



Accept—**don't reject**  
Greetings  
from the  
Attention Deficit  
& Hyperactivity  
Support Group of  
Southern Africa

## ADHASA

Helping the community  
for  years!

This article  
targets people with  
ADHD but  
this information  
could help other  
people too.

Please make  
this newsletter  
available to anyone

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*Terminology may  
cause confusion.*  
ADHD is the term we  
use to denote  
Attention Deficit  
Disorder *with or  
without* hyperactivity.

AS THE ADHASA OFFICE IS  
SITUATED AT DELTA PARK  
SCHOOL, WE WILL CLOSE  
ON 11 DECEMBER AND RE-  
OPEN ON 13 JANUARY.  
DURING THIS PERIOD, WE  
WILL DO OUR BEST TO  
REPLY TO EMAILS ON  
ADHASA@TELKOMSA.NET  
AND TELEPHONE MESSAGES  
LEFT ON (011) 888 7655,  
AS AND WHEN TIME ALLOWS.

# Keeping up with ADD

November—December 2009

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"unsubscribe" in the subject.

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Office hours:  
Weekday mornings 09h00 to 13h00  
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## YEAR END NEWS AND HAPPENINGS!

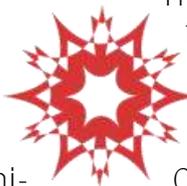


### ADHASA'S

20th Anniversary  
celebrations

have finally come to an end,  
**but what a year it's been.**

Meetings, conferences and semi-  
nars have been held around the  
country; We arranged and cele-  
brated the first official ADHD  
Awareness Day in South Africa; Our  
**book "Teaching and ADHD in the  
Southern African Classroom" was**  
launched and became an instant  
success. This book is very much in  
**demand even though it hasn't yet  
reached the shops! We've had sev-  
eral requests or offers for translat-  
ing it into other**  
languages which we have forwarded  
to our publishers.



There have been a  
few sad moments  
too especially when

Professor van der Merwe  
announced his retirement as  
Chairman and as a Member of the  
Board. Prof (as we all affectionately  
call him) has been with us almost  
since the beginning of ADHASA and  
over the years had made a most  
valuable contribution to the group.  
We are most grateful to him for all his  
has done. Prof has agreed to continue  
with his position as Medical Advisor to  
ADHASA.

With a board of 10 people we  
had been finding it very  
difficult to get everyone  
together for meetings; and  
as a result the decision was  
made to reduce the board to seven  
directors.



I had a very special celebra-  
tion on October 7th when  
Cynthia van der Merwe, the  
first ADHASA volunteer and  
subsequently a director of  
ADHASA took me out to  
lunch. There was much to  
talk about as we relived  
some of the early ADHASA  
days with Cynthia single  
handedly catering  
for the earlier  
seminars.



Dr Norman Cahi who held the publicity  
portfolio, had previously commented  
that work and personal demands made  
it impossible for him to meet his  
commitments to ADHASA and so has  
resigned from the board. Mrs Allyson  
Koekhoven editor of Whizz Kidz,  
moved to the coast which significantly  
reduced her involvement with ADHASA  
and she too has resigned.

We thank Prof, Allyson and Norman for the added interest they brought to our meetings as well as the tremendous contribution they have made to the support group. Although they have resigned from the board, they are still interested in ADHASA and the work that we do.

J W Oosthuizen 6-9 years (Warmbaths). They will each receive a certificate of achievement and prize. We also awarded Special Commendations to: Abigail Simms & Sechaba Modipane (both White River). They will each receive a certificate and prize.

We have a special year end treat for you: a winning essay from our Awareness Day competition entries, showing how special people with ADHD can be.



ADHD - THE KEY TO THE FUTURE



I may not be a maths whiz or do well when it comes to academics, but ask me to dance and see all the amazing things I can do with my body; the way I can move and make every minute worth watching. Ask me to sing and see the way I begin to smile. Put music on and see me go into my world.



Put me on a sports field and watch me break the record. Put me in a swimming pool and watch me drown! As people, we are all good at something and weak at in other things. As a person with ADHD you are good at many things and almost always weak at academics. I, as an individual, believe that we were given this disorder for a reason, for example a lot of comedians have ADHD. Bill Gates has ADHD. The amazing Whoopie Goldberg has ADHD. Albert Einstein had ADHD.



*Wondering about what to buy your teacher for Christmas – something that teacher will want and use? You couldn't do better than **Teaching and ADHD in the Southern African Classroom**. It's not yet in the shops but you can order it from **Lynne**: support@ADHASA.co.za or 011 888 7655 at National Office; or phone your nearest ADHASA branch; or contact MacMillan (publishers) directly at 011 731 3300 and speak to Leanne for bulk orders.*

*Dr Andre Venter: "The common sense, hands-on approach of many of the chapters will be very useful for teachers of children with special needs – even outside the ADHD spectrum."*

*Dr Shabeer Jeeva: "A richly detailed book like this is long overdue... an easy to read, easy to understand, useful resource manual that will be around for many years. All educators, students and parents can benefit from it."*

The ADHASA ADHD Awareness Day essay competition winners Awareness Day was a great success and we thank every one who entered the competition for being an important part of the event. These children created an even greater awareness as they shared their experiences, **hopes and dreams .... and we** were amazed and in awe of the depth of insight showed. **Congratulations** to the following children who won in their age category:

- Miguel Labuschagne 17-18 years (Potchefstroom);
- Ana Ninkovic 14-16 years (Bloubostrand);
- Wilmarie Laubscher 10-13 years (Rustenburg);

We thank ADDvance for their generous sponsorship of our Food List.



The following supplements have been endorsed by ADHASA:



← Calmolin ADD a supplement for over active and inattentive children



→ Creche Guard Brain Fuel "Omega-3 Chews"

All these people and many more with ADHD are a great success. So why are we called average? Why are our ways of life limited?

Why do we get people laughing at us and criticising us; because we average?

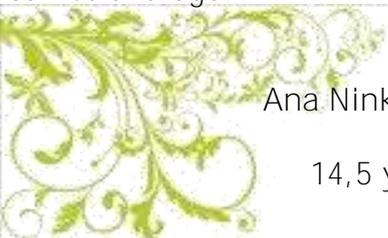
**I don't think so!**

We are the way to the future. Even though our thinking is slow and our bodies are like a car or plane going up, down, left, right; even though our voice is like a falsetto, we are people with talent, brains, hearts with love, laughter, fun and every possible emotion one can think of. We have passion. We make our dreams come true and our failure a winning. We are crazy and always have a joke to tell. We are fun and sensitive; we are caring and faithful; we are creative and adventurous; we have personality. We can sing a song and make it sound horrible. We will be the first to do the chicken dance in the middle of a party; we are the life of the party.

**Don't underestimate us**

because we on medication and because we are slower and understand things harder. Yes **we are different and that's** what makes us special.

After all this I am sure that you got a lot of letters, well essays, which shows that after all the amazing things we are, we are inspiring too and hold **the key to the future, so don't** call us average!



Ana Ninkovic  
age  
14,5 years



Lorí Lea and ADHASA wish all our readers a serene holiday season and abundance in all in the coming year!

Contact Lorí (072-606-3080) of Mind Focus Coaching Change if you would be interested in the new Coaching via Skype.

Alternatively, contact Lorí for a complimentary coaching session to see if you qualify for Coaching

Special for December 2009: Everyone who commits to a full one on one Coaching Course will qualify for a support person (usually spouse)-to 3 hours free coaching (value = invaluable)!



**Mind Focus cc**  
Mind Focus cc

