



MessaGes

MYASTHENIA GRAVIS ASSOCIATION OF QUEENSLAND INC.

JULY 2016

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

G'day all,

Thank goodness the Federal election is over and the TV and radio airwaves will not be subject to an incessant barrage of political advertising.

And the financial year has ended and tax time is here again. Why is it, that as one gets older, the years seem to go faster?

In this edition you will notice an item highlighting the receipt of another large donation to the MGAQ. While we appreciate these large donations, it does not diminish in any way, the appreciation and value of the many smaller donations the MGAQ receives from its members and supporters.

An example of how these donations are used is with the newsletter, *MessaGes*, which is now published fully in colour instead of part colour, part black and white.

Nominations have closed for positions on the Management Committee for the 2016/2017 year. I have decided, for a variety of reasons, not to accept my nomination for the position of President. This will mean that nominations for

President will be called for from the floor of the Annual General Meeting and I sincerely hope that someone will put their hand up to take on this position of leading the MGAQ forward.

I will continue as President until the AGM and would like to thank the current committee for their support throughout the past year. I also thank those who were kind enough to nominate me to continue as President.

A complete list of accepted nominations for 2016/2017 and the Agenda for the AGM will be published in the August issue of *MessaGes*.

As I mentioned last month, the Mid-year function held on June 12, was a great success, and a more comprehensive report on the function is in this edition of *MessaGes* (many thanks to Rachel Grant for the report).

Finally, I would again remind members to please renew their membership of the Association as any organisation is only as strong as the members who support it.

**Cheers
Graeme**

Supported by



Queensland
Government

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MYASTHENIA ALLIANCE AUSTRALIA NEWS



Myasthenia
Alliance Australia

Three alerts were successfully issued via the MAA register. They shared concerns and items which apply to everyone in Australia.

There was good conversation nationwide regarding June being awareness month. Hopefully this can be expanded each year going forward.

The next Committee meeting will be held on July 25th.

Follow the work of the Alliance by registering at the website

www.myastheniaallianceaustralia.com.au

NEWS FROM AROUND QUEENSLAND

News from Cairns

It was wonderful to welcome Victorian MGAQ members, Chris and Bruce, who attended our recent get-together in June and shared their MG journey with us. Many of our members in Cairns find face to face get-togethers every couple of months a great support for their MG journey. For more information, please contact Donna on 0414 397 462

News from Townsville.

Lunch Saturday 23rd July 2016
For details contact
Daphne 0400 778 637.
Email: daphclay@gmail.com

News from Mackay

Our next get-togethers will be held on the following dates:
Sunday, 18 September, 2016 at 12 noon for lunch at Mt. Pleasant Tavern.
Sunday, 13 November, 2016 for the Christmas lunch at 12 noon will be held at Souths, Milton Street.

News from Rockhampton

For more information, contact Jeanne Harp.
jharp08@hotmail.com or 0437 048 361.

News from Wide Bay (Hervey Bay)

There aren't any meetings scheduled for Wide Bay currently, but if you need more information, contact Jan

Powell, Ph. (07) 4128 6045, Mobile 0429 622 438 or
Email Janpowell3@bigpond.com

News from Wide Bay (Gladstone)

If you would like to find out if there are any upcoming functions, or get-togethers, contact Garth, the local support Co-Ordinator for Gladstone-Wide Bay on mobile 0408 155 954 or (07) 4973 7983

News from the Sunshine Coast Group

Our last gathering had a good turn up and we enjoyed a leisurely lunch together. Please mark your diaries for the next meeting which will be Saturday 6th August at the Buderim Tavern at 12noon. Hope to see you

there. Please contact me if you have any queries. Colleen McLean 0409 491 789.
colleen4551@gmail.com

News from the Gold Coast

While Nader is overseas, Angela is filling in. Angela's contact number is 0427 752 956.

News from Darling Downs

Love to hear from anyone whom I can be of assistance to in anyway.

Debbie Hawkins, Email debsy570@yahoo.com
phone (07) 4628 6103, mobile 0457 148 486.

Please leave a message and I will return calls or reply via email.



Please send in contributions to the Members' Forum – it provides an ideal opportunity for members to share their experiences or questions. It is YOUR Forum and shared experiences with fellow MG sufferers makes understanding the condition just that little bit easier. 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 info@mgaq.org.au

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.

SPONSORSHIP SUPPORT



The MGAQ Inc. is very grateful to the anonymous private sponsor who has again renewed their donation as a major sponsor of the work undertaken by the MGAQ.

This continued support is both rewarding and encouraging to those involved with the Association who give so freely and generously of their time to assist others.

Seeking such sponsorship remains a priority to the Association, as

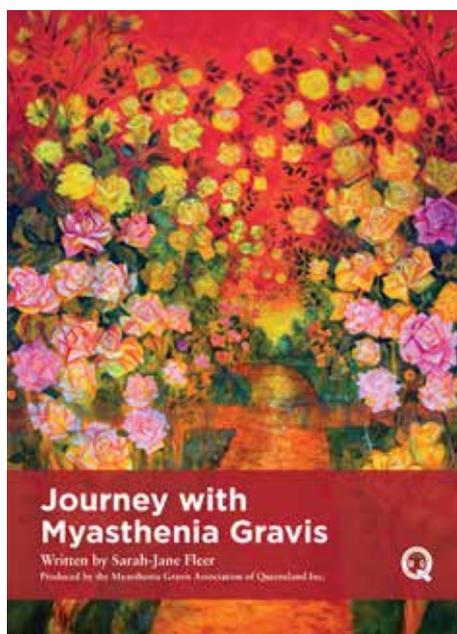
government funding is interim only. Our Corporate sponsor **Ausenco Ltd.** also remain actively interested in the work of the Committee and this is wonderful.

Should a reader be aware of an individual or company interested in becoming a major sponsor, please make contact with the Secretary.

Donations of all sizes make a big difference to the Association and are always gratefully received.

“JOURNEY WITH MYASTHENIA GRAVIS” - A BOOK BY SARAH-JANE FLEER

Another milestone for the 'Journey' book and promoting Myasthenia! Our first sale to an overseas reader has occurred. On this occasion the book went to Northern Ireland. I am sure that the Australian experiences will resonate with those across the waves.



Raising awareness of Myasthenia is as important as always. The book demonstrates the uniqueness of each journey with the condition. It aims to support those affected as well as their families and friends.

Contact the Association on 1800 802 568, email at info@mgaq.org.au or go to our website www.mgaq.org.au if you wish to purchase a copy.

PROJECT UPDATE

SURVEY PROGRESS

Just a reminder that we are still issuing surveys which are being returned to the RBWH for subsequent data collection. Let us know if you are yet to receive a survey and we will send it out.

There is no cost involved in participating - just time!

If you, or a family member, or a friend, would like to be involved in any aspect of the work undertaken by the Association, do make contact on

**1800 802 568 or
info@mgaq.org.au**

as we would be delighted to discuss options with you.



This month, we welcome the following new members:

Zoe and Lisa - Hillcrest, Queensland

Marie - Labrador, Queensland

Jim - Labrador, Queensland



Myasthenia Gravis Association of Queensland Mid-Year Function June 12, 2016



ABOVE: Graeme Peters, MGAQ President, presenting guest speaker, Dr Anthony Pane, with a Certificate of Appreciation and a copy of the MGAQ book 'Journey with Myasthenia Gravis'.

RIGHT: Back (L-R): Garth McClure (Wide Bay - Gladstone); Jan Powell (Wide Bay - Hervey Bay); Debbie Hawkins (Darling Downs); Jeanne Harp (Rockhampton); Bill Harris (Mackay).
Front (L-R): Jo Perkins (Townsville); Donna Formosa (Cairns); Colleen McLean (Sunshine Coast)
Absent: Daphne Clay (Townsville) and Nader Amiri (Gold Coast)



The mid-year function on Sunday, 12 June was a great success and enjoyed by all who were able to attend.

This function was timed to also celebrate the 25th anniversary of the MGAQ and to acknowledge that June is MG Awareness Month.

We welcomed our Regional Co-ordinators as well, and thanked them for taking the time to come to Brisbane for a meeting amongst themselves to talk over ideas and thoughts for going forward.

Regional Co-Ordinators meet in Brisbane

by Donna Formosa

A commitment by the MGAQ Management Committee is to ensure that all members throughout Queensland are represented.

Regional co-ordinators were invited to attend a Regional Co-ordinator's meeting in Brisbane recently, to coincide with the MG Awareness Month of June.

The co-ordinators at the meeting were from Cairns, Towns-

ville, Mackay, Rockhampton, also Darling Downs (Taroom), Wide Bay (Gladstone and Hervey Bay), the Sunshine Coast and Gold Coast.

It was a wonderful opportunity for the Co-Ordinators to network and share ideas with each other.

Each region that was represented, shared some of the challenges that their members with MG face, such as limited medical services or the lack of knowledge of the condition from their local hospitals.

It was also wonderful to hear how some of the regions support MGAQ members by holding regular get-togethers or keeping in touch with them by phone.

To finish off the weekend, co-ordinators also attended the MGAQ June Function, with guest speaker, Dr Anthony Pane on Sunday.

Thank you to all the co-ordinators for the support you give to our members in the Regional areas.



Myasthenia Gravis Association of Queensland Mid-Year Function



Rachel Grant and Graeme Peters cutting the MG Awareness Cake (Rachel is contracted by MGAQ for the publicity campaign)



Members chatting at the June Meeting



Brisbane Meeting Draws Big Crowd

Rachel Grant

Fifty people gathered at the Southern Cross Sports Club in Brisbane on 12 June for the annual mid-year meeting of the MGAQ. The MGAQ's regional coordinators from across Queensland also travelled to Brisbane to attend this gathering.

For some it was their first time. The meeting even attracted an attendee from the Northern Territory and representatives from our major sponsors!

Brisbane Neuro-Ophthalmologist, Dr Anthony Pane, gave

a very informative presentation about MG and eye conditions. Dr Pane has a special clinical and research interest in neuro-ophthalmology.

His talk covered the symptoms, diagnosis and treatment of ocular MG. The talk generated much interest, with many people asking questions.

Dr Pane's talk was followed by lunch, allowing attendees plenty of time to catch up with friends and meet new people. This networking time was particularly invaluable for the MGAQ's regional coordinators. They also met the day before

to discuss the role they have voluntarily undertaken.

The regional coordinators provide a vital link between the MGAQ and MG sufferers living in regional Queensland. These coordinators organise local get-togethers and provide telephone support to Myasthenics and their carers. There are 10 currently regional coordinators volunteering around the State.

As the meeting coincided with national Myasthenia Awareness Month, a cake was cut to celebrate this special month and the MGAQ's recent efforts in raising awareness of MG.

MGAQ Discussion Forum is a "Closed Facebook Group" which allows like-minded people to communicate between each other in a safe forum.

New members need to JOIN and then be approved by Admin before they can join the conversation.

Only members who also belong to the group can see the posts or chats within it.

This is a wonderful forum to share your MG Journey and chat to others on their MG Journey.

To join:- www.facebook.com/groups/mgqld/



The **MGAQ Facebook Page** is an "Open Facebook Page." The difference is that this page is Public and can generally be seen by anyone on Facebook. The Facebook page allows the MGAQ to communicate broadly with people who "Like" the page.

When the MGAQ publish a post or an announcement it appears in the newsfeed of people who "like" the page.

To spread the awareness of MG we need as many people as possible to "Like" the page. Help us to achieve this by visiting the MGAQ Facebook Page and click "Like" at www.facebook.com/mgqld/

BAMBOOZABLES

www.thinkablepuzzles.com

Answers below



SUDOKU

www.theteacherscorner.net Printable Sudoku

	4		1					3
	8		9	4				2
	5	1		3			4	9
		5	6		2			4
	3			1			6	
9	6		7			2	8	
4				6		5	3	
7	1	3			8			6
				7	4		1	

And remember, no peeking at the answers unless you really have to

8	1	9	4	7	3	6	2	5
6	2	4	8	9	5	3	1	7
7	3	8	2	1	6	9	4	5
1	8	2	7	5	3	4	6	9
5	6	3	2	4	1	9	7	8
4	9	7	8	2	6	5	3	1
9	4	6	3	7	8	1	5	2
2	5	1	8	3	7	6	4	9
3	8	7	9	4	6	1	5	2
6	4	9	1	2	5	8	7	3

Bamboozable Answers: 1. Falling Temperature; 2. Two Under Par; 3. Fat Chance; 4. Broken Heart; 5. Hot Under the Collar; 6. Head in the Sand

IT'S MEMBERSHIP SUBSCRIPTION RENEWAL TIME

MEMBERS CAN NOW ALSO PAY THEIR ANNUAL FEES VIA THE MGAQ WEBSITE
www.mgaq.org.au/membership-application-form

It's that time of the year again when Membership Subscriptions for the financial year 2016/2017 are due.

As voted at the 2015 Annual General Meeting, membership fees have increased this year by \$5 for each type of membership. 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. If you receive the newsletter by email and are unsure whether or not you are currently financial, please phone our 1800 802 568 freecall number to enquire.

The majority of members will have 6/16 which tells you (and us) that you are financial to 30 June 2016. Others may show 6/17 or even 6/18 to indicate they have saved time and postage by paying in advance.

If you are unfinancial, please take a minute to phone 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. We are also giving you the option of paying your subscription directly into our bank account.

Our bank details are:

BANK: Bank of Queensland

BSB: 124 032

ACCOUNT NUMBER: 10263772

ACCOUNT NAME: Myasthenia Gravis Association of Qld Inc.

REFERENCE: Your Name and Initials

If you use the direct deposit method, it would help if you could email us at info@mgaq.org.au to advise that you have paid directly into our bank account and the date of the transaction. This will assist the Treasurer in reconciling with the Bank Statement.

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.



If you wish to pay by Cheque or Money Order, please use the following form and forward to:

The Myasthenia Gravis Association of Queensland Inc.

PO Box 16

MT GRAVATT Qld 4122

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

NAME _____ **Category A Myasthenic \$20**

(or) Category E – Supporter \$20

ADDRESS _____

And for _____ **Category D – Carer \$10**

ADDRESS _____



Myasthenia Gravis
Association of Queensland Inc.

2015/2016 ANNUAL GENERAL MEETING

When

Sunday 11 September at 10.00am sharp.

Where

**Southern Cross Sports Club, Corner Klumpp and Logan Roads,
Mt Gravatt** (*vehicle entry to club is via Klumpp Rd*).

Lunch is available at the venue with a varied and reasonably priced menu. Tea and coffee will be available prior to the meeting.

Guest Speaker

Megan Fookes from "Rare Voices"

What do I need to bring?

Yourself and whomever else you wish to bring along – the more the merrier.

How do I get there?

UBD Map 201 Reference D7

RSVP

Ring our **FREECALL 1800 802568** and tell Shirley if you are coming, how many and if you are staying for lunch.

Please let her know by **Friday 02 September 2016**