

Esperjenza fil-Polonja

Din kienet l-isbah ġimgħa ta' hajti. Ġimgħa li għallmitni nħares lejn kull kundizzjoni/marda taht lenti differenti. Lenti li tħares lejn il-hajja iktar mill-problemi li jinholqu tul dan il-passaġġ twil.

Din il-'youth exchange' rat il-bidu tagħha nhar il-Ġimgħa 13 ta' Lulju, fejn il-grupp Malti magħmul minn sitt persuni tar lejn Varsavja. Kellna naqbd u żewġ titjiriet, waħda lejn Munich u l-oħra lejn Varsavja. Hawnhekk nista' ngħid li kulhadd wasal għajjen. Hemmhekk sibnal-organizzatriċi u l-lider tal-grupp tal-Polonja, Agnieszka. M'għandix kliem biex nid-deskrivi din il-persuna li, li kieku ma kienx għaliha dan l-'exchange' ma kienx ikun suċċess.

L-għan ta' din l-exchange kien li nsiru nafu u niltaqgħu ma' persuni oħra minn pajjiżi differenti li jbatu bl-MS jew inkella li

għandhom ġenituri b'din il-kundizzjoni. Saru hafna attivitajiet li permezz tagħhom sirna nafu kif persuni differenti jħarsu lejn din il-kundizzjoni jew lejn persuni b'dizabilita'. Għal dawn ir-raġunijiet hadd ma kien imqassam fi kmamar

l-wasla tagħna. Kulhadd ha gost bl-ewwel attivitajiet fejn kellna nsiru nafu isem xulxin.

Erba' timijiet differenti ġew magħmula u l-attivitajiet komplew fi hdan dawn it-timijiet. Waħda minn dawn

nies. Kien mistoqsi wkoll il-mod ta' kif wiehed iħares lejn din il-kundizzjoni u kif iġibu ruhhom lejha. Irrid ngħid illi l-persuni kollha mwaqqfa kwazi kollha rrispondew il-mistoqsijiet tagħna. Sakemm konna qegħdin f'din il-belt bdejna

ninnotaw ukoll l-aċċessibilita' biex wiehed jimxi jew idur f'dan il-post. Huwa hawnhekk, meta wiehed ikollu juża s-siġġu tar-roti jew ikollu problemi biex jimxi, li jintebaħ bil-problemi li jiltaqgħu magħhom persuni b'dizabilita'. L-art ta' Lublin hija kollha pavimentata u għalhekk huwa ferm diffiċli



Agnieszka Kremky, Maciek Laskowski, Juliana Ilencikova and Patricia O'Brien waqt iż-żjara tal-leaders qabel l-exchange

b'persuni mill-istess pajjiż.

L-għada tal-wasla tagħna kellna nħallu Varsavja għal triqitna lejn Okuninka, vjaġġlikientwil bejn wiehed u iehor hames sigħat. Hemmhekk iltqajna mal grupp mill-pajjiżi l-oħra li hadu sehem, Polonja, Slovakkja u Rumanija. Tista' tgħid illi l-attivitajiet bdew ftit wara

l-attivitajiet kienet vjaġġ lejn il-belt antika ta' Lublin. Hawnhekk it-timijiet hadu sehem f'tip ta' ġurnalizmu fit-toroq ta' din il-belt. Il-persuni mwaqqfa ġew mistoqsija numru ta' mistoqsijiet fosthom jekk qattx semgħu bil-kundizzjoni ta' l-MS u jekk iva, fejn. Kien interessanti hafna tara t-twegibiet ta' dawn in-

ddur bis-siġġu tar-roti. Din l-'exchange' uriet illi z-żgħażaġħ jintegraw ruhhom tajjeb ma' persuni b'dizabilita'. Uriet ukoll illi jixtiequ jgħinu hafna fil-bżonnijiet li dawn il-persuni jista' jkollhom. Attivita' oħra li ġiet organizzata kienet dik tas-'sailing' u hawnhekk dawk il-ġuvintur

kollha li ma jbatux b'din il-kundizzjoni kollha taw l-ghajnunatagħhom biex waħda mill-membri tagħna, li tuża' s-siggu tar-roti, setgħet tinzel fuq id-dghajsa. Hi kellha tiġi merfugħa u mnizzla fuq id-dghajsa. Xi hadd kelli wkoll iżommha tul is-sieġha u nofs li ħadet din l-attività ta' biex ma taqax.

L-isterjotipi ġew diskussi fid-dettal. Ġie diskuss ukoll ir-raġuni għalfejn in-nies iħarsu b'mod differenti lejn persuni b'dizabilita'. Mhux il-mod ta' kif il-bniedem jidher li juri kif vera huwa. Trid issir tafu biex tkun tista' tid-deskrivih. Mhuwiex minnu li jkollok l-MS jew dizabilita' għax tkun tellief. Lanqas m'huwa minnu li ssir tellief meta jkollok l-MS. L-iktar haġa importanti hija l-mod ta' kif il-persuna b'dizabilita' turi ruħha. B'dan il-mod il-persuna tgħix ahjar għaliex tħossha ahjar.

Il-President tas-socjeta' ta' l-MS tal-Polonja għamlet impatt kbir fuq kull min kien prezenti għal dawn l-attivitajiet. Għalkemm din il-persuna tuża s-siggu tar-roti, għandha nuqqas ta' smigh u ma tantx tara xorta waħda għandha karattru sod. Hija saħqet hafna fuq l-importanza li wiehed ikun



Daniela, Patricia, Jeanette, Sarah, Alexia, Alastair u l-President ta' l-għaqda ta' l-MS pollakka, Izabela Gzarnecka

indipendenti u kif wiehed għandu jagħmel biex jilhaq dan il-għan. Hija saħqet ukoll fuq l-importanza tas-socjeta' u l-ghajnuna li tagħti lil-membri u l-familjari tagħhom. Is-socjetajiet kollha ta' l-Ewropa qegħdin jiltaqgħu ma' l-istess problemi, dawk finanzjarji u l-fatt li z-zghazagh qegħdin jinvolvu ruħhom inqas. Huwa importanti hafna li kull persuna li tbatu bl-MS, kemm dik illi hija avvanzata fl-eta' u kemm dawk zghazagh għandhom jieħdu sehem fl-attivitajiet organizzati. Qalet ukoll illi qiegħed isir iktar diffiċli li wiehed ibiddel fehmet iż-

zghazagh minhabba li jista' jkun li ma jridux jisimgħu b'din il-kundizzjoni. Huwa probabbli li tiġihom ħniena minn dawk il-persuni li għandhom dizabilitajiet varji. Li wiehed ikollu l-MS ma jfissirx li se jkollu juza s-siggu tar-roti!!

Attività' oħra importanti kienet il-lejla internazzjonali. Kull pajjiż tella' mejda b'ikel varju u kulturidifferenti. Il-grupp tagħna rnexxielu juri l-gmied li jhaddan pajjiżna, il-bajjiet sbieħ illi għandna

u t-tempji fost l-oħrajn. Tradizzjonijiet differenti ġew imsemmija u oġġetti magħmula mill-bizzilla u l-ganċ ġew murija. Tellajna wkoll ikel tipiku Malti bħal biskuttini tar-raħal fost l-oħrajn, u xorb. Kulhadd baqa' skantat kif gżira daqshekk zghira bħal Malta tħaddan din is-sbuħija kollha.

Li wiehed ikollu l-MS ma jfissirx li se jkollu juza s-siggu tar-roti!

L-ahħar attivita' kienet ħarġa lejn il-Park Nazzjonali Poleski. Hawnhekk kulhadd baqa' mistgħaġeb bil-ġmiel tan-natura. Irrid nenfasizza l-fatt li hawnhekk kien ferm diffiċli ssuq is-siġġu tar-roti.

Is-Sibt 21 ta' Lulju wassal fi tmiemha din l-esperjenza u hawnhekk kien il-waqt li nsellmu lil kulhadd. Ħadd ma seta' jemmen kif din il-ġimġha ntemmet

daqshekk malajr. Il-grupp Malti kien l-ahħar wiehed li telaq u għalhekk kien ferm diffiċli li nsellmu u naraw lil kulhadd sejjer qabilna. Kienet ġimġha fejn sirna nafu persuni b'qalb kbira u b'sens lejn il-ħajja. Tara zġhażagħ ta' għoxrin sena li jbatu b'din il-kundizzjoni iżda jħarsu b'wicċhom minn quddiem lejn il-futur jagħmillek kuraġġ biex tibqa' miexi quddiem u ma thares qatt lura.

Din l-'exchange' għallmitni ħafna. Għinitni nimxi 'l quddiem u nirrealizza l-importanza li tkun indipendenti irrispettivament minn kemm tkun diżabbli. Huwa importanti ħafna li wiehed jgħix ħajtu bl-aħjar mod possibbli biex b'dan il-mod jgħix ħajja aħjar. Meta wiehed jiltaqa' ma' dawn l-esperjenzi li jifhem l-importanza li tkun ferħan u li jkollok saħħtek, l-importanza li wiehed

iqum filgħodu u jirnexxielu jaasal sa l-ahħar tal-ġurnata minkejja d-diżabbilita' li jkollu u jirnexxielu jifhem kemm hi importanti u sabiħa l-ħajja. Ejja niftakru dan kollu qabel ma jkun tard wisq!

Pat O'Brien
Fizjoterapista
Leader tal-grupp Malti
fil-Polonja

Messages from the participants

The Okuninka exchange was an opportunity to meet young people from different countries (Slovakia, Romania, Poland), including people with MS, and tell them a bit about Malta. The activities were not only fun, they had their own benefits too - until we walked around the Polesi national park, I didn't realise that I could still walk for an hour or more, but now I have started using an exercise bike.

It was an experience which changed my life for the better. I learnt to be more positive and never give up but face the challenges that life with MS involves. This exchange helped me to try to be more independent and do all the things I can do even though I have MS. I learned that I have to try and never give up. Over there with a little help I also managed to go sailing like all the other guys. I also learned that if I don't fight MS I'll finish living with it in a few years.

Through this exchange I learnt more about what life with MS involves so it has helped me to understand my sister's condition better. This experience has taught me how to assist her better to enable her to lead a good life with MS.

Alastair

Embarking on this experience opened up the way to a better understanding of Multiple Sclerosis. In this exchange, which is part of a continuous circle I made friends with people whose parents are also diagnosed with Multiple Sclerosis. This was another stepping stone in my life path.

Sarah Carabott



Daniella

It was a great opportunity to meet new friends and enjoy different cultures but above all to share our experiences regarding Multiple Sclerosis. Once you're there you can understand others problem and discuss them with people within your age group: people who might understand you better than anyone else: they would know exactly the feeling within. It helped me out to realize how lucky I am and how thankful I should be to appreciate my health and strength. It's amazing to see my friends' determination to face up their disease with courage and will. I managed to understand that once in life we've got to struggle hard ... but once there is determination, will and power ... you're there, and if you don't manage to achieve what you're looking for, then at least your trying rewards you with satisfaction.

Jeannette Carabott

Alexia

3rd International Congress

Mediterranean without Handicap: "Towards a New Humanism. Ethics and Disability"

Valletta, Malta. 23rd-25th April 2007. Hotel Le Meridien Phoenicia

The International Congress "Mediterranean without handicap, Ethics and Disability" was an occasion to present the outcome of research from various countries with the aim of improving the well being of persons with psychological and physical disabilities through dialogue, cooperation and solidarity between Mediterranean countries. The exchange of ideas and experiences had one aim i.e. that of identifying the best ways of promoting all aspects of the well being of persons with disability by offering the right conditions for the holistic development of their cognitive, emotional, social, spiritual and religious potentialities and promoting of life worthy of their human dignity.

Honourable Dolores Christina (Minister for the family and social solidarity Malta), gave her debut on the last day of the conference. The Minister spoke about developing new humanism, language and images, autonomy and independence, the truth of science and technology and interpersonal relations. Giving space and to fulfill the potential of the disabled is a need. She also mentioned three levels for success which were: Medicine and Technology to overcome disability, Care: which comes from family, voluntary groups and relationships, and finally regional: people with disability are to be empowered and integrated. Other steps are humanisation, institutional cooperation and state facilities.



Her conclusion was to bring solidarity between all the regions.

The conclusion of work was then given by Emmanuel Agius. The main ideas of his speech were:

Language means the mirror of reality. First of all we have to define the focus i.e. people with different needs. For many years disability was trying to cure the disabled but now with medicine and research of diagnosing the genes, it is much more of help. It improves the quality of life and the human being which is vulnerable. We should allow Science and research as long as it protects the dignity of the human being from the beginning of life till death. Genetic testing may be a death sentence because if they find that an embryo is disabled they may terminate the pregnancy and this will be disrespect to human life. The disabled person also has rights and we must protect the survival of the weakness. This leads us to Ethics which is what position I have of life. Improving relationships, giving a smile, loving, respect, makes a lot of difference. The value is giving meaning to life. Emmanuel Agius spoke also about education, empowerment and supporting the individual. The question is: What's next? Are we going to change to make a better living? We must definitely pass from words to action and this is a positive approach.

*This is an extract. The full Report was compiled by
Ms Connie Carabott, Committee Member*

New Year Greetings

I would like to thank **all our supporting committee members and members of the Society** for keeping in touch with us and referring any problems that they may have so that we try to solve them together. The Society would also like to thank our main benefactors namely **Mr Simon Soler of Hartons Ltd** who is our main sponsor and fund raiser. We would also like to thank **Mr Jesmond Arpa of 5 Star Printing Ltd** who helps us in the publishing of our newsletters and also in any promotions we might have. A big thank you also goes to **Expressions Stationery** who are our best fundraisers as regards to collecting tins. Well done.

Louise Gusman (President), Committee members and Society members.

Antibiotics

'could help slow MS'

Adding antibiotics to standard drug therapy may slow down the progress of multiple sclerosis, research suggests. Patients showed fewer symptoms and fewer signs of tissue damage when they took the antibiotic doxycycline alongside the MS drug beta interferon.

Louisiana State University researchers believe the antibiotic may block the action of enzyme that destroy certain cells in the nervous system. Archives of Neurology reports the study involving 15 patients on its website. However, UK experts warned the study was small, and no comparison was made with patients who did not take doxycycline.

The 15 patients who took part in the study all had relapsing-remitting MS - the most common form of the disease. Typically, this causes attacks of symptoms such as muscle weakness and spasms, followed by periods of remission. The attacks result from damage inflicted on the body by its own immune system, which turns in on itself, attacking the nervous tissue. It is thought that these attacks may be triggered by an inappropriate response to viral or bacterial infections, or another potentially disease-causing agent. They are certainly very unpredictable, and symptoms come and go, often seemingly randomly.

Many patients with relapsing-remitting MS take the drug interferon, which helps to suppress the immune system, and keep it working more normally. However, they are still prone to attacks which cause damage to the tissue of the brain.

Brain scans

The study focused on patients who had been taking interferon for at least six months, and who were still experiencing symptoms, and developing new tissue damage in the brain.

For four months the patients took 100mg a day of doxycycline alongside their regular dose of interferon. At the end of this period brain scans revealed that brain tissue damage was reduced by at least 25% in nine of the patients. There were also signs that disability levels had improved.

The researchers believe that doxycycline, a member of the

tetracycline family of antibiotics, may block an enzyme which destroys nerve cells, thus protecting the brain and increasing the effectiveness of the immune system.

Dr Laura Bell, of the MS Society, said: "Antibiotics are cheap and easily available, which would make them an attractive treatment for MS if they were shown to be beneficial. However this study is very early stage in only 15 people with MS and no firm conclusions can be drawn at this stage."

Chris Jones, chief executive of the MS Trust, agreed that the study was small, and had only covered a short period of time. "A longer trial with more people will be needed before we can properly gauge the value of this combination for people with MS."

Helen Yates, of the MS Resource Centre, said the condition was complex and difficult. She said other work was examining the possibility that MS was linked to an infection of the bacterium *Chlamydia pneumoniae* - more commonly associated with respiratory disease - in the brain.

"The growing interest in combination therapies is producing some good results, in particular for those people for whom single therapies have not worked."

Taken from

<http://news.bbc.co.uk/2/hi/health/7136088.stm>



There are indications that antibiotics could help slow down MS, a small US study reveals

Multiple Sclerosis Information Dividend (MS-ID)

Conference 29-30th May 2007 in Belgium

Hotel and Conference Centre, Dolce La Hulpe, Brussels.

Louise Gusman and Rose Grech attended the MS-ID conference last May. The conference was held under the patronage of Hans-Gert Pottering, the President of the European Parliament, Ulla Schmidt, Minister of Health of the Federal Republic of Germany and Chairwoman of the EU Health Council.

The MS-ID was organized to ensure awareness and understanding on a political level regarding the importance and positive impact of early diagnosis and the best available and suitable therapy at the earliest possible stage of the disease.

A European Code of Good Practice in MS will act as a major guidance tool for more equity on high level in the management of MS throughout Europe.

Aliki Vrienniou from the Greece (member of EMSP) and Uma Aaltonen (former MP) from Finland spoke about the need for equal treatment and rights in Europe. There are approximately 500,000 persons with MS in Europe and every person with MS is an active citizen and they stressed the importance that if one works, he/she feels useful. MS teaches us to fight.

Christoph Thalheim, EMSP general secretary, introduced the MS-ID project with its objectives, expected outcomes and added value of the project for people

living with MS.

Various Professors gave results following researches that were undertaken. Reports revealed that typically MS strikes at 30 years of age and that 40-50% of persons with MS have the benign disease. There is a prevalence of 100/100,000 persons with MS. MS can be caused by direct/indirect effect of infection or because of the chemico-physical environment. Statistics showed that 2 to 5/100,000 new cases per year are being diagnosed with MS.

Current and future therapeutic options revealed that MS begins before the patients know of the symptoms. The use of therapies throughout Europe were discussed together with the standard of care and the impact on the patients and society.

Various discussions took place regarding new treatment, the importance of MS sufferers to continue working, why certain European countries have less social benefits for persons with MS when compared with other European countries.

A detailed report has been prepared by the Secretary, Ms Rose Grech, in Maltese.

Louise Gusman, President

L-Istrina - Thanks

The Multiple Sclerosis Committee members and Society members would like to thank the Chairman and Board members of the Strina Committee for the presentation of Lm13,602 following Strina 2006 which took place at the President of Malta's Palace in Valletta. These funds will be used for the benefit of the members of MS. The services offered by the Society include subsidized home-based physiotherapy and psychotherapy services. Part of the funds will go to the premises fund and the physiotherapy clinic fund.



A Big Thank You from us all.

Louise Gusman, President

Multiple Sclerosis Information Dividend (MS-ID)

Konferenza Annwali, 29-30 Mejju 2007 fil-Belġju

Għal darba oħra is-soċjetà kienet mistiedna għall-Annual General Meeting tal-European Multiple Sclerosis Platform gewwa Brussell.

Il-laqgħa bdiet bl-introduzzjoni tal-membri tal-kunsill mill-President Dorothea Pitschnau-Michel, fejn wara beda l-qari u l-approvazzjoni tal-minuti ta' l-AGM ta' l-2006. Kompliet bil-Ministru tas-Saħħa Ġermaniża, U. Schmidt, li awgurat lill-EMSP hidma aħjar fil-waqt li as-sigurat li l-Ġermanja għandha interess qawwi fejn tidhol ir-responsabbiltà biex tipprovdi kwalità ta' hajja aħjar lill-persuni li jbatu b'din il-marda.

Fost il-punti li ssemmev kien hemm ix-xogħol kurrenti u tal-futur li huma fil-mira tas-soċjetà, l-applikazzjoni ta' Ċipru bħala membru ġdid li giet milqugħa, resoluzzjonijiet u nominazzjoni għall-post bat-tal għall-kariga fil-kumitat ta' l-Eżekuttiv. Fl-aħhar ġew stabbiliti d-dati u l-pajjizi li se jilqgħu l-Laqqgħat Ġenerali għall-kunsill għas-sentejn li ġejjin.

Żewġ ittri, MS, li jagħmlu l-hajja ta' dak li jkun tant diffiċli. Hekk bdiet id-diskors tagħha l-ewwel kelliema, Uma Aaltonen, f'sensiela ta' diskussjonijiet minn kelliema minn pajjizi differenti li kollha taw il-punti tagħhom fuq l-MS. Il-kelliema kollha jagħtu prominenza kbira lill-*awareness*. Dawn kienu uħud mill-punti li kienu diskussi: li m'hemm l-ebda raġuni l-għala wiehed għandu jaħbi din il-kundizzjoni; li rridu nkunu aktar miftuħa, li nkunu nistgħu niġġieldu biex intejbu l-kwalità ta' hajja aħjar għalina. Irridu naħdmu u ma noqogħdux lura biex niksbu l-aqwa u l-istess trattament li jingħataw f'pajjizi oħra. Jehtieg li nindirizzaw il-problemi u nilhqu l-miri tagħna u ma nħallu l-ebda stigma jew diskriminazzjoni xxekkilna. Irridu ngeghlu l-gvernijiet jiehdu r-responsabbiltajiet tagħhom fejn jidhol mard kroniku.

L-Islanda, l-Iżvezja u d-Danimarka għandhom l-ogħla persentaġġ ta' persuni ta' età zghira li jbatu bl-MS. Hawn dehret il-htieġa kbira u l-importanza li wiehed jibqa' fuq il-post tax-xogħol. Tieħu biss sekonda biex tghid lil persuna li għandha l-MS, iżda hi trid tghix biha sakemm tmut. L-integrità fil-hajja tax-xogħol tghin biex issaħħaħ il-valuri u l-istima fil-persuna.

Minn dawn id-diskussjonijiet jidher li hemm il-mira li tisewwa l-ħsara li tikkawza l-MS. Saret preżentazzjoni



Rose Grech, Secretary MS Society (Malta), Dr Andras Guseo, President MS Society (Hungary), Louise Gusman President, MS Society (Malta).

dwar fejn waslu t-trattamenti, biex tissaħħaħ il-Myelin, dik il-kisja li tiproteġi n-nerv meta din tkun attakkata bl-infezzjoni. Dan it-trattament għandu jkun ta' vantaġġ qawwi għal min għandu b'zonn. Dehret ukoll l-importanza li wiehed jieħu kura mill-bidu. Intwera wkoll li f' hafna pajjizi hemm nuqqas ta' speċjalisti tan-nervituri, nersis ta' l-MS u fizjoterapisti.

F'wiehed mill-gruppi li attendejt, il-kelliem, Peter Rompani, tkellem dwar il-ktieb, *Principles to Promote the Quality of Life of People with MS*. Huwa sahaq dwar l-importanza tiegħu u semma l-ħames pajjizi li għamlu traduzzjoni tiegħu għal-lingwa tagħhom. Qal ukoll li hu ta' htieġa kbira li kollha nagħmlu hekk fosthom Malta fejn dan il-ktieb inqaleb għal Malti minn Rose Grech.

Deher ukoll li f' hafna pajjizi, bħal Malta, hafna minn dawn il-principji diġa qegħdin fis-seħh. Izda hemm pajjizi hafna ikbar u avvanzati minn Malta li għandhom inqas benefiċċji. L-Irlanda għandhom nuqqas kbir ta' tobbja speċjalisti fuq in-nervituri fil-waqt li fl-Estonja għandhom ma jafux kemm hemm nies affettwati bl-MS.

Louise Gusman hadet sehem fi grupp ta' diskussjoni fejn kien hemm diskussjonijiet minn tobbja u professuri fil-qasam ta' l-MS. Huma bdew jaraw liema pajjizi għandhom l-aċċess għall-medicini ta' l-MS u oħrajn li m' għandhomx il-medicini kollha minhabba li jiswew hafna flus. Saru taħdidiet dwar medicinali oħrajn li għandhom ġodda fis-suq u jekk jinstabux fil-pajjizi kollha ta' l-Ewropa.

A note of thanks

The Multiple Sclerosis Society of Malta remembered once again by the American International Women's Association (AIWA)

AIWA organised a piano concert last November 9 at the splendid Palazzo Parisio, Naxxar, with benefits going to the MS Society. The pianist was Olga Bobrovnikova who we remember from the concert at Golden Sands last year. Scores of guests witnessed a two-hour session of marvellous piano recitals, with the Prime Minister's wife Mrs Gonzi being the guest of honour. The donation of Lm 1200 was very much appreciated by the Society's Executive Committee and its members.

Ms Jay Jones, President of AIWA presented the cheque to Ms Louise Gusman, President of the MS Society at the end of the piano recital. These funds will be used to increase the Society's subsidized physiotherapy and psychotherapy services for its members and part of the proceeds will go to the premises fund since the Society has no place to call its own.

The Society has to pleasure to announce that following the clearing of expenses, AIWA's President, Mrs Jay Jones forwarded another cheque of Lm200 to be used specifically for the Christmas season for persons with MS.

A big Thank You from all our members.

Mr K Muscat
Vice President



Rose Grech, Jay Jones (President ta' l-AIWA), Olga Bobrovnikova, Mr & Mrs Camilleri, Mr & Mrs Buhagiar u n-neputija tagħhom Mandy, Donna Brincat u Louise Gusman