



# Messages

Myasthenia Gravis Association of Queensland Inc



## FEBRUARY 2008

Myasthenia Gravis Asscn 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

PO Box 16  
MT. GRAVATT QLD 4122  
NATIONAL FREE CALL  
1800 802 568  
ABN 92 055 613 137

E-mail [mgqld@gil.com.au](mailto:mgqld@gil.com.au)

Home page:

[www.mg-qld.gil.com.au](http://www.mg-qld.gil.com.au)

#### COMMITTEE MEMBERS

##### President

Dennis JENNINGS (Townsville)  
Ph: 4774 0029  
0402 285520

##### Vice-president

Anita JACKSON  
Ph. 3800 4913

##### Secretary and Editor

Graeme Peters  
Ph. 3288 4484  
email: [grapop@dodo.com.au](mailto:grapop@dodo.com.au)

##### Treasurer

Kris KLITGAARD  
Ph/Fax 3890 0115

##### Committee

Shirley JOHNSTON  
Ph. 1800 802 568

John CHESTER  
Ph. 3899 9387

Judie BARBOUR  
Ph. 0439461288

##### PATRON

Dr Cecillie LANDER  
Neurologist  
Founder Member, of Brisbane

### PRESIDENT'S REPORT

Hi Everyone

Did you have a great Christmas and New Year? I did.

Another year has passed and the committee is ready to get going in 2008. Remember, we may be the Management Committee, but it is all of us that make the association.

If you have any ideas as how we can get the word out about Myasthenia Gravis please let us know so we can achieve the aims of the Association.

Contributions to the newsletter from members are worth much more than most of the stuff we get from other sources, so please keep sending your personal experiences with MG in to the Editor.

I am looking forward to a great year and I hope you are also.

That's all for this month

Till next time

Cheers,

*Dennis*

Editor's Note: The President's Report is very short this month as Dennis has recently undergone another operation and is still recovering from it. I'm sure everyone wishes Dennis well in his recovery.

**CHAT LIST:**

Each member of our Management Committee is happy to speak with you, while the following members, who include MG sufferers or their carers, have offered to join our Chat List. If you have a need to have a yarn, particularly about how MG affects you, please ask if it is convenient to talk, and respect the privacy of those whom you call.

In the interests of one's privacy, we have not listed surnames. Do not be embarrassed by ringing a stranger and asking to speak to say, "Fred or Mary". If you wish to disclose your surname, that is your prerogative. Simply explain that you are a MYASTHENIC or a CARER.

Remember there is also the FREECALL telephone number for Australia manned (or is it womanned?) by Shirley and is 1800 802 568. Please do not hesitate to call if you feel the need. If the 1800 802 568 is not answering, please leave a message and Shirley will get back to you as soon as practicable. Your call is valuable to us, so please do not hang up without leaving a message.

**CHAT LIST - QUEENSLAND**

JOHN	4783 1556	AYR
YVONNE	4783 4643	AYR
MARK	4067 1784	BABINDA
HENRY	4982 6507	BLACKWATER
JOHN	3269 5066	BRIGHTON
TERRY / JUDI	3824 4158	CAPALABA
JOHN	3899 9387	BRISBANE
JESSICA	3369 8315	BARDON
HELEN	3279 3060	JAMBOREE HEIGHTS
POPPY	3288 4484	SPRINGFIELD LAKES
EILEEN	3269 5660	BRIGHTON
DAVID	4053 2291	CAIRNS
RON / HELEN	4051 3286	CAIRNS
PAM / RAY	3801 1335	CORNUBIA
BEVAN / JEAN	4128 3262	HERVEY BAY
SHIRLEY	4128 3596	HERVEY BAY
SHARON	4151 7661	NORTH BUNDABERG
BARBARA	4124 2312	POINT VERNON
RAY / MARY	5443 8667	MAROOCHYDORE
DAVID	5474 5534	NOOSA
MARLENE	5447 4986	NOOSA HEADS
JOY	4165 4647	MUNDUBERRA
PATRICIA / LES	5464 6719	PURGA IPSWICH
BILL / COLLEEN	4926 4847	ROCKHAMPTON
TOM / SCOTIA	4693 3730	PITTSWORTH
HEATHER	4728 7550	TOWNSVILLE
JO	4723 8721	TOWNSVILLE
KELLY	4728 4913	AITKENVALE
CAROL	4773 1213	HEATLEY
VALMA	4068 0702	TULLY
WILMA / NOEL	3807 2391	MT WARREN PARK
PERLA / GEOFF	4939 2724	YEPPON
IAN	4623 5169	YULEBAR
CAROLYN	5472 0386	COOROY
ROBYN	5520 4242	BURLEIGH HEADS
MAUREEN	5572 7993	MERMAID BEACH
HELEN	5445 4853	SUNSHINE COAST
LORRAINE	3206 0789	CLEVELAND
OWEN	4742 1190	CLONCURRY
GWENDA	3390 2643	CAPALABA
PATRICIA	5535 0274	BURLEIGH WATERS
AILSA	4055 1303	CAIRNS
STEFAN	3807 0541	EAGLEBY

DANIELLE	3202 2509	IPSWICH
MIKE	3288 4037	SPRINGFIELD
ROGER	3379 8916	GRACEVILLE
JUDIE	0439 461288	MACKAY
BARRY	5483 1783	CURRA
JAMES / ROSEMARY	5530 1558	HOPE ISLAND
DONALD	5563 7207	RUNAWAY BAY
RAJKO	5580 6404	OXENFORD
ELIZABETH	4936 2410	GLENLEE
MELISSA	4662 3337	DALBY
TERRY	5494 2470	MALENY
HELEN	3203 0150	DECEPTION BAY
ROBERT	5492 9754	MOOLOOLAH VALLEY
KEVIN	32819225	NEWTOWN
NORMA	3281 5079	EASTERN HEIGHTS (IPSWICH)
MARIE	3300 0053	THE GAP
MOYRA	5576 4979	BURLEIGH WATERS
GLORIA	5534 2669	CURRUMBIN
GEOFFREY	5437 3083	PELICAN WATERS

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**Bereavement**

It is with regret that we advise of the passing of Owen Vines, who with his wife, Gwen, performed the task of Regional Co-ordinator for the Mackay region.

Owen was an enthusiastic member of the Association for over 10 years and will be sorely missed.

The President and Committee of the Association extend our warmest sympathy to Gwen and her family.

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**WEB-Site Update**

The committee have given a commission to website-designer Philipp Hartle, trading as Interactive Focus, for the redevelopment of our website, and we are aiming to have the new site available in approximately 6 weeks.

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**THE STRAY DOG**

An old, tired-looking dog wandered into my back yard. I could tell from his collar and well-fed belly that he had a home. He followed me into the house, down the hall, and fell asleep in a corner. An hour later, he went to the door, and I let him out.

The next day he was back, resumed his position in the hall, and slept for an hour. This continued for several weeks.

Curious, one day I pinned a note to his collar: "Every afternoon your dog comes to my house for a nap."

The next day he arrived with a different note pinned to his collar:

"He lives in a home with ten children -- he's trying to catch up on his sleep. Can I come with him tomorrow?"

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## Shirley's Recipe

### SPINACH GNOCCHI

**Ingredients:**

- 1 Bunch Spinach, about 8 leaves (I use frozen spinach)
- 250g ricotta cheese
- 1 egg
- ¼ teaspoon nutmeg
- flour
- 90g parmesan cheese (grated)
- salt, pepper to taste
- 45g butter

**Method:**

1. Wash and dry spinach, remove white stalks. Cook spinach with very little boiling in a saucepan with a tightly fitting lid for 5 minutes. Drain well and chop finely.
2. Combine the spinach, ricotta cheese, half the parmesan cheese, egg, salt, pepper and nutmeg in a bowl. Mix well.
3. Form mixture into balls or egg shapes, using a tablespoon and palm of hand to mould them..
4. Roll Gnocchi lightly in flour. Bring a large pan of salted water to the boil. Drop in the Gnocchi, three or four at a time.
5. Simmer gently until the Gnocchi rise to the surface, about 1 to 2 minutes. Remove from pan with slotted spoon. Arrange in a well- greased ovenproof dish.
6. Melt butter and pour over Gnocchi, sprinkle with remainder of parmesan cheese. Place under moderately hot grill for a few minutes, until cheese turns golden brown.

Serves 4 to 6 as an entrée.

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### Email copy of MessaGes

MessaGes is currently being delivered by email to those members who requested it.

If you have not yet supplied your email address and would like to receive your MessaGes via email, please advise the editor at [grapop@dodo.com.au](mailto:grapop@dodo.com.au)

For the technophiles among you, MessaGes is produced using MS Office Word 2003.

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### Future Planned Activities

- Sunday 13 April 2008                      Get together (picnic, barbeque or the like)
- Sunday 15 June 2008                     Get together (picnic, barbeque or the like)
- Sunday 31 August 2008                 Annual General Meeting
- Sunday 7 December 2008                Christmas Lunch

Venues and details for the above functions will be advised closer to the dates.

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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### SHIRLEY'S STORY

Hello, I'm Shirley. Some of you have met me, others have spoken to me on the Freecall line. I was prompted to write in response to the article 'Keys to Survival' in the December issue of MessaGes.

Diagnosis for me took several years and when myasthenia gravis was finally diagnosed I realised I was not going crazy after all, and I felt much relief for my illness to have a name. However, that euphoria only lasted while the Mestinon© was managing my condition. Then everything became very intolerable over a number of years with thymectomy, plasmapheresis, high doses of prednisone and four months in hospital with special care.

Depression, probably caused by the prednisone, was paramount after leaving hospital but that was managed by an understanding doctor.

Through all my traumas, I felt my purpose was to help other myasthenics, but my neurologist suggested that I had 'pushed my wheelbarrow' long enough. Thankfully, I did not listen to him and found my niche with the Myasthenia Gravis Association and other interests such as family, including grandchildren, friends and craft. Our daughter, Deborah, was very active in the beginning of the Association, producing a newsletter and her employer generously supplied the stationery, et cetera. Kath Ross and my husband, Nev, were always saying 'you can do it Shirley,' and thanks to them they gave me the confidence to believe in myself.

Finally, I would like to say I have been in remission for over fifteen years without medication for MG and hopefully that will continue. 'Next week' I am going to learn how to use a computer – finding, I mean making, the time is the problem.

So take heart if you are 'down in the dumps' – the only road to take is up, and that is usually not as difficult as you may think.

Bye for now  
Shirley

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### The Psychologist and the Proctologist

Two doctors, one a psychologist, the other a proctologist, opened a practice in a small town and put up a sign reading:

"Dr Smith and Dr. Jones, Hysterias and Posteriors."

The town council was not happy with the sign, so the doctors changed it to read:

"Schizoids and Haemorrhoids."

This was not acceptable either, so in an effort to satisfy the council, they changed the sign to"

"Catatonics and HighColonics." No go.

Next, they tried "Manic Depressives and Anal Retentives." Thumbs down again. Then came "Minds and Behinds." Still no good. Another attempt resulted in "Lost Souls and Butt Holes." Unacceptable again. So they tried "Analysis and Anal Cysts." No way. "Nuts and Butts?" No way. "Freaks and Cheeks?" Still no go. "Loons and Moons?" Forget it.

Almost at their wit's end, the doctors finally came up with:

"Dr. Smith and Dr. Jones - Odds and Ends."

Everyone loved it.

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**KEEP YOUR BRAIN ACTIVE WITH THE TRIVIA QUIZ**

Here are this month's questions for you to try. (Answers are at bottom of this page)

1. Who is the Federal Minister for the Environment?
2. Who is Queensland's Deputy Premier?
3. When was decimal currency introduced in Australia?
4. From which language does the word 'ombudsman' come?
5. What instrument did Niccolo Paganini play?
6. Of what is St Michael the patron saint?
7. Yin and Yang are expressions used in which kind of treatment?
8. In which Australian state is Eaglehawk Neck?
9. In which year did Elvis Presley die?
10. What is the capital of Portugal?
11. What proportion of air is Nitrogen?
12. Which famous cartoon cat was always trying to eat 'Tweetie-Pie'?
13. The Canary islands are in which ocean?
14. Which King of Egypt abdicated in 1952?
15. Which fashion designer created 'the little black dress'?
16. How many dice are used in a game of backgammon?
17. Who wrote 'The Tale of Peter Rabbit'?
18. How long does it take light from the sun to reach earth?
19. Pewter is an alloy of which two metals?
20. What name is given to a fox's tail?

**Answers:** 1) Peter Garrett; 2) Paul Lucas; 3) 14 February 1966; 4) Swedish; 5) Violin; 6) Soldiers; 7) Acupuncture; 8) Tasmania; 9) 1977; 10) Lisbon; 11) Approx 4/5 (80%); 12) Sylvester; 13) Atlantic; 14) Farouk I; 15) Coco Chanel; 16) Two; 17) Beatrix Potter; 18) Approx 8 minutes; 19) Tin & Lead; 20) A brush.

**PICNIC TIME**

Because of the early Easter, this year we will hold our first function of the year, a Picnic in the Park, on Sunday April 13.

**WHEN:** Sunday 13 April 2008

**TIME:** 10:30am

**WHERE:** North Pine Dam, Dayboro Rd, PETRIE

**WHAT DO I NEED TO BRING?** Yourself and whomever else you wish to bring along, food and drinks.

**HOW DO I GET THERE?** Full directions will be in the March issue

**RSVP** Ring our FREECALL 1800 802 568 and tell Shirley if you are coming, but please let her know by **Friday 4 April 2008**



**WHAT I'VE LEARNED** by Andy Rooney

I've learned.... That being kind is more important than being right.

I've learned.... That you should never say no to a gift from a child.

I've learned.... That life is like a roll of toilet paper. The closer it gets to the end, the faster it goes.

I've learned.... That money doesn't buy class.

I've learned.... That to ignore the facts does not change the facts.

I've learned.... That a smile is an inexpensive way to improve your looks.

I've learned.... That when your newly born grandchild holds your little finger in its little fist, that you're hooked for life.

I've learned.... That one should keep his words both soft and tender, because tomorrow he may have to eat them.

I've learned.... That just one person saying to me, "You've made my day!" makes my day.

I've learned.... That no one is perfect until you fall in love with them.

I've learned.... That opportunities are never lost; someone will take the ones you miss.

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