

INFORMATION

STICK WITH IT SLOW BUT SURE

NEWSLETTER OF THE IN GROUP: THE INFLAMMATORY NEUROPATHY SUPPORT GROUP OF VICTORIA INC.
Supporting sufferers from acute Guillain-Barre Syndrome(GBS) & Chronic Inflammatory Demyelinating Polyneuropathy(CIDP)
26 Belmont Road, Glen Waverley, 3150. Victoria, Australia. www.ingroup.org.au email: info@ingroup.org.au.

NEXT MEETING

SUNDAY, 24 FEBRUARY, 2013 AT 1.30PM

BALWYN LIBRARY MEETING ROOM, WHITEHORSE ROAD, BALWYN.

ASSOC. PROF. ANDREW KORNBURG – GBS/CIDP UPDATE

GUEST SPEAKER – TINA CAPOVILLA, CLINICAL NUTRITIONIST

A small plate to share would be appreciated. Thank you.

Dates to Remember

- Sunday, 19th May, 2013. Chiropractor, Dr. Robbie Hunt, 1.30pm.
- Sunday, 30th June, Mid Year High Tea, 2.30pm, at Lawrence Home \$15
- Sunday, 18th August 1.30 pm A.G.M. Guest Speaker - Physio Therapist
- Sunday, 17th November 12.30pm Christmas Luncheon \$20.

We would like to take this opportunity to pay tribute to the founder of The IN Group,
James (Gerry) Hamilton Gerrand
29.05.1919 to 12.10.2012.

James worked tirelessly for The IN Group and for all those with Guillain-Barre` Syndrome or Chronic Inflammatory Demyelinating Peripheral/Poly Neuropathy. He made hospital visits, forwarded information, emailed, phoned and arranged press interviews and put submissions to government. His hard work was instrumental in obtaining sufficient intravenous immunoglobulin for those with C.I.D.P. so they could have quality of life. We are indebted to his persistence and diligence. James believed we only have one life so it is “especially important to make this life a good one”.

James was born in Newcastle, NSW, in 1919. He won a scholarship to Sydney Grammar where he was Dux in 1936. He studied Bsc (maths) and BE (mechanical and electrical engineering) at University of Sydney, graduating with 1st Class Honours in both degrees. From his fourth year he started doing research projects in the CSIRO Radiophysics Laboratories on campus.

James married the lovely Betty (a WAAF Officer) in 1943 after meeting at the University Women's College Ball.

Between 1941 -45 he designed and built radar systems at CSIRO Radiophysics Labs and installed them on RAN ships and RAAF aerodromes. First son, Peter born 1945.

1946-48 worked for TAA as a radio communications engineer designing and approving novel DME (distance measurement equipment) for use between planes and control towers. In July 1946 he was sent to the USA as part of the TAA expert team to approve the purchase of Australia's first DC4 Skymaster aircraft. Second son, Robert, born in 1946.

An article published in 1947 is headlined **"Young Engineer Develops New Air Safety Device"** and reads "A device to increase the safety of air navigation has been perfected in Australia by Mr. J. H. Gerrand, a 28 year-old scientific engineer, who worked on radar research in Sydney during the war.

Adopted by the Provisional International Civil Aviation Organisation the device will be installed on all civil airlines aircraft controlled by countries linked with the organisation.

Simple to operate and weighing only 25 lbs., the device shows the progress of an aircraft as it nears its destination. It makes it impossible for a pilot to overshoot his destination or fall short of it, so long as some track radio device is available for general navigation.

Mr. Gerrand, who is now communications engineer in Trans-Australia Airlines, worked on the project with Dr. E. G. Bowen, who planned the use of war-time radar for civil flying safety."

1948 – 53 James and Betty moved to Melbourne where he worked for the Department of Civil Aviation eventually settling in Glenroy closer to the Essendon Airport where he worked. Daughter Jenny born in 1948; Jeremy born in 1950. He was active in the local branch of the ALP and with Betty in the Parents Club of Glenroy State School. He passionately followed the Essendon Football Club.

In 1953-58 the family lived in Port Moresby where James was Supervising Airways Engineer for Papua and New Guinea, before returning to Melbourne as Supervising Airways Engineer for Victoria. In 1958/9 the family moved to East Malvern.

1959-72 James' major project was planning for the new Melbourne Airport at Tullamarine. He was active in Professional Officers Association, to win engineers' salary cases arbitrated in 1961 and 1962 (as witness in latter case). He started editing The Commonwealth Professional from mid 1960s. In 1966 James visited Nepal and in 1968 Indonesia for extended periods to provide technical assistance in civil aviation planning.

1973 With Betty and third son David (aged 17), spent the year in Mogadishu, Somalia as Project Officer for UN agency ICAO (International Civil Aviation Organization).

1974-80 lived with Betty in Montreal as Senior Project Officer with ICAO. Active with Betty in Humanist Association of Canada. With ICAO, he made extensive technical aid visits to Third World countries, especially in Africa and Asia.

James retired from ICAO in 1980 (compulsory on reaching his 60th birthday) and he and Betty bought a new home in Hawthorn. James co-founded the Australian Skeptics with Mark Plummer and Phillip Adams, who gave the Skeptics great publicity.

1980-82 Worked as independent consultant to ICAO projects in Nauru, Libya and Iraq. During the 80's he edited and produced newsletters of the Australian Skeptics, Victorian Humanists and Australian Rationalists, whilst with Betty providing child minding/grandparent services.

In 1990 James was diagnosed as having CIDP. On discovering that little research had been done on this disease, he founded The IN Group for sufferers of both the acute (GBS) and chronic (CIDP) forms, both as a mutual support group and to aid medical research. He and Betty produced and posted 55 editions of 'INformation' The IN Group newsletter between December 1992 and July 2006, as well as organising fundraising activities and responding to numerous requests for information and help.

1991 to allow for future deterioration of his health James and Betty built a new single-storey home in Kew with wheelchair access throughout. With ongoing 'Intragam' treatment James continued to walk using his walking stick.

2000s. Up until his mid-80s James remained active as Director of The IN Group and as a frequent letter writer to The Age. In March 2002, he wrote to the federal and state health ministers seeking to boost funding for Intragam P. When this did not succeed, he mounted a successful PR campaign, using photogenic young IN Group members, achieving lots of publicity. The federal limitations on supply of Intragam P were lifted in March 2004. Awarded Life Membership of the ALP and the Essendon Football Club.

2009 James and Betty celebrated their 90th birthdays.

2012. 12th October. James died peacefully in Epworth Freemasons Hospital.

2003 James Gerrand presenting a cheque raised by The IN Group for research into GBS/CIDP to Dr. Andrew Kornberg. Also in the picture, Betty Gerrand and Melva Behr.

A note about our next Guest Speaker.

Lina Capovilla is a registered Clinical Nutritionist, who is in clinical practice at Vitalchi Wellness Centre in Blackburn.

Lina specialises in supporting individuals with specific conditions including inflammatory and chronic conditions, fatigue, gastro-intestinal health, food allergies and sensitivities, psychological imbalances and all dietary related areas. Her clinical focus is moving towards autoimmune and inflammatory conditions and researching how dietary and lifestyle factors can reduce the chronic symptoms. She is also continuing further education in Herbal medicine.

In the presentation, Lina will explore the positive effects that improved diet and lifestyle changes can make. She'll also discuss the extensive benefits of eating an anti-inflammatory diet, specifically for individuals with GBS but also to support general health and wellbeing, the basis of which is concentrating on a fresh whole food diet with minimal or ideally no refined foods.

CHRISTMAS LUNCHEON AND DUTCH AUCTION

What a fun day we had sharing lunch with members, old and new, followed by the always entertaining Dutch Auction.

Thank you to new members **Leo and Maria** who donated all the chicken pieces and to the **committee and members** who donated both their time and foods and **those who brought gifts** for the Auction. We are thrilled to announce **we raised \$1052** from this day. Thanks again to **Ken Clark** for doing the Auction. Special thanks to **Margaret and Doug** for all their organising and hard work.

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