



# Messages

MYASTHENIA GRAVIS ASSOCIATION OF QUEENSLAND INC.

**MAY 2017**

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

P.O. Box 16  
MT. GRAVATT QLD 4122  
NATIONAL FREE CALL:  
1800 802 568

ABN 92 055 613 137

Email: [info@mgaq.org.au](mailto:info@mgaq.org.au)

Internet: [www.mgaq.org.au](http://www.mgaq.org.au)

### COMMITTEE MEMBERS

#### President

Carol BUCHANAN  
Ph. (07) 4773 7122

#### Vice-President

John NOBLE  
Ph. (07) 3293 4655

#### Acting Secretary

Anita JACKSON  
Ph: (07) 3800 4913

Email: [info@mgaq.org.au](mailto:info@mgaq.org.au)

#### Treasurer

Denise HANNAY  
Ph: 0431 571 399

#### Information Officer

Susan WHITE  
Ph. 1800 802 568

#### Committee

Anita JACKSON  
Ph: (07) 3800 4913

Susan WHITE  
Ph: (07) 3358 1056

Rosalyn HOLLAND  
Ph: 0407 697 206

Donna FORMOSA  
Ph: 0414 397 462

Editor: Greg BREADEN  
Ph. 0419 536 517

Email:

[MGAQ.editor@gmail.com](mailto:MGAQ.editor@gmail.com)

#### PATRON

Dr Cecilie LANDER  
Neurologist

Founder Member, of Brisbane

## PRESIDENT'S REPORT

I am sure that everyone is welcoming the change in weather. Even here in North Queensland, the nights and early mornings are much cooler.

By now, all financial members will have received a letter containing the Annual Elections Call for Nominations for the 2017/18 Management Committee.

If you think you are financial and have not received this information, **phone 1800 802 568** or **email [info@mgaq.org.au](mailto:info@mgaq.org.au)** so that it can be followed up.

Please give this form due consideration, especially as the management committee has operated for the whole year without a designated Secretary and less two members.

Every person on the current management committee has MG and the range of issues associated with it. We are a dynamic, forward-thinking association with the welfare of our members foremost, and to keep up the work and projects already happening, we need enough people to share the load.

Management committee members do not have to live in Brisbane. All we are looking for are people who are willing and committed to helping. Any new committee members will receive much support and help from current members.

June is MG Awareness Month. Please take the time to share information booklets and personal

"stories" during this next month so that each of us is raising awareness of MG.

Remember that the Mid Year function is on **Saturday, 10 June at the Southern Cross Sports Club**. Further details are provided in this newsletter. This get-together is an opportunity to catch up with old friends and meet new ones, take some time to focus on MG and the way it affects you and others and also acknowledge MG Awareness Month. We hope to see you there.

We can now confirm that the Myasthenia Alliance Australia Conference is to be held at the **Concord Hospital Rehabilitation Centre in Sydney, on Saturday, 29 July**. Already we have had quite a number of people who have pre-registered for this important event, so if you are interested, please make sure you do not miss out, as numbers will be limited. You can pre-register by emailing the MGAQ.

Also, please understand that, because we rely on the goodwill of a range of neurologists, we cannot guarantee if and when another such conference will occur.

Finally, if you have not indicated that you want your name on the Chat List that is now included in the newsletter every few months, please do so by contacting [info@mgaq.org.au](mailto:info@mgaq.org.au)

**Carol**

Supported by



Queensland  
Government

Ausenco

"The Myasthenia Gravis Association of Queensland and the Australian Myasthenic Association of NSW, are focused on helping to raise the \$40,000 required to fund the eNID Project"

TARGET  
\$40,000

## MYASTHENIA ALLIANCE AUSTRALIA

# Conference 2017!



It has now been confirmed that there will be a conference for Australian Myasthenics in 2017. Some

members will already be aware of this if registered with the MGAQ or MAA website alerts system.

It is set for **Saturday, 29 July** and will be hosted at the **Concord Medical Education Centre, Concord Repatriation General Hospital, Concord Sydney**. It will be a full day event with easy access for those less able and full day parking at the hospital for \$20.00.

The programme is developing with a very full day anticipated. Individuals are asked to contribute \$50.00 to the Alliance costs when finalising their registration for this Conference.

This will allow us to provide morning tea, lunch and afternoon tea plus a printed programme and gifts to the speakers who will so generously give of their time.

The cost will not support any service fees for organisers etc.

We are expecting the Specialist Doctors to discuss, as a minimum, *'Current Treatments for MG'*, *'Understanding the Changes occurring with IVIg*

*Products'*, *'The eNID Project'* and *'Updates in Regard to Future Research Projects'*.

Time will be set aside for some non-medical speakers and there will be 'break -out' sessions for people with MG to meet and discuss with others who are living with MG'. This is not a conference for the doctors. It

is very much a conference for those affected by MG.

We understand that getting to such a conference can be costly. The Committee will be staying locally at The Quest Apartments, Sydney Olympic Park.

We have arranged for a discount rate to apply to those attending depending on room availability at the request time.

If this is of interest, please write to **Sunny Bawa at [sales.sop@questapartments.com.au](mailto:sales.sop@questapartments.com.au)** and he will assist you further. Please state that you are attending the MG conference in your communication.

An example of the cost would be a 1 bedroom studio apartment without kitchen will be charged at \$199.00 per night and a 1 bedroom apartment with kitchen will cost \$220.00 per night. Twin beds can be arranged for people wishing to share.

The committee are happy to assist where possible. A call will go out to NSW members regarding offers of accommodation or transport. If you would like to pursue this avenue please let us know.

There must be limited spaces available for this event even with it being a bigger and newer venue. One-third of those places have already been secured via pre-registration. Interest has come from Tasmania, Victoria, Cairns and even New Zealand.

Curiously, less interest has been expressed by those living in South-East Queensland.

The Alliance Committee urges you to understand that this event may never be offered again. Without the tremendous initiatives by these leading Specialist Doctors, we would not have this opportunity.

Research and Medical development is currently focused on MG. Undoubtedly this will change in the future. The chance to chat with so many others who are taking this typically life long journey, may never present itself again.

The opportunity to show by strength of numbers, that we want a voice in regard to our future care may not present itself again. The Alliance Committee are all MG sufferers and with the current lack of interest in people stepping forward to contribute to volunteer work, it may fold and that will be the end of that!

**Do seriously consider enquiring, attending and register at [info@mgaq.org.au](mailto:info@mgaq.org.au) or phone 1800 802 568**

Follow the work of the Alliance by registering at the website

[www.myastheniaallianceaustralia.com.au](http://www.myastheniaallianceaustralia.com.au)

# eNID-MG

## The electronic neuroimmunology database for myasthenias

The Association Presidents have received some further details from Dr Stephen Reddel in regard to the progress of the eNID project.

In his comments which are summarised below, he highlights the important part played by the Alliance and the Associations in bringing momentum to this project.

Please read the passage below. It is hoped that it will give you the understanding to commit to this project. If it raises further questions, we would very much appreciate hearing these concerns as the answers will be well received by all.

### Dr Reddel writes -

"In summary this is a project within the MS Base umbrella, so we are using their systems and their associated IT company (Kiandra) which is great for efficiencies of scale and cost minimisation. MS Base has been very supportive of the project and being quite experienced now in IT projects in my opinion there is no way that we could do this for less than a few hundred thousand \$AUD without the efficiencies of piggy backing on their system and their contributions.

MSBase is committed to the project. They are contributing a significant part of the initial finances to allow the build to start. Current predictions are that Kiandra IT will be doing the coding for eNID and eNID MG in June, such that the MG eNID database will be ready for beta testing end July 2017. This testing period is typically weeks- a few months and is followed by a gradual roll out to centres (likely starting with myself in Sydney, Kath in Melbourne, and shortly thereafter Stefan Blum in Brisbane, Ted Burns in USA, Vera Bril and Caroline Barnett in Canada). We are optimistic clinicians will have access to eNID for data entry by the end of 2017."

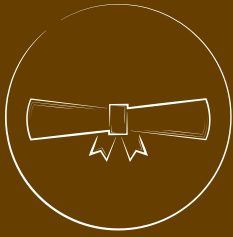
In response to a question about the minimum financial amount required to begin this undertaking Dr Reddel writes "Approximately \$90000AUD, the majority coming from MSBase - note the contributions required some development over time as the degree of adaption from the MS format became clear, both for eNID itself noting that this itself requires a framework, then the specific eNID MG component. While there is not a specific separation between what is required to do eNID generally and eNID MG specifically as there is considerable overlap in the frames. The \$40,000 is reasonably proportionate to the 20 pages currently specifically required for eNID MG (at

a 2K per page cost from the coders). This is a per page basis rather than a time basis, so the coders accept the contingency risk of the actual coding process. The current scope is for 20 pages."

"My strong view is that this will proceed, and that offers of support and fund raising from the Alliance has been a very important component of generating momentum and the funding that we are receiving from MS Base itself. "

Dr Reddel writes that he is confident that the \$40,000.00 will meet the needs of this project and should a shortfall arise he has funds earmarked for other projects that could be diverted. He writes " Secondly we have had discussions with MSBase about covering that differential cost as an interim measure and repaying that with money raised later."

"I think the project has been scoped well within the limitations of a project that is dependent upon others rather than being independent, the reasons for that being given previously. I think it will succeed. We and MSBase are committed and MS Base itself has been a major success, as has the other big IT project I have been working on. However a degree of risk is implicit in any research project - in this case I think minimal. There are many important parts to and parties involved in this project and that it is part of a very big project that makes it possible. We are very grateful for the fund raising support of the Alliance, Associations and discrete individual donors who have contributed, and this offer and effort has been certainly a significant part of generating the momentum for this to proceed, along with the contributions intellectually, on governance and financially from MS Base, and the design work from the scientific group."



# MGAQ STUDENT SCHOLARSHIP WINNERS

It is a great delight for the association to announce the winning entries in the Student Scholarship Competition, which closed April 10.

Three judges reviewed the entries and each felt the passion, frustration, patience and acceptance that makes up an experience with Myasthenia.

Feedback from each participant showed the thought and consideration given to the question:

*“How Myasthenia Gravis Plays a Role in My Life”.*

## KATH ROSS MEMORIAL SCHOLARSHIP FOR HIGH SCHOOL STUDENTS

**Winner \$300.00 prize - Zoe**

**Highly Commended \$150.00 - Kyla**

**Runners-up \$50.00 - Bayden and Hayley**

More details from the works of these students will be shared in coming newsletters.

For now, we heartily congratulate the winners and thank them for bringing a child's, or adolescent's views to the adult community.

Participants, please know that your thoughts are valued and appreciated. We hope to hear more from the younger ones in our community into the future as they have so much to offer.

Their thoughts bring fresh and enthusiastic hopes to a world which involves a chronic illness.

## DEZ ZIMMER MEMORIAL SCHOLARSHIP FOR PRIMARY SCHOOL STUDENTS

**Winners \$200.00 prize equal first - Lauren and Linnea.**

## LOOKING FOR YOUR TIPS ON MAKING A HOSPITAL VISIT SAFER!

For those who follow the Closed Discussion Facebook Group, they may have seen a post by Mark, describing the dramas of some recent hospital stays. The post invoked some very strong responses from the group.

All respondents had experiences to share and tips on how things could be better for them next time.

In response to this, it has been considered that the Association can provide a clear and quick to read A4 poster that can be placed conveniently near your bed for hospital staff to read.

It would give the main tips to be aware of when caring for somebody with MG. You may not be admitted for treatment of your MG, but we all know that it creeps in anyway at times.

The interchange of drugs is of course very important.

A draft design is included here and your additional thoughts and suggestions would be welcomed.

Before being posted for your use, the content will be authorised by leading specialists.

Do comment on the format that you think would be most useful to you.

Please send to these to:

**info@mgaq.org.au** or **PO Box 16, Mt Gravatt 4122**

**MY NAME IS:** \_\_\_\_\_

# I HAVE MYASTHENIA GRAVIS

**“MG” - everyone is different**

PLEASE take a few minutes to read this as it affects how you look after me.  
**Myasthenia Gravis is a chronic autoimmune neuromuscular disease characterised by varying degrees of weakness of the skeletal (voluntary) muscles of the body.**  
 A booklet detailing more about Myasthenia Gravis can be found at: [www.mgaq.org.au/resources](http://www.mgaq.org.au/resources)

My MG Specialist is: \_\_\_\_\_ My GP is: \_\_\_\_\_  
 Phone: \_\_\_\_\_ Phone: \_\_\_\_\_

### What is a MYASTHENIC CRISIS?

Occasionally, muscle weakness can cause severe swallowing or breathing problems (known as a myasthenic crisis) and requires urgent medical attention, INCLUDING BREATHING SUPPORT OR MEDICATIONS

When breathing is depressed it can be detrimental to give high doses of oxygen as this will depress breathing further. **Overdosage of Mestinon (or other drugs in this class) may result in cholinergic crisis**

Extreme fatigue to the point of being tearful, poor concentration making memory and decision making poor. Sleep quality deteriorates too as the body is fighting with the imbalance in the muscles, in particular the breathing muscles. **THERE NEEDS TO BE A FOCUS ON THE IMPORTANCE OF BEST REST, REST TO RECOVERY**

Myasthenia Gravis (MG)  Ocular Myasthenia  Congenital Myasthenia (CM)  Lambert-Eaton (LEMS)

Neonatal Myasthenia  Other Disorders

**Medications / Treatments:** Please ask about: **Dosage or Plasma / Infusion frequency and rates of infusion.**

Pyridostigmine  Corticosteroids  Plasmapheresis  IVIG

Mycophenolate  Azathioprine  Cyclosporine  Methotrexate

Other Medications / Treatments

**PLEASE CHECK TO SEE IF ANY MEDICATION REQUIRED IS CONTRAINDICATED FOR MG**

SOME INCLUDE: Antibiotics, Cardiovascular Drugs, Anti-arrhythmic, Beta Blockers, Calcium Channel Blockers, Some Cholesterol Lowering Drugs, Anti-rheumatics, Anticoagulants, Psychiatric Medications, Anti-Spastic Drugs, Ophthalmic Medications, General Anaesthetics, Neuromuscular Blocking Drugs, Sedation Anaesthetics, Botulinum Toxin, Narcotics, Magnesium, X-ray Examination with Contrast. (Neuromuscular Blocking Drugs come in 'fat' or 'muscular' forms. Caution should be taken with the 'fat')

[www.myasthenia.org.au](http://www.myasthenia.org.au) [www.myasthenia.org](http://www.myasthenia.org) [www.myaware.org/information-for-medical-professionals](http://www.myaware.org/information-for-medical-professionals)

**My Symptoms include:**

Blurred or double vision  Slurred or nasal speech  Weak or droopy eyelids

Difficulty breathing, particularly when exercising or lying flat  Weakness of the facial muscles

Weak or fatiguing hand and arms leading to difficulty lifting, etc.  Unstable gait

Difficulty holding up head  Tiring easily chewing/swallowing  Difficulty swallowing food/drink

Balance problems

For more information, contact the Myasthenia Gravis Association of Queensland • 1800 802 568 • [www.mgaq.org](http://www.mgaq.org)



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](mailto: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.**

### **Susan writes:**

You have all seen my name on the Committee list on your newsletter for many years now and I have met or spoken with many from our group.

You may be familiar with my husband Mark, he is a strong supporter of the Association and loved to ask tricky questions at the AGM when his wife was Treasurer. My daughter Kristen has attended some of the functions as well. She brought dear baby Millie to the last Conference. Now that Millie is a very outspoken two year old, I expect you will not be seeing her for some time.

I was full of beans at 40, running a successful business with 17 casual staff and the head of a busy household with three teenagers. Everything changed and I did not know why. I was given lots of iron infusions, finally told that perhaps it was chronic fatigue. I retired from work, we moved home to Queensland, I indulged and nurtured myself trying every therapy suggested. Nothing improved.

Finally a diagnosis was made and I discovered Shirley on the 1800 number. What a blessing. Attending my second AGM, I thought I could give a little back when a new Treasurer was sought. The committee supported me and guided me in this role. I met with others with MG, learnt tips on managing my life with MG and the medical treatments began to work.

The committee meetings were always productive and slowly I volunteered for more roles. Ten years later and I have so much to tell about my time with the Association. Who would have thought that I would be responsible for getting a book published, been a key player in a medical research project,

have helped develop a website, put my hand up for a media event and organised a conference! All this has happened within the boundaries of my health and with support from the team.

I write today because the ideas we have as an Association, far outstrip the resources of such a small and reducing group.

The WA Association folded as no one would make a commitment, NSW is struggling too and now the Qld group is daunted by a work load that is not fairly shared.

I know that there must be other people whose journey is similar to mine. I had some skills, I enjoyed being stimulated, I liked helping others and I needed to be understood as there were new restrictions on my capabilities.

We meet at my home in New Farm. Public transport is good, parking is easy. You need to have good computer access, be prepared to respond and keep an open mind to how you might find a place for yourself amongst this amazing team of people.

All the current committee are Myasthenics, but this opportunity may appeal more to a family member or friend, as has happened in the past.

Understand that you will give up one Saturday a month, plus a few Sundays through the course of the year. Carol, as President, provides excellent direction and focus.

Why not attend a Saturday meeting and just check us out. I have not been disappointed by putting up my hand.

Please consider what you could offer.

### **Tony asks:**

*"I was diagnosed with MG in 2015 but the standard treatment including IVIG has not fully helped the condition. I am now diagnosed as refractory MG and have additionally been given Rituximab to help. I would like to make contact with someone else who has had the same treatment."*

Email replies to Tony can be sent to:

[info@mgaq.org.au](mailto:info@mgaq.org.au)

and written replies can be sent to:

**P.O. Box 16, MT. GRAVATT, QLD 4122.**

We will pass all replies on to Tony. If you are happy to have your reply published in a future newsletter, please mention in your reply the consent to do so.



# Welcome to our new members

Lyn, Maryborough  
Kerri, Peregian Springs  
Sandi, Grange

Joanne, Eaton's Hill  
Vicki, Sadliers Crossing

## MEMBERSHIP SUBSCRIPTION RENEWAL

It's that time of the year again, when Membership Subscriptions for the financial year 2017/2018 are due.

The envelope in which your newsletter is 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 or email [info@mgaq.org.au](mailto:info@mgaq.org.au) to enquire.**

The majority of members will have 6/17 which tells you (and us) that you are financial to 30 June 2017. Others may show

6/18 or even 6/19 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".**

We are also giving you the option of paying your subscription directly into our bank account.

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

**MEMBERS CAN NOW ALSO PAY THEIR ANNUAL FEES VIA THE MGAQ WEBSITE [www.mgaq.org.au/membership-application-form](http://www.mgaq.org.au/membership-application-form) and select **Membership Renewal****

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](mailto: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 emailed or forwarded to you by mail.



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 \_\_\_\_\_

Mobile \_\_\_\_\_ Email \_\_\_\_\_



# MG CHAT LIST

Please refer to March edition of MessaGes for the chat list or email [info@mgaq.org.au](mailto:info@mgaq.org.au) or freecall 1800 802 568 for a copy

**REMEMBER!!!** 07 area code for Qld if calling a landline from interstate

**MGAQ SUPPORT LINE 1800 802 568**

## THE MYASTHENIA ALLIANCE AUSTRALIA HAS ASSIGNED JUNE AS MYASTHENIA GRAVIS AWARENESS MONTH

Take a moment in June to recognise that you are in the MG club and you don't need a car! Perhaps enjoy a chat with someone who is also affected, or take the time to explain something about it. Help spread the word.

ITEMS AVAILABLE FOR USE TO RAISE AWARENESS

A3/A4 Posters

Smartphone/Tablet Wallpaper

Facebook Cover Photo

Facebook Post

Facebook Profile Picture

If you are interested in receiving A3-A4 posters to print or email, or graphics to post on Facebook, Twitter, Instagram, or even to have as a smartphone / tablet wallpaper:

**Email: [info@mgaq.com.au](mailto:info@mgaq.com.au)**

**Email: [mgaq.editor@gmail.com](mailto:mgaq.editor@gmail.com)**

**Mobile: 0419 536 517**

*These can be posted, emailed or as an SMS. Instructions on how to use the graphics can be sent if requested.*

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

### WORD CHANGE

[www.thinkablepuzzles.com](http://www.thinkablepuzzles.com)

racer
socks

### ANSWERS

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

Word Change May: racer, races, racks, rocks, socks

## NEWS FROM AROUND QUEENSLAND

### Brisbane – “Coffee and Chat”

**Mango Hill: Saturday 15th July at 2.30pm,**  
Coffee Club Halpine Lakes, Cnr Halpine Dr & Anzac Ave  
Contact: Donna 0414 397 462

### News from Cairns

Our members in Cairns enjoy the chance to “catch up” on a regular basis. It is an informal gathering, but very supportive of each other's MG journey. We will meet again to acknowledge *Myasthenia Gravis Awareness Month*, on **Saturday, 3 June, at 11.00am in the Boardroom, Cairns RSL Club, Esplanade.**

Future dates for your diary: Saturday, 5 August; Saturday, 21 October (Pharmacist Guest Speaker); Saturday, 2 December (Lunch).

Donna – Regional Co-Ordinator Cairns Ph: 0414 397 462.

### News from Darling Downs and Beyond

If you would like to contact me, my new landline contact number is (07) 4657 5974 or mobile 0457 148 486.

Even though my area is huge, please contact me for any assistance. Debbie Hawkins

### News from Gladstone

For local support in the Gladstone- Wide Bay region, please contact Garth on 0408 155 954 or 4973 7983.

### News from the Gold Coast

Hi everyone. Gold Coast MG Group's next meeting will be held on **Saturday, 20 May, in Kurrawa Surf Club in Broadbeach at 10am.**

It's on the beachside of Oasis shopping centre, corner of Old Burleigh Road and Victoria Ave, where you can use 3 hour free undercover parking. I hope all can attend

Looking forward to seeing you all again, cheers Nader, 0415 834 401.

### News from Mackay

The Mackay group held our get-together on the May 7 at the North Mackay Bowls Club for lunch. All attending enjoyed lunch and the discussions after.

Members attending decided our get-togethers for the rest of the year will be held on **Sunday, August 13, at Taylors Hotel, cnr Wood and Alfred Sts, 12 noon for lunch.**

Our Christmas get-together will be held on **Sunday, November 26, 12 noon for lunch, at Souths Suburban Bowls Club, 49 Wardrop St, South Mackay.**

All are welcome to attend the above get-togethers. Bill, Area Co-ordinator, Mackay. Ph 4954 1221, Mobile 0429 729 685.

### News from Rockhampton

For support in the Rockhampton region, please contact Bill at Mackay; Garth in Gladstone or Debbie on the Darling Downs.

### News from the Sunshine Coast

It is always great to catch up with you all. We are having a thought or two about the gatherings on a Saturday, as it seems to clash with other things for a lot of you, so let's try the next one on a Friday and see if that suits any of you. Our next meeting will be on **FRIDAY, 9 June at Buderim Tavern at noon for lunch.** Hope you are all enjoying the beautiful weather we are having.

Colleen McLean: colleen4551@gmail.com  
Mobile 0409 491 789

### News from Townsville

Look forward to seeing you at our next lunch, **Saturday, 17 June, at 12 noon, at The Avenues Tavern.** For more information about the Townsville group, call Daphne Clay 07 4773 3695, mobile 0400 778 637 or email: daphclay@gmail.com

# MID-YEAR FUNCTION

**"June is MG Awareness Month"**

**Saturday, 10 June, 2017**

**commencing at 10:00am for 10:30am**

**WHERE: Southern Cross Sports Club**

**Corner Klumpp and Logan Roads, Mt. Gravatt**

(vehicular entrance is from Klumpp Rd). Lunch is available at the venue with a varied and reasonably priced 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?** UBD Map 201 Reference D7.

**RSVP: FREECALL 1800 802 568** and tell Susan if you are coming, how many, and if you are staying for lunch.

**Please let Susan know by Friday, 2 June, 2017**