

Welcome to another edition of

AIR FLOW

The newsletter of the NEW ZEALAND SPEAK EASY ASSOCIATION
(A support group for people who stutter)

Number 3, September 2009

Edited by Bruce Whitfield, Canterbury Branch Member.

EDITOR'S COMMENTS

Hi again folks! I hope you have all warded off the winter ills & chills.

I have just purchased a new computer box & I am struggling to learn to use Windows Vista & Office 2007, as well as manipulate photos to include in this publication, but people have been very helpful & patient with me in this venture. So welcome to what I believe is the first full colour edition of AIR FLOW! I have also now got a Broadband Internet connection & have downloaded SKYPE. Great for speaking to, & seeing (if you have a webcam), other people who stutter, anywhere in the world.

My SKYPE address is bruce.whitfield2

LINK FOR INTERNATIONAL STUTTERING ASSN NEWSLETTER
<http://www.stutterisa.org/OneVoice/OV26.pdf>

CONGRATULATIONS

First of all, congratulations to George & Kim Patterson on the recent addition of a baby girl, Lexi, to their family. George is the president of the Auckland branch of Speak Easy & is also national vice president.

Yet more congratulations to Lester Loomes. See below!



Some SPEAK EASY members will recognize the staunch former Canterbury Branch member & National President Lester Loomes. He married his lovely German lady-friend Marion during May 2009 in romantic Fiji. They now live in Germany. Many best wishes from NZ SPEAK EASY ASSN to you both!
Please keep in touch.

Our Webmaster, Mark Beavis from the Auckland Branch, has done sterling work in moving our website to one hosted by GOOGLE, for which there are no costs. The aim is to have one person from each branch having authority to upload files & do other minor manipulations of documents, with Mark having overall control. The new URL for the website is:
<http://sites.google.com/site/nzspeakeasyassn/>
but the old website address will still get you there.

Just a reminder that the subscription to belong to the NZ Speak Easy Assn for the 2009/10 year was payable as from the 1st April 2009. If you have not yet paid yours, please forward the same to your branch treasurer. Likewise, any outstanding branch levies should be paid to the national body as soon as possible.

As requested, the fruitcake recipe is included further on in this edition.

SELF-ACTUALISATION

Let us look at SELF-ACTUALISATION for a paragraph or two. Probably most of us have heard the expression, but maybe cannot define its meaning in words. The dictionary definition of self-actualization is: -The realization or fulfilment of one's self, especially considered as a drive or need.

OK... so you are still not much the wiser!

Self-actualisation is about looking at one's self & understanding who you are & where you are at, & who you want to become, & how you are going to get there. Possibly in the past you have not looked too closely at yourself. Maybe it is because you don't like yourself because you stutter. Self-actualisation is about striving to reach your true potential, & become the best you can be! To realize this, you will need to face new challenges, expand your comfort zones & achieve your goals.

In our case, as people who stutter, self-actualisation is about doing away with that false front. Take off that mask of trying to pretend we are normal fluent speakers, & display our true self to our listeners. Accept the fact that we are people who stutter, but doing our best to exercise control over it. What we deny or resist – persists!

Start by becoming mentally more positive. Say what you really want to say – don't substitute or leave words out. Speak assertively, clearly & concisely – speak less to say more! When we speak we are conveying our thoughts & feelings. Speaking should be an expression of who we really are!

Resolve any thought conflicts before you go to speak. Having conflicts, whether they be mental or physical, leads to confusion, anxiety, stress, tension & eventual blocks. For most of us, self-actualization is a life-long process. It is about knowing, experiencing & accepting our feelings, & clarifying our thoughts, before we turn all this into words.

When the person you portray to your listener is the real you, then you have reached a great degree of self-actualisation. The real you, I feel sure, is not to become just a fluent speaker, but to become an eloquent speaker. Everyone portrays themselves best when they are in full blossom!

McGUIRE PROGRAMME NEWS

Bruce Whitfield, McGuire Programme Course Instructor

CHRISTCHURCH REFRESHER

A very successful refresher day was held in Christchurch in June. Eight graduates attended & the venue was my house. Generous quantities of good things to eat were provided for morning & afternoon teas. Two & a half hours were allowed to go out & have lunch at a shopping mall & do 25 contacts each. Everybody's speech improved during the day & all thought it was very worthwhile.

THEATRE OUTING

On Wednesday evening 12th August 2009 a group of 9 Christchurch graduates & their partners gathered at the Mill Theatre in Addington for the Riccarton Players production of Alison Quigan's comedy play "The School Ball". Everybody enjoyed the entertainment, maintained good technique during chat sessions, & went home with a big smile on their face.

NEW DATE FOR AUCKLAND REFRESHER WEEKEND

The planned McGuire Programme refresher weekend in Auckland will now go ahead on Saturday 10th & Sunday 11th October 2009. My airfares are booked & my accommodation is arranged so these dates are definite. Speak Easy members & anyone else who stutters, plus their family members, friends & speech therapists are welcome to attend at no cost.

The venue is: Sharp Corporation of New Zealand
59 Hugo Johnston Drive
Penrose
Auckland

Times are 8.45am to 5pm both days. We will be away from the venue between 12noon & 2.30pm to have lunch at a shopping mall & to do contacts.

LEVIN REFRESHER WEEKEND

Adie Campbell & I are organising a McGuire Programme 2-day refresher to be held at Adie's home in Levin on Saturday 28th & Sunday 29th November 2009, but any person who stutters may attend at any time during the event. People from out-of-town may stay for the night(s). There will be a small fee to cover my travel costs & a donation towards Adie's hospitality expenses. Adie has 7 bedrooms & people can bring their sleeping bags & airbeds or whatever. Please come along & support this unique event. You are bound to go home with stronger fluency & wonderful memories.

MELBOURNE & SYDNEY INTENSIVE COURSES 2009

The next McGuire Programme 4-day intensive course in this part of the world will be in Melbourne 1st to 4th October 2009. Then it is the turn of Sydney to host a course 12th to 15th November 2009. Please visit the website at www.mcguireprogramme.com & click onto Australian Programme for more details. Geoff Johnston & his colleagues are sure to set you on the journey to becoming an eloquent speaker.

Dave McGuire advises that worldwide over 430 new students went through a McGuire Programme 4-day intensive course in 2008. Dave will be visiting NZ sometime during May 2010 to run a series of workshops for his graduates. Other people are welcome to go along & find out what the McGuire Programme is about. I will keep us all posted on the dates & venues etc.

I continue to receive phone calls from McGuire graduates who live in Europe & Australia. They all use good technique, sound confident & portray eloquence.

NZSEA PRESIDENT'S REPORT

Bruce Whitfield

Becoming National President has inspired me to once again attend branch support group meetings on a more regular basis. In fact I have not missed a meeting since my inauguration in early May. Plus I was one of a group of 8 people who attended a Booster Day taken by Speech Therapist Dean Sutherland; a report on which is included in this publication.

I must convey my thanks to Mark Beavis from Auckland who was very helpful in setting up a phone conference call, for the NZSEA National Committee members to use for their recent audio meeting. This went ahead as arranged at 7.30pm Monday 10th August 2009. We had planned to use the SKYPE facility on the computer, but "ALLCONFERENCECALLS" using a regular telephone connection proved to be a better option. The conference took about 75mins which was longer than I hoped, but we covered all items on the agenda. We will have information about the AGM/Conference to be held in Auckland in 2010, in the December edition of AIR FLOW.

We plan to meet again in person in Christchurch in early October 2009. If you would like to make a submission to the national body, please put it in writing & pass it to a National Committee member by 30th September 2009.



Nick Tunbridge from Australia
was the keynote guest speaker on the Saturday afternoon at the
NZSEA AGM/conference 1st & 2nd May 2009 in Dunedin.



NZSEA National Oratory Competition, Dunedin 2009
(L to R) Clive Matheson – Content & presentation adjudicator
Lois Lawn – Fluency adjudicator
Bruce Whitfield – Winner

CANTERBURY BRANCH REPORT

Barry Hay

The Canterbury Branch had a speech therapy booster course at the College of Education last month which was run by Dean Sutherland. We had 8 members attending and all found the course very beneficial to their fluency.

We have had good numbers to our meetings even though the winter nights have been cold. But with spring coming it will make even more people attend our meetings.

Tika Ormond is holding an intensive speech therapy course on September 14 15 16 and she said she has 5 people attending .We are also having sessions with the speech therapy students for about 6 weeks starting about the 10 of September.

Stephen Hoare-Vance was on Plains FM radio with Dean Sutherland talking about stuttering and world stuttering awareness day which is 22 October. We are planning to have a stall in the Westfield Mall again for World Stuttering Day.

We are looking at getting a grant to purchase an advertising skin the same as the National Committee has. Our Committee thought it would be good if every branch had one.



Canterbury branch NZSEA Oratory Competition placegetters April 2009
(L to R) Monica Bennett 3rd, Karl Schumacher 1st, Bruce Whitfield 2nd

CANTERBURY SPEAK EASY BOOSTER COURSE



By Nina Clark-Whitfield

On Saturday 25 July, eight members of Canterbury Speak Easy Group met at the College of Education in the old College of Education registry building, now Health Sciences, to attend a booster course facilitated by Dean Sutherland, speech language therapist from The Communication Disorders Department of The University of Canterbury.

The eight participants attending this course desired that the focus for the day was to be on our speech technique. That is whatever speech technique each stutterer was comfortable using to prevent blocks, repetitions and prolongations. Clear guidelines for the day were set out: welcome & introductions; relaxation; technique review; morning tea; technique discussion, practice; lunch; contacts; summing up.

We commenced the day with an audiotape relaxation that Dean Sutherland played on his laptop. By the time the tape finished, everyone was feeling lovely and relaxed. Our crusade was to improve our speech technique. Every group member participated in reviewing; practising and discussing his/her preferred skills, to produce good speech technique for use in turbulent speaking situations.

After these skills had been well drilled at a variety of speeds, Dean suggested a game for putting them into use. Dividing us into pairs, we were instructed that one of the pair was to be blindfolded, the other to direct the blindfolded partner, with good speech technique, to negotiate an obstacle course. This course was over strategically placed tables, around corners, down a corridor and then into another room. When the blindfolded one had completed the course, roles were reversed. All the Speak Easy members managed the obstacle course without injuring themselves as well as maintaining good speech technique. We adjourned the morning's session to have lunch.

After lunch it was time to do contacts. With this in mind we divided into two groups. One group was to remain at the College to make telephone using good technique. It is a fact that many stutterers have a great fear of making telephone calls and avoid making them as much as possible. So, this was an important bugbear to overcome.

The second group was to venture out into the community to converse with whomever they encountered en route. Setting out in the direction of the rugby fields, our group came upon some Engineering Soc students having a social game of rugby. It was obvious to us that were all enjoying the game. After exchanging a few words, we left the players to continue their game in peace and proceeded along Waimairi Road to the Ilam Shopping Centre, to purchase some refreshments. Later, back at our base, we recounted to the rest of the group how we had fared with our task. Those who had stayed behind to practise technique making phone calls were happy with their efforts as well. After this, we did role playing, once again using good technique, in various speaking situations.

When everybody had taken a turn, we discussed the day's programme of activities to evaluate our day. It was concluded that it is absolutely paramount to practise our technique. If this is not done regularly, in stressful speaking situations, we are not able to slip our technique easily into the conversation when speech turbulence arises. We need to practise our technique by ourselves at home, as well as with fellow stutterers.

Staying in touch with fellow stutterers gives wonderful support when feeling disheartened and discouraged about bad speech days. It is worth remembering that fluent speakers do not notice every single stutter that stutterers have. So, there is no need to beat ourselves up about any dysfluencies. Remember too, that fluent speakers themselves often unwittingly use lots of ums, ahs and filler words that can make their speech appear rather dysfluent.

Visualizations and positive self-talk are excellent tools for aiding our fluency in difficult speaking situations. Some stutterers find it is useful to disclose the stutter to whomever we are conversing. This takes the pressure off. Voluntary stuttering is another way to take control of the situation and to stutter with dignity. Being able to laugh at ourselves goes a long way to reduce any tension that might be present.

It was unanimously agreed that all group members had fulfilled our goal to practise our preferred technique. Greater fluency resulted. A fun time was had by all!



Dean Sutherland, Speech Language Therapist, who presided over the recent Canterbury booster day.



Eight Canterbury Speak Easy members attended a very worthwhile booster day run by The University of Canterbury, Department of Communication Disorders' staff member Dean Sutherland on Saturday 25th July 2009.

L to R – Pauline Lorenzen, Karl Schumacher, Allan Staite, Teresa Roughan, Monica Bennett, Nina Clark-Whitfield, Barry Hay & Bruce Whitfield.

UPDATE FROM TAURANGA

Donald Welsh

The Tauranga group of the Waikato/Bay of Plenty branch of NZSEA continues to meet fortnightly in the home of one of our members who graciously extends his hospitality to our group.

We are a small group reaching no more than five members present at any time and we work through a programme usually created by Ian Taylor. We all appreciate Ian's effort in this work. Regretfully for us Ian is spending some time with his family and friends overseas to the extent that he could be considered our international member! However we are always glad to see him and his wife Kay back safely with us in Tauranga.

We have several members who attend social functions with us and as such we seem to have a very good social calendar with usually a dinner meeting or dinner in a restaurant at least every quarter, and of course the usual Christmas BBQ at Ian & Kay's home on the beach.

We also have a good connection with the staff at the Speech department of Tauranga hospital and are lucky to have therapists who have an interest in adult stutterers. Over the space of a year all active members who ask can have a couple of sessions with a therapist if needed. The Tauranga branch is also very fortunate to have members who are professionally trained in some form of health related discipline and this can help to provide the group with some standing with the local therapists.

We are discussing a fundraising BBQ as we did last year, and while the money is of use, it serves us very well to raise the profile of the group.

AUCKLAND BRANCH REPORT

George Patterson

Our group meeting attendance fluctuates between 5 and 10 members. Recently, two new members have become regulars citing how much they enjoy the sessions. I'd like to thank the SLTs at START for their continued support and belief in the role Speak Easy plays within the lives of people who stutter.

Our meetings provide moral support, maintenance of fluent speech techniques and relieving distress. We will also be providing educational meetings, all within a social, fun environment. I would therefore encourage all those in the Auckland region who know of anybody who would benefit from our support, to contact either myself or Nick Forsyth as we would like to ensure new members are welcomed warmly into our group.

We continue to meet at START, 541 Parnell Rise, Parnell. Meetings are held from 6.15pm, every **2nd and 4th Tuesday of every month**

Our contact details are as follows:

President	George Patterson	(M) 021 750311	g.patterson@albatrans.co.nz
Treasurer	Nick Forsyth	(M) 021 400663	nick@fraserpowrie.com

One of the aspects which we as a branch have been paying special attention to over the past few meetings is that of "the way we think".

We are learning about the impact of Beliefs on Emotional states and Behaviours, which ultimately drive the Results or Outcomes in our lives. Performance breakthroughs take place when we start to believe something new. It is the quality and quantity of our beliefs that impact on our potential. We have discussed the direct correlation between what we believe to be,

and what we believe to be possible, and the results we produce!

We continue to explore and challenge each other with thought provoking and personal accounts of how we believe we can (and sometimes have) attained what we thought at first was impossible.

Think about the way you think, and the world will open up in front of you.

The branch committee is working on the 2010 AGM/Conference, with more exciting news on this event to be released soon.

OTAGO BRANCH REPORT

John McMorran

We have had full attendances at all our meetings since the last report for Air Flow, with meetings being run by all of our members. While we still use the George St School, as our base we have had a number of meetings at some members' houses. These have been quite good as in some ways it is more comfortable, and on some nights quite a lot warmer.

House meetings have been held at John McMorran's and Margaret Deuchrass's homes in Mosgiel and at James Fox's place in Port Chalmers. Our last meeting, which was at school, was run by Brian Lynn and he based an exercise on reading excerpts from Nick Tunbridge's book (the Aussie who was at the last AGM).

Each of us had to read a section of the book, and then we discussed what was read and how it affected each of us, and what were the pros and cons of the passage. It was indeed a very good exercise as Nick's book gives a lot of particular things that all of us can use and practise as part of our daily living.

With the good weather coming it will be much easier to go out to our meetings. We hope spring is giving everyone good fuzzy feelings and a new spring in your step.

STUTTERING TREATMENT AND RESEARCH TRUST – UPDATE

S.T.A.R.T. has seen a few changes recently as we have welcomed Janelle Foreman, Speech Language Therapist and Rachelle Skyrme, Office Manager to our team. Anna Hearne has left for new challenges overseas.

In July, we ran a week long intensive course. This was a great opportunity for adults who stutter to work together on learning fluency skills. With 6 participants, 2 Speech Language Therapists and 5 Speech Language Therapy students – we had a full house. The week was a productive and enjoyable one with participants rising to the many challenges presented to them. One of the highlights was having Ian Grant (Parents Inc.) give a motivational talk about his personal experience of managing a stutter.

S.T.A.R.T. remains the only centre in NZ that specializes in the treatment of stuttering for all age groups. We have links to the Universities and continue to be involved in a variety of research projects.

We are offering a booster course (Friday evening – Saturday) scheduled for September which targets not only fluency techniques but also self management strategies. Later in the year we will join a Speak Easy Auckland branch meeting to offer a speech technique practice session. Please take a look at our website for further information.

www.stuttering.co.nz

THE CLARK FAMILY SECRET FRUITCAKE RECIPE

(As served up at the NZSEA AGM/Conference in Dunedin May 2009)

1kg mixed dried fruit

600mls orange juice – or any fruit juice, i.e. Fresh Up or Just Juice

3 cups of high grade self-raising flour

2 tsps ground cinnamon

1 pkt glacè cherries (discard any of those nasty “artificial” cherries in the
mixed dried fruit)

1 pkt whole or slivered almonds

1. Place fruit in a bowl & pour over fruit juice, leave overnight.
2. Next day: stir in the sifted flour & cinnamon.
3. Pour into a baking tin lined with baking paper.
4. Decorate with glacè cherry halves & almonds.
5. Bake at 180deg C for 1 hour 20 minutes.
6. Reduce heat to 160deg C for a further 30 minutes or so.
7. Check with a skewer to see if cooked.
8. Leave to cool for 30 minutes.
9. Then turn out onto a cake rack.



New Zealand Speak Easy AGM/Conference Dunedin 1st & 2nd May 2009
Margaret Deuchrass cutting the 21st birthday cake
(Baked by Bruce Whitfield)

M M MY STUTTER... a Tragedy... or a Triumph?

Bruce Peter Whitfield, Canterbury SPEAK EASY member.

1.

At around the age of four, I started to stutter
So very few words, did I voluntarily utter
The affliction engulfed me, after many a bad dream
I got so frustrated, I just wanted to scream

2.

My first instinct said “don’t speak”, & pray for a magic pill
Though later, grew determined, that my gremlin I would kill
The doctors they all said, “I might grow out of it”
But when I spoke I sometimes felt, I was a real misfit

3.

My school days were all great, I was extremely happy
But when I had to speak in class, I was one reluctant chappy
My general conversation, from day to painful day
Really could be as bad, as words can’t really say

4.

That devil, the telephone, I surely did detest
Though on occasions I thought, I did give it all my best
And as for the opposite sex? no bells did I ring
No matter how hard I tried, zero joy did it bring

5.

During many long years, I struggled & tried
And pushed through my blocks, until I nearly cried
Then in nineteen ninety four, the story is told
That Dave T. McGuire, had eventually struck gold

6.

So in two thousand & two, I attended a course
That taught a technique, which gave me “The Force”
At the start of day one, they explained about what
Is going on inside me, when I’m burbling rot

7.

They said I must work hard, & be the best I can be
So that my listeners can hear, & observe the real me
But my “Iceberg” is heavy, big, hard & cold
“Please melt away”, I would say, but it wouldn’t be told

8.

I must retrain my diaphragm, to move without freezing
Then when it's my turn to speak, the results are more pleasing
Commitment & discipline, is what's required
I keep my hands on my ribs; never mind that they're tired

9.

The CHECKLIST is the next thing, that I have to learn
When it's applied step-by-step, mechanical fluency I do earn
I discover life with me a part, of what it has to offer
The happiness I now enjoy, doth overflow my coffer

10.

First I exhale, & then push out, my residual air
Then take a healthy long pause, with never a care
My listeners show patience, when they have to wait
While I "Centre & Clarify", & then "Formulate"

11.

Next thing I inhale again, as fast & full as can be
That "Point of Perfect Timing", is made minutely wee
Then like a sound, from a brass slide-trombone
I power out my words, with a deep breathy tone

12.

When I can inhale, & break my belt like Peter Kidd
I guess you won't believe me, but that is what he did
Then I will have the verve, to do what I want to do
And counteract Holding Back, & speak when I want to

13.

Speak "Assertive/Aggressive", & "Project through the Chest"
For grads to do otherwise, is not doing their best
To "Keep Moving Forward", with never a pause
Counteracts old habits, of stoppages & flaws

14.

My words are all spoken, as correct as can be
With no ums & no ahs, in my fluency
In fact every word, that I do orate
I say with right proper, pronounciate

15.

To approach or avoid, do we really have a choice?
When the past has shown, we often have no voice
But we're not one of Skinner's rats, man **can** adapt to things
We find no cure just control, but oh what joy it brings

16.

With a transfixed gaze, I spy my prey
Now nobody escapes, what I have to say
I must now face my fear, if I want to avoid
Where the evil monster lives, in that dark swampy void

17.

I focus & concentrate, & my attitude is right
I practise & do contacts, often into the night
I've been taught to speak, to folks on the street
With a smooth moving diaphragm, & technique that's complete

18.

I show courage & character, being deliberately dysfluent
And quietly curse the therapist, who did it **invent**
I have assertive acceptance, I'm honourable, I'm true
I have respect for your feelings, when I talk to you

19.

I give myself the right, to use the full technique
I have got the right, of how I want to speak
As long as I am considerate, & do not offend
What others think of me, does not matter in the end

20.

"Exaggerate technique", is the instructor's advice
Now I must admit at first, it didn't feel nice
But that slippery slope, is dangerously near
I'll only avoid it, when I've dealt with my fear

21.

The programme rules I obey, & the directions I follow
So no more in self-pity, shall I have to wallow
The eight laws for recovery, I do mentally frequent
If I break a law, like any law, there is a punishment

22.

Sometimes I might think, I'm doing great today
But relapse can be just a, negative thought away
Have I hoped for Perfect? Do Deny or Intellectualize?
Or become Arrogant, or Complacent, or Externalize?

23.

My hexagon is an overview, of my body & my mind
Now all my thoughts are positive, & to my physical I'm kind
I repeat all the mantras, that I've remembered word for word
And I recite the affirmations, that I've written & overheard

24.

Now my intentions are clear, & I follow through
With behaviour that sets, a good example to you
Those positive warm fuzzies, sure make my body feel
That I'm so full of living, I could dance a fine reel

25.

My perceptions about all things, are in upbeat mode
I believe I can negotiate, the most rocky verbal road
Above all else when I speak, I will truly have fun
My struggle with stuttering, has been thankfully won

26.

Those Harrison workshops, have dealt a great blow
To holding back & avoiding, now can I really "let go"
Then I add to my voice, melodious intonation
And connect all my syllables, with articulation

27.

Each day I make some contacts, & to phone calls I attend
I heed the words of other grads, so I'll get there in the end
I always cancel poor technique, to make sure I do avoid
Where that evil monster lives, in that dark swampy void

28.

Speaking up in public, was indeed my greatest dread
I'd really wish, like most of you, that I could just play dead
But with much perseverance, I have become quite a dilly
At gushing forth to everyone, & boring them plain silly

29.

“Self-actualization” can indeed, be quite a joy
Gradually discovering about **me**... I tell you... oh boy!
Of all of my life’s battles, I will never cease to rest
Until I challenge & conquer, this Mount Everest

30.

Thus I complete the Workbook, & tasks that are assigned
I don’t want to be the graduate, who gets left behind
I realize now that my thoughts, & words have been kept in
Now I’m making up lost time, because I’m “Playing To Win”

31.

So now I have a host of tools, which I refine & hone
To employ & to utilize, as I expand my comfort zone
My old tricks I have abandoned, in reckless array
No desire & no need, of any of them today

32.

My journey to eloquence, I do quietly applaud
And hope that my story, will entice you on board
I promise you dear friends, that dreams can come true
Not only for Bruce Whitfield, but for every one of you

33.

Much drive & fighting spirit, is certainly required
And achieving your goals, ‘til you’re certified “Expired”
So to all the world’s stutterers, I recommend & endorse
Your participation in, a McGuire Programme course

34.

In gratitude for this great gift, I got from Dave McG
My knowledge & experience, I gladly share with thee
So now recovering stutterers, can now walk arm-in-arm
And share our verbal treasure, with stress level set on “calm”

35.

The world out there welcomes us, with much anticipation
So please now share your verbal self, with people of our nation
The biggest tragedy in life, is when you quit before you start
So I hope that from these verses, everyone will now take heart.

Please direct any enquiries to:

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The editorial deadline for the next edition of AIR FLOW is:
1st December 2009

A sincere thank you to those people who submitted a
contribution to this edition.

Editor.