



Messages

Myasthenia Gravis Association of Queensland Inc



JULY 2007

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

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PRESIDENT'S REPORT

Hi everyone.

Hope you all got through the cold spell ok - the temperature at Kelso where I live was 11.7°, the coldest on record.

I hope everyone has enough Mestinon®. The importers told me that all Mestinon® will be available by the end of the month - 60mg into chemists about the 20th and the 100 mg and 160 mg by the end of month.

The general meeting went well with every one enjoying it and the BBQ lunch. The venue was great. The turn out was disappointing – we barely reached a quorum. As a result of this meeting a proposal for a new By-Law regarding the appointment of an Auditor will be put to the AGM. Details of the AGM are on page 7 of this issue.

Shirley and Neville have just finished a tiring trip through the outback of Qld calling on chemist and doctors and any one else that would listen to her providing information to get our association's work known to the public. Shirley's report on the trip is in this issue.

To finish off, please, if you are short on medication because you can't get it from your chemist please ring around to see if someone can help out.

Hope you are all in good health

That's all for this month.

Until next month keep smiling

Cheers,

Dennis

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	4691 0249	SOUTHBROOK via TOOWOOMBA
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	AIRLIE BEACH
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)
MURIEL	4954 1221	WALKERSTON

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Future Planned Activities (Provisional)

Sunday Aug 26 Annual General Meeting

Sunday Dec 9 Christmas function

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.

Shirley's Recipe (thanks to Poppy)

Ingredients: (all ingredients approximate only)

150g butter or margarine	2/3 cup sugar
2 eggs	2 cups SR Flour
1 teaspoon Vanilla Essence	1 425g can unsweetened pie apples

Method:

1. Cream butter and sugar
2. Add eggs and mix well
3. Add vanilla essence and gradually fold in flour
4. Knead dough and roll out fairly thin
5. Place half dough into greased pie dish or baking tray
6. Cover with thin layer of apples and top with remaining dough
7. Bake in moderate oven for 30 minutes or until lightly brown on top
8. Ice with thin vanilla icing and sprinkle with cinnamon.

Bill also responds to Rosemary, who in the April 2007 issue, asked if other members experienced shaking hands.

Bill says, "Maybe there is an intolerance to GLUTEN. An intolerance to GLUTEN contributes to : Restless legs especially when laying down; cramps; hands and legs 'jumping'; eyes twitching; diarrhoea."

If you have a response or an issue to raise please forward it via mail to PO Box 16 Mt Gravatt 4122 or via email to grapop@dodo.com.au.

Your questions and responses may be anonymous for publication, but we will require your full name and address to be submitted to ensure genuineness. When forwarding a response, please refer to the issue or question raised so that we may correctly associate it to the issue or question.

Issues and Responses are published in the Members Forum as-is without any recommendation as to their suitability or accuracy. The opinions expressed are entirely those of the contributor. Care should be taken if following advice or suggestions presented and it is strongly recommended that the advice of your GP or Specialist is taken in all cases.

Remember we **cannot** offer medical advice – this can only be offered by a registered Medical Practitioner.

MGAQ Web Site Update

The Management Committee is currently in the process in arranging for our current Internet web site to be re-designed to make it more appealing and interesting to visitors.

Our site (www.mg-qld.gil.com.au) is a static page and contains only limited information. What we propose to do is:

- provide links to archived newsletters with a selection page;
- have links to other interesting MG sites;
- provide a general information page;
- have a contacts page from where you will be able to email directly to the association.

If you have any ideas on what else we should provide on our web site please let the Secretary know.

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KEEP YOUR BRAIN ACTIVE WITH THE TRIVIA QUIZ

Unfortunately because of space considerations, there is no Trivia Quiz this month, but it will return next month.

**Brain cells come and brain cells go,
But fat cells live forever.**

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MGAQ AWARENESS TRIP TO WESTERN QUEENSLAND

At our May meeting, the Management Committee decided that it was time to increase the awareness of the Association's existence and provide information on MG and what support is available to people outside of the South-east corner of Queensland. As the first stage of this process, the Committee made an offer to Vice-President Shirley for her and her husband Nev to undertake a trip throughout Western Queensland visiting chemists, doctors, community health centres and other interested parties dispensing information 'packs' on MG. The trip was to be supported by advertising in local newspapers. Shirley accepted the offer and here is Shirley's report on that trip:

A few weeks ago, Nev and I made a quick decision to accept the committee's offer for someone to go west and distribute information about Myasthenia Gravis. We set off on 18th June and travelled by car to Toowoomba, on to Longreach via Chinchilla, Charleville, Blackall and then to Mackay, from where we flew home on 30th June.

We were accepted very well by everyone (with the exception of one person who informed us she did not donate to charities over the counter, but when we told her we were giving, she was a little more gracious!). Our information pamphlets had a little note starting with "**Perhaps you or someone you know has Myasthenia Gravis...**" We hope that these pamphlets will enable the Association to offer support to anyone who might respond.

A lot of advertising was organised in the local newspapers (thanks to Gordon, who also answered the 1800 line). We have had considerable response and interest as a result of this advertising. It has prompted me to realise that there is a lot more to do.

Maybe our members would like to help by distributing our information "pack" in their area. If so, give a call to 1800 802 568 and I will gladly send some information for you to hand to your local hospital, doctor, chemist, ambulance or, in our case, anyone who will listen. I found someone in a craft shop who was very interested in reading up on MG.

We had a very enjoyable get-together in Mackay with some members, organised by our co-ordinators, Owen and Gwen. It was great putting faces to names. Also we had a coffee with a member who lives on a boat with her husband. Although the weather was a bit windy and cold we enjoyed meeting everyone, and were made to feel very welcome.

Overall, we visited 78 medical Practitioners, 17 Hospitals, 19 Ambulance stations, 43 chemists and 53 other places such as Aboriginal & Torres Strait Health centres, Government Health centres, Flying Doctor depot, Angel Flight Depot and dentists.

We feel that the trip was very successful in increasing the awareness of both MG and of the support offered by our Association.

Nice to be home with our family and friends.

Best wishes
Shirley and Nev

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Time may be a great healer, but it's a lousy beautician.

* * *

Talk is cheap because supply exceeds demand.

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Annual General Meeting

Members are invited to attend the Annual General Meeting of the Association to be held on **Sunday 26 August 2007** at the **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 Shopping Centre .We will have access to the venue from 10am, with the AGM proceedings to commence at 10:30 sharp. After the various reports have been presented, the composition of the Management Committee for 2006/7 will be announced. Sufficient nominations have been received to fill all positions on the Management Committee. The agenda for the AGM will be published in the August 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 20 August 2007. 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.

Here is a 'mud' map of where the hotel is: (UBD Map 181 Reference N5)



REMINDER - IT'S MEMBERSHIP SUBSCRIPTION RENEWAL TIME

It's that time of the year again when Membership Subscriptions are due.

The envelope in which this notice was enclosed will advise you when your membership expires. If you look along the top line you should see "YOUR NAME" followed by some figures in smaller print than your address.

The majority of members will have 6/07 which tells you (and us) that you are financial to 30 June 2007. Others may show 6/08 or even 6/09 to indicate they have saved time and postage by paying in advance. However, there are others whose envelopes still show 6/05, 6/04, 6/03, or 6/02 and we continue to send our newsletter and other matter to these unfinancial members because we do not know what they want. If you are unfinancial, please take a minute to ring on the FREE call number, 1800 802 568 and advise whether or not you wish to retain your membership and receive "MessaGes".

LIFE MEMBERS and PAID-UP LIFE MEMBERS do not pay further subscriptions.

Please help to make our Treasurer happy - he loves writing receipts.

.....
Tear off along this line

Herewith please find my cheque / money order / cash for the sum of \$ _____ being annual subscription \$ _____ and/or Donation \$ _____:

NAME: _____ **Category A – Myasthenic \$15**
Category E – Supporter \$15

ADDRESS: _____

AND FOR: _____ **Category D – Carer \$5**

ADDRESS: _____

Your receipt will be forwarded to you with the next available issue of "MessaGes" following receipt of your payment. If you do not receive your receipt, please ring us on the toll free number 1800 802 568.

We thank you in anticipation of you renewing your membership.

For those of you who have already renewed your membership, we thank you, especially those who forwarded a donation with their subscription.
