



# MessaGes

Myasthenia Gravis Association of Queensland Inc

**MARCH 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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Neurologist  
Founder Member, of Brisbane

## **PRESIDENT'S REPORT**

It has certainly been a very wet month and I am hoping all our members are safe from the floodwaters. We have still experienced many hot days so looking forward to the cool weather to come.

As this is being written before we travel to Cairns, the committee is looking forward to our trip to Cairns on 13<sup>th</sup> March for our Management Committee meeting at the Cairns RSL Club. We are hoping to get a good roll up and it will be good to meet you all. We arrive in Cairns on the Friday and leave on the Sunday so we may see something of Cairns in that time. A report on the meeting will be in the April issue of *MessaGes*.

I would like to say thank you to Robyn who brought her mother Sybil to our last committee meeting to find out more about Myasthenia Gravis. Robyn volunteered to do our flyer and advertising for the Cairns trip and it was very much appreciated.

The committee is still trying to work out our projects for the year but do not want to rush into something that will not be beneficial to the members or the Association. This may take some time to get off the ground but if we do the proper work before hand it will be more successful later on.

We are also looking into Guest Speakers for our Meeting in June and the AGM in September. As we have had very good reports from the last three Guest Speakers we want to keep up the good work.

I am on holidays from next week for 5 weeks visiting Los Angeles, New York, Washington and Hawaii. So really looking forward to the break and seeing something very different from Brisbane.

Again I repeat, please send in contributions to our Members' Forum – it provides an ideal opportunity for members to share their experiences or questions. It is YOUR Forum and sharing your MG experiences with fellow MG sufferers makes understanding the condition just that little bit easier.

Take care

*Anita*

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**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 REGIONAL COORDINATORS**

HANNA	4054 4538	FAR NORTH QLD
CAROL	4773 7122	TOWNSVILLE
GWEN	4954 5353	MACKAY
JOAN / HAROLD	4928 1438	ROCKHAMPTON
SHIRLEY	5443 1728	MAROOCHYDORE SUNSHINE COAST
JOHN / MARILYN	5532 4547	GOLD COAST
SHARON	4151 7661	BUNDABERG/WIDE BAY
VACANT		DARLING DOWNS

**CHAT LIST – QUEENSLAND REGIONAL MEMBERS**

JUDIE	0439 461288	AIRLIE BEACH
KELLY	4728 4913	AITKENVALE
JOHN	4783 1556	AYR
YVONNE	4783 4643	AYR
MARK	4067 1784	BABINDA
SARA	0422 109492	BLACK RIVER
HENRY	4982 6507	BLACKWATER
PAMELA	4151 5499	BUNDABERG
ROBYN	5520 4242	BURLEIGH HEADS
MOYRA	5576 4979	BURLEIGH WATERS
PATRICIA	5535 0274	BURLEIGH WATERS
DENISE	4788 0798	BUSHLAND BEACH
AILSA	4055 1303	CAIRNS
DAVID	4053 2291	CAIRNS
RON / HELEN	4051 3286	CAIRNS
GEOFFREY	5491 5472	CALOUNDRA
OWEN	4742 1190	CLONCURRY
CAROLYN	5472 0386	COOROY
BARRY	5483 1783	CURRA
GLORIA	5534 2669	CURRUMBIN
MELISSA	4662 3337	DALBY
ELIZABETH	4936 2410	GLENLEE
LILLIAN	49334281	GRACEMERE
SHIRLEY	4128 3596	HERVEY BAY
JAMES / ROSEMARY	5530 1558	HOPE ISLAND
TERRY	5494 2470	MALENY
RAY / MARY	5443 8667	MAROOCHYDORE
MAUREEN	5572 7993	MERMAID BEACH
ROBERT	5492 9754	MOOLOOLAH VALLEY
JOY	4165 4647	MUNDUBERRA
MICHAEL	5545 2802	NORTH TAMBORINE
DAVID	5474 5534	NOOSA
MARLENE	5447 4986	NOOSA HEADS
SHARON	4151 7661	NORTH BUNDABERG
TOM / SCOTIA	4693 3730	PITTSWORTH

BARBARA	4124 2312	POINT VERNON
BILL / COLLEEN	4926 2410	ROCKHAMPTON
DONALD	5563 7207	RUNAWAY BAY
HELEN	5445 4853	SUNSHINE COAST
HEATHER	4728 7550	TOWNSVILLE
JO	4723 8721	TOWNSVILLE
VALMA	4068 0702	TULLY
KATHLEEN	416178458	UPPER COOMERA
RAJKO	5556 0639	UPPER COOMERA
PERLA	4939 2724	YEPPOON
IAN	4623 5169	YULEBAR

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### Shirley's Recipe

### **MADIERA CAKE**

(from an old cookery book)

#### **Ingredients:**

- 2 cups plain flour
- 1 teaspoon baking powder
- 185g (6oz) butter or margarine
- ¾ cup caster sugar
- Grated rind of ½ lemon
- 3 eggs
- 2 tablespoons milk
- 2 – 3 strips of candied peel (optional for decorating)

#### **Method:**

1. Line and grease a deep 18cm (7 inch) cake tin.
2. Sift the flour and baking powder together and set aside.
3. Cream the butter and sugar together with the lemon rind until light and fluffy.
4. Beat the eggs in one at a time, adding a tablespoon of flour with the last two.
5. Carefully fold in the remaining flour, then add the milk.
6. Place the mixture in the prepared cake tin and bake in a preheated moderate (180°C or 350°F) for 1 hour.
7. Arrange the candied peel on top of the cake and bake for a further 30 minutes.
8. Leave in the tin for 5 minutes, then turn out onto a wire rack to cool.

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### **Future Planned Activities**

Saturday 19 June 2010	Co-ordinators Conference – Brisbane
Sunday 20 June 2010	Guest Speaker Function – Brisbane
Sunday 12 September 2010	Annual General Meeting – Brisbane
Sunday 12 December 2010	Christmas Function – Gold Coast

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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**Check Out SCAMwatch**

SCAMwatch is a website owned and operated by the Australian Competition and Consumer Commission (ACCC), and is there to help you protect yourself from scams. It is also the campaign portal for the Australasian Consumer Fraud Taskforce.

Find out more about how scams work and how to protect yourself. Check out victims' stories from fellow Australians who have been stung by scams.

- Identity theft scams
- Mobile telephone scams
- Health and medical scams
- Job and employment scams
- Investment scams
- Chain letter and pyramid scams
- Banking and online account scams
- Lottery and competition scams
- Money transfer requests.

You can register for free SCAMwatch email alerts. You can also report scams to the ACCC and other government agencies through SCAMwatch.

Go to: [www.scamwatch.gov.au](http://www.scamwatch.gov.au)

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**OLDIES BUT GOODIES**

An elderly gentleman had serious hearing problems for a number of years. He went to the doctor and the doctor was able to have him fitted for a set of hearing aids that allowed the gentleman to hear 100%.

After a month he went back to the doctor and the doctor said, "Your hearing is perfect. Your family must be really pleased that you can hear again."

The gentleman replied, "Oh, I haven't told my family yet. I just sit around and listen to the conversations. I've changed my will three times!"

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Two elderly gentlemen from a retirement centre were sitting on a bench under a tree when one turns to the other and says: "Slim, I'm 83 years old now and I'm just full of aches and pains. I know you're about my age. How do you feel?"

Slim says, "I feel just like a newborn baby."

"Really! Like a newborn baby!?"

"Yes. No hair, no teeth, and I think I just wet my pants."

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Three old guys are out walking.  
First one says, "Windy, isn't it?"  
Second one says, "No, it's Thursday!"  
Third one says, "So am I. Let's go get a beer."

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## HELP - WE NEED YOUR IDEAS



The Committee would also like to hear from our membership on the following topics:

What would you like to see in the Newsletter?

What topics would you like to be considered for a Guest Speaker?

How can we better improve the services and support to our members?

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### NEWSLETTER EDITOR

As mentioned previously in *MessaGes*, we are looking for someone to take over the role of editor of this publication. To date there has been one response. This is the final call for others who would be willing to take on this important task.

The current editor will continue to print and distribute the newsletter.

The newsletter is a vital part of our communication with our members, but if we have no editor, we have no newsletter. So please, the Management Committee is pleading with our membership to help us in this matter.

If you can help, please contact the Secretary on (07) 32884484 or email [mgaq@gil.com.au](mailto:mgaq@gil.com.au) for more information.

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#### Secretary on Holidays

Please note that the Secretary will be absent on leave from March 14 to April 9 2010. Please send any emails to [mgaq@gil.com.au](mailto:mgaq@gil.com.au) during this period.

### BUMPER STICKERS

Here are some car bumper stickers seen around the world:

Watch out for the idiot behind me!

Stupidity is not a crime so you're free to go

Mothers with teenagers know why animals eat their young

A bartender is just a pharmacist with a limited inventory

According to my best recollection, I don't remember

Age is a high price to pay for maturity

Always remember you're unique, just like everyone else

All those who believe in psycho-kinesis raise my hand

Doctors say I have a multiple personality, but we don't agree with that

Everyone is entitled to My opinion



**KEEP YOUR BRAIN ACTIVE**

This month it's back to Trivia – multiple choice. Answers are at the bottom.

1. What part of the body does the lacrimal gland lubricate?  
a) Eyes b) Ears c) Nose
2. What was the last word uttered by Napoleon?  
a) France b) Josephine c) Adieu
3. Which island group includes Jersey, Guernsey, Sark and Herm?  
a) Outer Hebrides b) Channel Islands c) Orkneys
4. Who was John the Baptist's mother?  
a) Anne b) Elizabeth c) Ruth
5. Raminea is in which Australian state?  
a) Victoria b) Queensland c) Tasmania
6. Which country is bordered by Algeria, Niger, Chad, Egypt, Sudan and Tunisia?  
a) Libya b) Iraq c) Ethiopia
7. What is the smallest mammal?  
a) Star-nosed mole b) Dwarf gerbil c) Pygmy shrew
8. What is the name of the little tags on the end of shoelaces?  
a) Grophites b) Aglets c) Marnets
9. What mountains form the spine of Italy?  
a) Dolomites b) Alps c) Apennines
10. Which Eastern European country are you in if your pockets are stuffed with Stotini?  
a) Bulgaria b) Romania c) Hungary
11. What Grand Duchy is bordered by Belgium, Germany and France?  
a) Leichtenstein b) Monaco c) Luxembourg
12. On what island did Napoleon die?  
a) Elba b) Corsica c) St Helena
13. What was the first country to remove nuclear weapons from its arsenal?  
a) India b) Canada c) France
14. What is the capital of the US state of Kentucky?  
a) Lexington b) Frankfort c) Louisville
15. Which country invented the hat called a fez?  
a) Egypt b) Tunisia c) Morocco
16. Where is it bad luck to say 'Macbeth'?  
a) In a theatre b) In Scotland c) On a ship
17. In 1993 the US Postal Service printed 500 million of a stamp featuring who?  
a) Princess Diana b) Elvis Presley c) Martin Luther King
18. How many keys are on a standard piano?  
a) 75 b) 88 c) 92
19. What is the term for a string of words with similar starting sounds?  
a) onomatopoeia b) Alliteration c) Bathos
20. How many parallel lines are there on one staff of music?  
a) Five b) Six c) Seven

Answers: 1. a; 2. b; 3. b; 4. c; 5. c; 6. a; 7. c; 8. b; 9. c; 10. a; 11. c; 12. c; 13. b; 14. b; 15. c; 16. a; 17. b; 18. b; 19. b; 20. a

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Why do psychics have to ask you for your name?

Why is abbreviation such a long word?

Why are there Interstate Highways in Hawaii?