



MessaGes

Myasthenia Gravis Association of Queensland Inc

MAY 2009



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

Thanks to our counterpart Rona in Western Australia who rang to say how much she enjoyed reading the positive story from Melissa in the April issue of MessaGes. She also told me how much we will enjoy Dr Reddel's presentation on 14 June, as he attended one of their meetings to be guest speaker and was a roaring success. So come on, let's all turn up and make our occasion a success so that Dr Reddel will know that his visit to Brisbane is not in vain. 1800 802 568 is the number to ring and let me know how many of yourself, your family and friends will be attending (please let me know by 5th June). I will also need to know if you will be staying for lunch.

I came across some letters and cards I wrote and received while I was in Sydney having my thymectomy in August 1977. My original intention was to write a diary on my progress, but that did not happen. For a few weeks after the operation I did not have many MG symptoms and on reading the letters I discovered the most important tasks I could perform with my new strength were writing and washing my own hair. Strange how simple things mean the most.

Our previous President, Dennis, has had another knee operation and is now recuperating at home. Whilst in hospital he had a setback, but is now feeling OK again. Keep on moving on Dennis – we all send our love.

And finally, our sincerest sympathy goes out to Kath Ross and her family on the passing of her husband, Frank. Frank was a great worker and supporter of the Association since its inception and we will remember him fondly.

That's all for now,

Shirley

Consciousness – that annoying time between naps.

Supported by



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 – INTERSTATE MEMBERS

BARRY / JO	02 6285 2661	CANBERRA ACT
MARILYN	02 6291 8287	CANBERRA ACT
JEAN	02 4937 3110	KURRI KURRI NSW
ROBERT	02 6652 6745	COFFS HARBOUR NSW
ERMELINDA	02 4392 7925	LAKE HAVEN NSW
FRANK	02 6767 1031	TAMWORTH NSW
ELLEN	07 5599 9511	WEST TWEED HEADS NSW
CANDY	02 6847 3732	WARREN NSW
PENNY	02 4868 2213	MOSS VALE NSW
NADINE	03 5766 2848	VICTORIA
MIKE	03 5743 1106	YARRAWONGA VIC
CORAL	03 5865 1378	KATAMATITE VIC
TAMARA	0409 186 809	HOPPERS CROSSING VIC
ROLAND	03 9702 5107	BERWICK VIC
DORA	03 5821 4191	SHEPPARTON VIC
RONA	08 9459 7168	MADDINGTON WA
DIANE	03 6327 2563	RIVERSIDE TAS
DAPHNE	03 6428 6733	SQUEAKING POINT TAS
PROSPER	08 8285 7016	ALICE SPRINGS NT

WEB-Site Update

PLEASE NOTE: As our email address was compromised by an unscrupulous person who 'kidnapped' it to send 'spam' emails, we have had to change it to mgagq@gil.com.au

Our website address is now www.mgagq.org.au. Please change your bookmark to reflect this.

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ATTORNEY: Can you describe the individual?

WITNESS: He was about medium height and had a beard.

ATTORNEY: Was this a male or a female?

WITNESS: Guess.

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Shirley's Recipe

GAILS RHUBARB CAKE

(From JUDIE A)

Cake:

Ingredients:

350g rhubarb cut into 4cm lengths	200g caster sugar
Zest & juice ½ orange	140g butter, softened
2 eggs, beaten	½ teaspoon baking powder
85g self-raising flour	100g ground almonds

Method:

1. Mix rhubarb with 50g sugar and orange zest. Set aside for one hour.
2. Butter and line base of loose-bottom tin.
3. Cream butter and remaining sugar, add eggs one at a time, then add baking powder, almonds and flour. Mix gently then stir in orange juice. Spoon into tin.
4. Drain rhubarb and spoon over mixture. Bake in oven (190°) for 25 – 30 minutes.

Topping:

Ingredients:

25g brown sugar	25g butter
Zest & juice ½ orange	70g slivered or flaked almonds

Method:

1. Melt butter, stir in sugar, zest and juice of orange, and almonds.
2. Sprinkle over cake and cook a further 20 or so minutes.
3. Cool in tin for 20 minutes.

NOTE: Apples may be used instead of rhubarb

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OBITUARY – Frank Ross 1924 - 2009

It is with great sadness that we advise of the passing of Mr Frank Ross. Frank has been a member of our association since 1994 and served in various positions on the Management Committee for 10 or so years. Although he did not join the Association until 1994, Frank helped and supported his wife, Kath, from the time that she initiated the formation of the association in 1991. Frank always had a joke to tell on every occasion and was not backwards in coming forwards with his opinions, and certainly kept the committee on their toes. His memory will remain.

To Kath and her family go the Association's sincerest thoughts.

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NOMINATIONS FOR MANAGEMENT COMMITTEE FOR 2009 / 2010

By now all current financial members should have received a form calling for nominations for positions on the Management Committee for the year 2009/2010. If you are currently financial, but have not yet received a nomination form, please contact Shirley on our Freecall number 1800 802 568.

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Members' Forum

You have until Friday 15 May to submit questions on medications to a staff member from the MEDICATIONS HELPLINE (refer March newsletter). At this late stage, please submit all questions through our Freecall 1800 802 568 phone number.

This month Perla asks:

"Hi! I have been suffering from Myasthenia Gravis since I was 25 years old. I am now 61. My husband died last January and I have been suffering from anxiety and panic attacks since then.

I am having problems with the medicine that my GP prescribed for my anxiety. I tried luvox only for a week as it made my myasthenia worse.

Now I am taking EFFEXOR -XR, it is not as bad as luvox but it is making me more nervous.

I would like to ask for information from members who suffer from anxiety - how are they managing it and what medicines are they taking."

Please send in contributions to our Members' Forum – it provides an ideal opportunity for members to share their experiences or questions.

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.

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ALL PUNS INTENDED

Two antennas met on a roof, fell in love and got married. The ceremony wasn't much but the reception was excellent.

A set of jump leads walk into a bar. The bartender says, "I'll serve you but don't start anything!"

Two peanuts walked down the street. One was assaulted.

A man walks into a bar with a slab of asphalt under his arm, and says' "A beer please and one for the road."

Two cannibals are eating a clown. One says to the other, "Does this taste funny to you?"

'Doc, I can't stop singing 'The Green, Green Grass of Home.' 'That sounds like Tom Jones Syndrome.' 'Is it common?' Well, 'It's Not Unusual.'

An invisible man marries an invisible woman. The kids were nothing to look at either.

I went to buy some camouflage trousers the other day, but I couldn't find any.

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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 Prime Minister of the UK?
2. What letter ends all Japanese words which don't end in a vowel?
3. How did Judas Iscariot commit suicide?
4. What children's book did Forrest Gump keep in his suitcase?
5. Who was Robert Leroy Parker better known as?
6. In 1788 Governor Arthur Phillip reached Botany Bay aboard which ship?
7. Which was the first bank established in Australia, in 1817?
8. In which country was the Automatic Totalisator invented in 1892?
9. Turks & Caicos Islands, in the West Indies, is a dependent territory of which country?
10. Which country's flag is all green?
11. How old would Marilyn Monroe have been in 1996?
12. Which mountain range passes through Bhutan?
13. In which Australian state is Poatina?
14. What country received all the Nobel prizes awarded for 1976?
15. In what century did mathematicians first use plus and minus signs?
16. What is the minimum sin-bin penalty in ice hockey?
17. Composer of 'The Planets', Gustav Holst, was of which nationality?
18. The Mongolian currency, the Tugrit, is divided into 100 what?
19. Who is the coach of the Brisbane Broncos?
20. What country's name is Arabic for 'farthest west'?

Answers: 1) Gordon Brown; 2) N; 3) By hanging; 4) Curious George; 5) Butch Cassidy; 6) Supply; 7) Banl of New South Wales; 8) Australia; 9) UK; 10) Libya; 11) 70; 12) Himalayas; 13) Tasmania; 14) France; 15) 16th century AD; 16) Two minutes; 17) English; 18) Mongos; 19) Ivan Henjak; 20) Morocco.

IT'S MEMBERSHIP SUBSCRIPTION RENEWAL TIME

It's that time of the year again when Membership Subscriptions for the financial year 2009/2010 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 6/09 which tells you (and us) that you are financial to 30 June 2009. Others may show 6/10 or even 6/11 to indicate they have saved time and postage by paying in advance. However, there are others whose envelopes still show 6/08, 6/07, etc and we continue to send our newsletter 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 - she loves writing receipts.

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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.

A blonde was shopping and came across a shiny silver thermos. She was quite fascinated by it, so she picked it up and took it to a sales assistant to ask what it was. The sales assistant said, 'Why, that's a thermos.....it keeps hot things hot, and cold things cold.' 'Wow,' said the blonde, 'that's amazing! I'm going to buy it!!' So she bought the thermos and took it to work the next day. Her boss saw it on her desk. 'What's that,' he asked? 'Why, that's a thermos.....it keeps hot things hot and cold things cold,' she replied. Her boss inquired, 'What do you have in it?' The blond replied.....'Two icy poles and some coffee.'

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PRESENTATION BY DR STEPHEN REDDEL

- WHEN:** Sunday 14 June 2009
- TIME:** 10:15am for 10:30am sharp
- WHERE:** Victoria Park Golf Complex, behind the Proshop (near Car Park C), Herston Avenue, Herston. Car parking is available but is at various distances from the Proshop. However, if someone has difficulty walking, they can be dropped off at the Proshop.
- WHAT WILL IT COST?** Meals are reasonably priced and there is a varied menu.
- WHAT DO I NEED TO BRING?** Yourself and whomever else you wish to bring along – the more, the merrier.
- HOW DO I GET THERE?** See map below. (UBD Map 18 Reference H5)
- RSVP** Ring our FREECALL 1800 802 568 and tell Shirley if you are coming, but please let her know by **Friday 5 June 2009**
- Please note:** It is important that we commence at 10:30 sharp as we only have access to the venue until 12:30.

