beau Sejour

19<sup>th</sup> June- 2pm - 4pm Liz's Tea/coffee afternoon at the Cotils.

20<sup>th</sup> June - Specialised exercise class at Beau Sejour

27<sup>th</sup> June - Specialised exercise class at Beau Sejour

3<sup>rd</sup> July - Specialised exercise class at Beau Sejour

\*\*\*\*\*

For further details on the exercises classes at Beau Sejour contact Maggie at [magster@cwgsy.net](mailto:magster@cwgsy.net).

For further details on the tea/coffee afternoons contact Liz at [lizhendry@cwgsy.net](mailto:lizhendry@cwgsy.net). During the summer season and better weather, the coffee afternoons may be located at other establishments. Details of these will be on the website.

### **Answers to the Sudoku problems**

9	7	6	3	2	8	5	4	1
3	8	2	5	1	4	6	9	7
4	5	1	9	6	7	2	3	8
5	9	3	1	8	6	7	2	4
6	1	4	2	7	9	8	5	3
7	2	8	4	3	5	9	1	6
2	6	9	7	4	3	1	8	5
8	4	5	6	9	1	3	7	2
1	3	7	8	5	2	4	6	9

9	1	6	7	5	8	2	3	4
8	3	7	9	2	4	1	5	6
4	2	5	6	1	3	8	7	9
6	7	4	8	9	2	3	1	5
1	8	2	4	3	5	9	6	7
3	5	9	1	6	7	4	8	2
2	4	8	5	7	1	6	9	3
5	6	3	2	8	9	7	4	1
7	9	1	3	4	6	5	2	8