MULTIPLE SCLEROSIS SOCIETY SUTTON COLDFIELD & DISTRICT BRANCH

MS Multiple Sclerosis Society

Charity No. 207495

MiScellany

DECEMBER 2003

SEASONAL GREETINGS FROM YOUR COMMITTEE



Welcome to MiScellany.

The editorial team Mike Shaw and Vicky Pennicott Wish you all a very Happy Christmas and Merry New Year and still look forward to hearing your news and comments. We will print any articles or reports about any good, bad, useful, funny, awkward or silly experiences you have had so that we can enjoy them too!

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MS HOMEPAGE

MONDAYS AND FRIDAYS

The Clifton Road Centre will be closed for Christmas from 15.12.03. to 2.1.04.

LOOKING GOOD?

Mary, our beauty therapist, will be having a pre-Christmas waxing, eye-brow and lash tinting session at her home on Monday 15th December (from 10.30am).

All members will be **welcome** to come **anyway**, and enjoy pre-Christmas "drinks and nibbles"

Address:- 7, Maney Hill Road S/C
To book appt - 0121 686 6523

INFORMATION AND PUBLICATIONS

At the Centre we hold an extensive range of MS publications. If you require any of these, either call or telephone for further details.

CHARITY SHOP

We still need your unwanted stuff so don't throw it away!
The official MS Charity shop at Cotteridge in Birmingham is still keen to accept our contributions
please ask Jayne for details !

FILE 'O' FIXITS

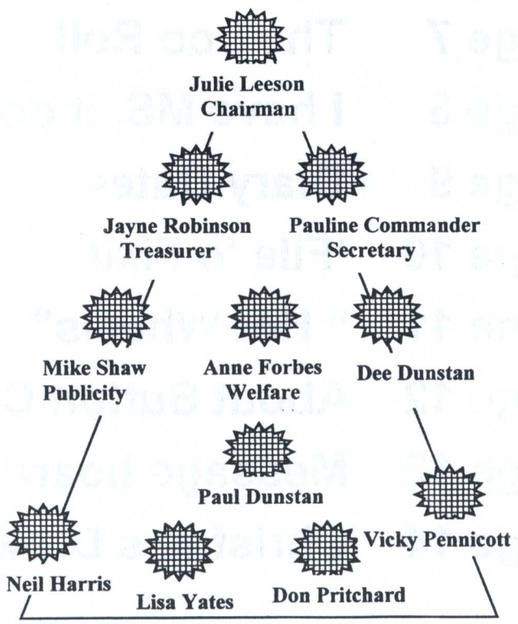
We have some new additions for our files.
Please see page 10 for further details.

Diary of Events 2004

We will try to do better next year as it was a little "hit & miss" in 2003 so do keep your eyes on us as we will be having some fascinating speakers, seasonal activities and some "FUN" stuff!

A new item is the "congratulations" section that follows on the next page and we will DEFINITELY need your contributions for this!

FRONT COVER WHO'S-WHO



MS HOMEPAGE CONTINUED

BIRTHDAYS

We are very keen to include our members birthdays in the bulletin, but we no longer have these VERY important dates. We will be contacting you through whatever devious means necessary, to extract this but if you would like to volunteer this information, please contact Mike, Vicky or any of the committee.

"CONGRATULATIONS"

Well done to Marcia Walker for winning our "Birds" quiz. A very difficult one too.

Marcia added this:-

"Birds can bring such joy to man,
So I watch them when I can,
For men who watch their little friends,
The joy of living never ends."

Sent by her Uncle 40 years ago



Marcia receiving her prize from Carl Chinn at Westfield Court Hotel on 27th November '03.

Don and Eve on your "Diamond " Wedding Anniversary 13.12.2003



After colliding with a landing craft in The Bay of Biscay, Don's ship was towed into Falmouth Docks for Repairs. This allowed 2 weeks leave from Dec 3rd to 17th 1943. He married Eve on Dec 11th then returned to Falmouth with his new wife for their honeymoon.

Now after 60 years, (Diamond Wedding Anniversary) they are going back to Falmouth on Dec 6th to13th for their second Honeymoon !!! Should they book the "Honeymoon Suite" in the hotel.?

HAPPY BIRTHDAY

PAULINE COMMANDER
ON

14TH JANUARY 2004

Missing answers from page 11

F. 60p. They are all numbers for a house. G. The boat rises and falls with the tide, so it doesn't move. H. It's a bungalow!!

☺☺☺PUZZLES☺☺☺

Are you Thinking Laterally?

Gunshot in the Bar

1. A man enters a bar and asks for a glass of water. The bartender draws a gun and shoots into the ceiling. The man thanks him and walks out. Why?

Anthony and Cleopatra

2. Anthony and Cleopatra are lying dead on the floor of a room. Nearby is a broken bowl. There is no mark on either of their bodies and they were not poisoned. How did they die?

Trouble with Sons

3. A woman had two sons who were born on the same hour of the same day of the same year. But they were not twins. How could this be so?

Push that Car

4. A man pushed his car. He stopped when he reached a hotel at which point he knew he was bankrupt. Why?

Lift the Bridge?

5. A truck is stuck at a road under a bridge. It's just a couple of inches too high to pass under. Any other route, avoiding the bridge would add a couple of hours to the journey. A young boy comes along and again saves the day. How?

☹ Tricky Teasers ? ☹

A. Name the most recent year in which New Year's preceded Christmas.

B. What is the eleven letter word that all University graduates spell incorrectly?

C. What can go up a chimney down but not down a chimney up?

D. If Mr Smith's peacock lays an egg in Mr Jones' yard, who owns the egg?

E. Is noon AM or PM?

F. I asked the assistant in the hardware store, "How much will one cost?" "Twenty pence" she replied. "And how much will twelve cost?" I asked. "Forty pence." she replied. "OK, I'll take one hundred and twelve." How much did I pay?

G. A 10 foot rope ladder hangs over the side of a boat with the bottom rung on the surface of the water. The rungs are one foot apart, and the tide goes up at the rate of 6 inches per hour. How long will it be until three rungs are covered?

H. Mrs Brown's bungalow is decorated entirely in pink. The carpet, lampshades, ceiling, walls etc are all pink. What colour are her stairs?

☺ For the answers see page 11 ☺

A CHRISTMAS CAKE RECIPE ?

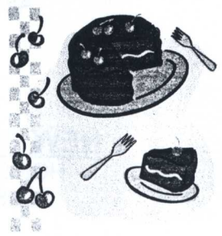
Ingredients:

1 cup of water
1 tsp baking soda
1 cup of sugar
1 tsp salt
1 cup of brown sugar
lemon juice
4 large eggs
lots of nuts
1 bottle Vodka
2 cups of dried fruit

Method



Sample the vodka to check quality
Take on large bowl, check the vodka again to be sure it is the highest quality, pour one level cupful and drink.
Repeat.
Turn on the electric mixer.
Beat one cup of butter in a large fluffy bowl.
Add one teaspoon of sugar.
Beat again.
At this point it's best to make sure the vodka is shtill OK.
Try another cup --- just in case
Turn off the mixerer.
Break 2 leggs and add to the bowl and chuck in the cup of dried fruit.
Pick fruit off floor.
Mix on the turner.
If the fried druid gets stuck in the banterers pry it loose with a sdrewscriver.
Sample the vodka to check for tonsisticity.
Next, sift two cupos of salt.
Or something.
Who giveshz a dammit.
Check the vodka.
Now shift the lemon juice and strain your nuts.
Add one table.
Add a spoon of sugar, or somefink.
Whatever you can find.
Greash the oven and turn off the fridge.
Turn the cake tin 360^0 and try not to fall over.
Don't forget to beat off the turner.
Finally, throw the bowl through the window, finish the vodka,
Let the fridge out and shut the cat.
Fall into bed.





CHERRY MISTMASH!

THE LOO ROLL





We are producing a list of all the disabled loo's in the Sutton Coldfield area. These are the ones we know about, but will be very pleased to hear from you about any others. (Those in Italics are new additions)

BOLDMERE
BISHOP VESEY PUB
SUPERLOO

LICHFIELD
CAR PARK (BACK OF WOOLWORTHS)

MERE GREEN
SAINSBURY'S

MINWORTH
ASDA

NEW OSCOTT
HOMEBASE
TESCO

SUTTON TOWN CENTRE
ASK RESTAURANT
BEATTIES
BHS
CAR PARK (BEATTIES) ENTRANCE (BHS END)
TK MAX
LIBRARY
McDONALDS
STARBUCKS
WOOLWORTHS
MARKS & SPENCERS

SHENSTONE
WYVALE (FOSTERS)

TAMWORTH
SHOPPING MALL

WALMLEY
HEALTH CENTRE
SUPERLOO

WALSALL
TOWN *HALL*
SADDLERS CENTRE (1ST floor)

This is just for starters but we would like to know about other areas such as Aldridge, Erdington, The "Fort" & other outlying areas, garden centres etc. Send in your contributions to The Centre or to Mike & Vicky

"I HAVE MS, IT DOES NOT HAVE ME."

Extract from a quote by Montel Williams, entertainer, author and founder of The Montel Williams MS Foundation.

By now you will have heard my story. The first of my MS symptoms appeared when I was in the Naval Academy. I've had recurring bouts every two years and was misdiagnosed for about twenty years since then. But the details of my diagnosis are not important. What I've done with it is.

When I heard the three words "You have MS," I denied, grieved, raged, self-pitied and despaired. I wondered if the fire in my feet would ever go away.

I worried that my career and livelihood would be taken from me. I thought about leaving this planet, but couldn't do that to the people who loved me. I sat around for 60 days going "woe is me", but at the end of 60 days, where did that get me? Then a friend said to me, "I don't understand you. You have met every other challenge life has thrown your way. You have moved every other mountain. Why is this one any different?"

The words, "You have MS" changed my life, but my friend's words saved my life. Because that is when I realised that I have never let anyone or anything define me, define my limits, or take away my hope, and I was not about to let MS.

That day I found the switch that turned me from an MS sufferer to an MS survivor. I have MS it does not have me.

One of my favourite adages is "What have I done today that is worth talking about tomorrow?"

I have a favourite quote from Anne Frank

"Whoever is happy will make others happy, too. He who has courage and faith will never perish in misery."

This is from the book When The Road Turns, a collection of Inspirational Stories by and about people with MS, by Margot Russell. Well worth a read.

DIARY DATES 2004

Happy New Year and welcome to 2004.

As we intend to issue "MiScellany" every 2 months, we will only give the next 3 months events to ensure we can deliver what we say. Any *really* important forthcoming events will be notified well in advance to enable you to ensure you are able to come along.

JANUARY

5th Clifton Road Centre re-opens. 10.00 — 3.00

7th "Bring and Buy" Sale Westfield Court Hotel 7.30—10.00
You can bring along any of those duplicate or "less desirable" Chrissy Prezzies!
(All proceeds to us! & what we don't sell, we're afraid you'll have to take back home!)

FEBRUARY

4th Quiz Night Westfield Court Hotel 7.30—10.00

Don't forget it's a leap year, so Ladies…. Get proposing!

MARCH

3rd A.G.M. Westfield Court Hotel 7.30—10.00

NB. This year, Easter falls on 11th April, so get thinking about your "Easter Bonnets" !



FILE 'O FIXIT



A Directory of skills, tradesmen and people who can help you.
Please send us your contacts so we can expand this list

TRADE	NAME OF COMPANY	CONTACT
Builder	**Whitehouse Building Services.** **27, Birch Croft Road. S/C.**	**ADAM WHITEHOUSE** **0121-311 2751**
Carpet/upholstery cleaner, curtains, cars, & UPVC conservatories.	**Steve Corfield**	**STEVE** **Mobile 07980 742197** **After 7pm. 0121 357 6749**
Cleaner **Private & Commercial**	**J. Clean**	**JAYNE** **Mobile 07901 991170** **Home 0121 525 4285**
Computers	**Personal Computer Systems** **Custom built PC's, Upgrades & Repairs**	**STEVE HOOPER** **Mobile 07817 281681** **Home 0121 240 8786**
Decorator	**Interior & exterior Decorator** **Gazing & minor repairs**	**STEVE BROWN** **Mobile 07803 504611** **Home 0121 351 5901**
Electrician **Domestic & Industrial**	**C.B. Electrical** **20, Garnett Close, Stonnall Staffs.**	**COLIN BARTLETT** **Mobile 07719 854812** **Home/fax 01543 375354**
Gardener	**Bob Semple**	**BOB SEMPLE** **Home 01543 670646**
Plumbers **Water & Gas** **Corgi registered**	**Brian Walker of Four Oaks** **4, Manor Road, Streetly S/C**	**BRIAN WALKER** **Home 0121 353 7772**
Heating Plumbing & Servicing **Corgi registered**	**M. Doughty** **28, Cotysmore Rd, S/C**	**MICK DOUGHTY** **Mobile 07791 031696** **Home 0121 329 2779**

SERVICES FOR THE DISABLED

Disabled Aids (Cannock) Ltd. 01543 500488; Lichfield 01543 415409; Stafford 01785 227877
Scootermart, Lanes Shopping Centre, Wylde Green S/C 0121 384 7831



HOT WHEELS.



A NEW FEATURE, LISTING PLACES WHERE WHEELCHAIRS AND SCOOTERS ARE LOANED FOR SHOPPING Etc. - PLEASE REMEMBER THAT YOU MAY NEED TO BOOK IN ADVANCE

SHOPMOBILITY SCEMES

SUTTON TOWN CENTRE
BIRMINGHAM CENTRE
LICHFIELD
WALSALL
TAMWORTH
WEST BROMWICH

SUPERMARKETS

ASDA – MINWORTH
ASDA - GREAT BARR
TESCO - NEW OSCOTT
B & Q - CASTLE VALE

OTHERS

KINGSBURY WATER PARK - SEE BROCURE AT CLIFTON RD. CENTRE
CADBURY WORLD
NEC

Please tell us if you have found any other services that we can take advantage of

ANSWERS TO PUZZLES ON PAGE 5

Are you thinking laterally?
1. He had Hiccups. 2. They were goldfish. 3. They were 2/3rds of triplets. 4. He was playing Monopoly. 5. Let tyres down.

Tricky Teasers.
A. This year & every year. B. Incorrectly C. An umbrella D. Only peahens lay eggs. E. Can be either or neither! F. 60p. They are numbers

MULTIPLE SCLEROSIS SOCIETY
SUTTON COLDFIELD & DISTRICT BRANCH

Registered Charity No. 207495

MONTHLY BRANCH MEETINGS

1st Wednesday of every month at 7.30 p.m.
Westfield Court Hotel
Birmingham Road
Sutton Coldfield

ADVICE & INFORMATION CENTRE

Monday and Friday 10am 'til 3pm
Clifton Road Youth Centre
Clifton Road
Sutton Coldfield
0121 354 8593
email :- suttonms@hotmail.com

THE CENTRE WILL BE CLOSED FOR CHRISTMAS FROM 13.12.03. & WILL RE–OPEN ON MONDAY 5.1.04

COMMITTEE FOR 2004

CHAIRMAN	Julie Leeson	0121 308 4089
SECRETARY	Pauline Commander	0121 382 1385
TREASURER	Jayne Robinson	0121 308 5641
WELFARE	Anne Forbes	0121 384 3639
PUBLICITY	Mike Shaw	0121 686 2415

(See front page for recent "mug shots!)

MESSAGE BOARD

THIS IS YOUR PAGE TO PIN UP NOTICES

CARAVANS

These have now been put to bed for the winter, and will be available from April.

Bookings can be taken from 5th January 2004.

You will be pleased to know that the rates remain the same as 2003.

FOR SALE

Electric 3 Wheel Scooter
Rascal "Lynx"
Colour - Red
Weight Capacity - Up to 28 Stone
Excellent condition - Unused
(Cost new about £1600)

£750 o.n.o.

Contact - Mrs. Mail
0121 378 1129

CHRISTMAS JOKES

What do you give a train driver for Christmas?
...Platform shoes!
Why and Christmas trees like bad knitters?
...They both drop their needles!
What do reindeer have that no other animals have?
...Baby reindeers!
What did the bald man say when he had a comb for Christmas?
...Thanks, I'll never part with it!
What do Eskimo's use to hold their homes together?
...ig-"glue"!
What do you call the reindeer with cotton wool in his ears?
... Anything you like as he won't hear you!
What does Father Christmas call the reindeer with no eyes?
...No-eyed-deer!
What comes at the end of Christmas day?
...The letter "Y"
What do you get if you cross an apple with a Christmas tree?
...A pineapple!
"Keep that reindeer out of the house! It's full of fleas!"
...You'd better stay out of the house, Rudolph—It's full of fleas!

A Christmas Thought.
DESSERT is just STRESSED spelt backwards!

The editorial team reserve the right to only enter appropriate items.

Goods for sale cannot guaranteed by us.

BRANCH GRAND DRAW

Well didn't we do well £1558.20 was raised.
Thanks to everyone who supported our 1st Grand Fundraising Raffle.

WINNERS

Living Well Membership	3166	Carol Eustace
Moor Hall Hotel	3545	Jas – INA Bearings
Epson Colour Printer	1822	D. Froggatt
Television	3970	Patrick Blackford
DVD Player	0508	Tony James
Bottle of Whisky	0814	Maria Abbott
Beatties Bear	0680	John Inman
Hilton Metropole	3857	Diane Brown
Penns Hall	0477	Kenny Hardy
Hippodrome Book	2679	D. Jordan
Wilkinson Voucher £10	3910	Megan Ashford
Paper Shredder	1375	Teresa Jennings
Dixons Voucher £20	3465	Robin Lloyd
Dixons Voucher £20	0645	Shelagh Hand
Dixons Voucher £10	3831	Neil Harris
Aston Villa Tickets	3696	Rose Tomlinson
Cadbury World Family Ticket	1674	Louise Patterson
Black Country Museum	1176	Anne Tilley
Coasters	4717	Aiden Travers
Syer Hairdressing	3767	D. Haycock
Seb Coe Health Club	3010	Andrew Margetts
Walsall Signed Foot Ball	3335	Bettina Taylor
Simon John Hairdressing	0703	Ellis Humphreys
Bottle of Advocat	0198	Viv Barnes

