



Messages

Myasthenia Gravis Association of Queensland Inc

AUGUST 2010



Myasthenia Gravis Association of Qld Inc IN NO WAY endorses any products, medical procedures or medical practitioners mentioned. Articles are provided as a guide, and/or for information purposes only.

We take this opportunity to thank Queensland Health who by the provision of a grant, make the work of the Association and the publication of this Newsletter possible, and to those who take the effort to contribute to its success.

Myasthenia Gravis Association of Queensland Inc

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PRESIDENT'S REPORT

It is hard to believe that the year is flying by and it will soon be Christmas.

Hope you all enjoyed the DVD from the Rick Carr presentation and found it very informative. We hope that the Clinic gets off the ground but the result of the Federal election this month it may have a bearing on it.

I have been having problems with my eyes and have learnt a lot about MG and the eyes and how this disease affects our vision. Even though I am in remission I still suffer from the symptoms of MG with my eyes. Seeing that we don't have the strength to completely close our eyelids, our eyes become what is called Dry Eyes. I put my sore eyes down to stress and being run down but they would not get better no matter what drops I put in them. Hopefully I am on the road to recovery after 2 months of struggling to see. I will follow this up with more information in a later newsletter.

I draw your attention to the item on page 4 of this issue regarding Regional Coordinator vacancies. Our coordinators play an integral role in the success of the Association and I would ask that members in the Mackay, Rockhampton and Toowoomba (Darling Downs) regions give serious consideration to submitting an Expression of Interest for their relevant region.

A note to our members from Cairns – we still await your stories for the Members Forum.

I am looking forward to seeing you all at the AGM on 12 September 2010 at the Carindale Hotel. Don't forget to let Shirley know if you are attending.

Take care

Anita

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Appointment of Committee Member

Acting in accordance with Clause 16.1 of the Association's Constitution and Bylaws, the Management Committee is pleased to announce the appointment of Mrs Carol Buchanan to fill the Casual Vacancy on the Committee resulting from the resignation of Mr John Chester on account of health problems.

Carol is the Regional Coordinator for the Townsville Region. She was born and bred in North Queensland and spent all of her working life as a teacher and school principal in many and varied parts from Weipa in the north to the Pioneer Valley in the south. She moved with her family (husband Barry, daughter Kylie and son Troy) to Townsville over 30 years ago. Both her daughter and son are married with children and she and her husband are lucky to see so much of their four grandchildren. Carol is the principal of a very large primary school, The Willows State School, which has an enrolment of over 1,100 students and approximately 100 staff. She is currently on extended leave so feels it is an ideal time to contribute to the work of this association. Carol says that she is very proud to represent the 'North'.

As with all other Management Committee members, Carol's appointment is only until the Annual General Meeting to be held on Sunday 12 September 2010, however Carol has indicated that she is willing to be nominated from the floor of the AGM for the 2010/2011 Management Committee.

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Shirley's Recipe

VEGETABLE & LENTIL SOUP

Ingredients:

1 ¼ cups green lentils	3 stalks celery, with leaves, chopped
2 carrots, peeled, chopped	1 onion, chopped
3 cloves garlic, chopped	400g can diced tomatoes
3 tbs olive oil	1 tbs tomato paste
Grated parmesan and celery leaves, to serve	

Method:

1. Wash lentils under running water. Drain well. Place in large saucepan and cover with water. Bring to the boil on high heat. Drain, rinse and return lentils to same pan.
2. Cover with 8 cups of water and bring to the boil again on high. Add remaining ingredients, except parmesan. Season with salt and pepper to taste.
3. Cover and simmer for 1 hour until the lentils are tender and the soup has thickened slightly.
4. Serve topped with grated parmesan and a few chopped celery leaves, if desired.

Note: Serves 6.

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Future Planned Activities

Sunday 12 September 2010	Annual General Meeting – Carindale Hotel
Saturday 13 November 2010	Management Committee Meeting on Sunshine Coast Followed by 'Meet the Members'
Sunday 12 December 2010	Christmas Function – Sharks Australian Football Club Southport
Sunday 12 March 2011	Management Committee Meeting at Townsville Followed by 'Meet the Members'
Sunday 19 June 2011	20 th Anniversary Function

More details will be published as each event becomes closer.

The Management Committee meets on the second Saturday of each month (except January) and all members are invited to attend. If you wish to attend any of these meetings, please contact Shirley on the 1800 number to find out the time and place of the relevant meeting.

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ANNUAL GENERAL MEETING – GUEST SPEAKER

Rebecca Elkington - BSc(Hons) MND, PhD (Accredited Practicing Dietitian)

Following a 14 year career in Immunology research, during which time she gained her PhD, Rebecca has more recently pursued a career in Nutrition and Dietetics. As a current employee of the Mater Adult's and Children's Hospitals she is involved in providing best-practice nutrition education and dietary management in the areas of general medicine, gastrointestinal disorders, and rehabilitation of acquired brain injury and neuromuscular disorders in children. Rebecca is a member of the Dietitian's Association of Australia and the Sports Dietitians Association.

Her presentation will cover the following:

Myasthenia Gravis: Information on Good Nutrition

Come and get all your nutrition questions answered. We will be talking about:

- Commonly experienced nutritional barriers and strategies to overcome these
- High protein, high energy eating strategies
- Getting a lot of nutrition out of little serves

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Update on WHAT'S AHEAD IN 2010??

A. Collecting data on sufferers of myasthenia gravis –

The first rough draft of the Survey Questionnaire is under consideration. We have now found a Questionnaire on MG from a university in Norway, and are presently working on adapting it for our purposes.

B. Establishment of an Australia-wide MG 'umbrella' organisation –

Dormant for the time being.

C. Funding for research into 'Exercise and MG' –

Awaiting response from Department of Physiotherapy at University of Queensland.

D. Enhancements to our website –

We really would like to hear from our members regarding this project. We have our own ideas, but they may not be what you, our members, want. **Please** let us know via email to mgag@gil.com.au or via Australia Post to PO Box 16 MT GRAVATT 4122

E. Opportunities in Queensland to assist in MG research –

No further action at present.

Not all or any of these projects may come to fruition, as time and cost considerations will require close scrutiny, but we will endeavour to obtain the best outcomes for our members.

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YES, I'M A SENIOR CITIZEN

I'm the life of the party – even if it lasts till 8pm.

I'm sure everything I can't find is in a safe, secure place, somewhere.

I'm sure they're making adults much younger these days.

I'm wondering, if you're only as old as you feel, how come I'm alive at 150?

I'm smiling all the time because I can't hear a thing you're saying.

Agenda for the Annual General Meeting of the Myasthenia Gravis Association of Qld Inc, Sunday 12 September 2010 at Carindale Hotel, Carindale.

1. OPENING
2. APOLOGIES
3. CONFIRMATION OF QUORUM
4. MINUTES OF THE PREVIOUS AGM HELD AT CARINA LEAGUES CLUB ON 13 SEPTEMBER 2009
5. BUSINESS ARISING FROM THE MINUTES
6. PRESIDENT'S ANNUAL REPORT
7. TREASURER'S REPORT
8. ELECTION OF MANAGEMENT COMMITTEE FOR 2010/2011

NOMINATIONS:

PRESIDENT	Anita Jackson
VICE-PRESIDENT	Kris Klitgaard
SECRETARY	Graeme Peters
TREASURER	Susan White
COMMITTEE MEMBERS (3)	Shirley Johnston Bill Synnot

9. APPOINTMENT OF AUDITOR
10. BANK AUTHORITY and use of COMMON SEAL
11. CONFERRING OF LIFE MEMBERSHIPS
12. GENERAL BUSINESS
13. GUEST SPEAKER – Rebecca Elkington – Accredited Practicing Dietician
14. CLOSE

ANNUAL GENERAL MEETING - 2009/2010

Members are invited to attend the Annual General Meeting of the Association to be held on **Sunday 12 September 2010** at **Carindale Hotel located at Carindale Rd Carindale Qld**. (It is part of the Carindale Shopping Centre complex). The hotel has excellent facilities and lunch may be purchased after the AGM from a menu which is reasonably priced and comes highly recommended. Car parking is available in the Carindale Shopping Centre. We will have access to the venue from 10am (tea and coffee will be available), with the AGM proceedings to commence at 10:30 **sharp**. After the various reports have been presented, the composition of the Management Committee for 2010/11 will be announced. A Guest Speaker, Rebecca Elkington, an Accredited Practicing Dietician, has been arranged (see page 6 of this issue for outline of presentation). The agenda for the AGM is on page 7 of this issue of MessaGes.

Following the AGM there will be a short General Meeting for the purpose of setting Subscription Fees for the next year.

To help us and the caterers, please advise of your intention to attend by calling our FREECALL 1800 802 568 as soon as possible, but not later than Monday 6 September 2010. If the phone is unattended, please leave a message advising your name and how many will be attending the AGM.

We look forward to a great roll up and know you will have a great day out.

How do I get there: Below is a 'mud' map of where the hotel is:
(UBD Map 181 Reference N5)



Why did the blond stare at the orange carton?
Because it said Concentrate.