



# Messages

Myasthenia Gravis Association of Queensland Inc

**NOVEMBER 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**

P.O. Box 16  
MT. GRAVATT QLD 4122  
NATIONAL FREE CALL:  
1800 802 568  
ABN 92 055 613 137

E-mail: [mgag@gil.com.au](mailto:mgag@gil.com.au)  
Internet: [www.mgag.org.au](http://www.mgag.org.au)

### **COMMITTEE MEMBERS**

*President*  
Anita JACKSON  
Ph. 3800 4913

*Vice-president*  
Kris KLITGAARD  
Ph. 3890 0115

*Secretary and Editor*  
Graeme Peters  
Ph. 3288 4484  
email: [grapop@dodo.com.au](mailto:grapop@dodo.com.au)

*Treasurer*  
Susan White  
Ph: 3358 1056

*Committee*  
Shirley JOHNSTON  
Ph. 1800 802 568

John CHESTER  
Ph. 3899 9387

Bill Synnot  
Ph. 0418196707

**PATRON**  
Dr Cecilie LANDER  
Neurologist  
Founder Member, of Brisbane

## **PRESIDENT'S REPORT**

I had a very good time in Tasmania and it was great to see green grass because when I left Brisbane it was brown everywhere. I visited Launceston, Freycinet National Park, the towns of Ross, Richmond, Port Arthur, Hobart, Lake St Clair, Cradle Mountain, Strahan, Smithton, Sheffield, Gordon River, Cataract Gorge to name a few places and they were all very beautiful and tidy. I hope this has brought back memories for those who have been to Tasmania or inspired others to visit as it is well worth the trip. Now to plan my next holiday.

I hope you have all had your thinking caps on in regards to us asking for your ideas in the last newsletter and you have kept Shirley busy with all your phone calls. The committee is hoping to plan more activities at the next meeting for the progress of the Association and its members.

It is hard to believe that the year is almost over and Christmas is next month. The response to the Christmas function has been disappointing so far, so we are pleading with our members to come along to Golden Beach on December 6, where we can catch up on what we have been doing since the AGM, and with old friends, and hopefully new members as well. Details are on page 8 of this issue. Please the amended directions for finding the Club. Children are most welcome at the function.

Take care

*Anita*

PS: PRICELESS PRINCIPLES TO PONDER –

TV STATIONS ARE CERTAINLY DOING THEIR PART IN THE  
ECOLOGICAL CYCLE JUDGING BY THE WAY IN WHICH THEY  
RECYCLE OLD PROGRAMS!!

Supported by



**Queensland Government**  
Queensland Health

**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
ROBERT	02 6652 6745	COFFS HARBOUR NSW
JEAN	02 4937 3110	KURRI KURRI NSW
PENNY	02 4868 2213	MOSS VALE NSW
FRANK	02 6767 1031	TAMWORTH NSW
CANDY	02 6847 3732	WARREN NSW
ELLEN	07 5599 9511	WEST TWEED HEADS NSW
ROLAND	03 9702 5107	BERWICK VIC
TAMARA	0409 186 809	HOPPERS CROSSING VIC
CORAL	03 5865 1378	KATAMATITE VIC
BARBARA	03 9776 4985	SEAFORD 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

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**Future Planned Activities**

Sunday 6 December 2009      Christmas Function, Caloundra Powerboat Club

See page 8 of this issue for details.

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.

\* \* \* \* \*

ATTORNEY: Do you recall the time that you examined the body?

WITNESS: The autopsy started around 8:30 p.m.

ATTORNEY: And Mr. Denton was dead at the time?

WITNESS: No, he was sitting on the table wondering why I was doing an autopsy on him!

\* \* \* \* \*

## Shirley's Recipe

### COFFEE ALMOND CAKE

#### Ingredients:

100g unsalted butter, at room temperature	2/3 cup caster sugar
2 eggs	1 1/4 cups self raising flour
1/3 cup milk	1 tsp almond essence
1 tblsp instant coffee granules	1/4 cup boiling water
1 cup icing sugar mixture	1/2 cup thickened cream
250g mascarpone	toasted flaked almonds, to decorate

#### Method:

1. Grease a 20 cm square cake tin. Line base and sides with baking paper.
2. Place butter, sugar, eggs, flour, milk and half the almond essence in the small bowl of an electric mixer. Beat on low speed until combined. Increase speed to medium. Beat for about 2 minutes, or until thick and pale in colour. Pour into prepared tin.
3. Cook in a moderate (180°C) oven for about 30 minutes or until cooked when tested. Stand for about 5 minutes before turning out onto a wire rack to cool.
4. Dissolve coffee in hot water in a bowl. Stir in half the icing sugar mixture and the remaining almond essence.
5. Beat cream and remaining icing sugar mixture in the small bowl of an electric mixer until firm peaks form. Fold in mascarpone.
6. Cut cake in half horizontally. Brush cut sides with coffee mixture. Spread base with 1/2 cup of the cream mixture. Top with remaining cake half. Spread top and sides with remaining cream mixture. Press almonds onto sides of cake to decorate.

(SERVES 8)

\* \* \* \* \*

### Computers – Male or Female???

A Spanish Teacher was explaining to her class that in Spanish, unlike English, nouns are designated as either masculine or feminine. 'House' for instance, is feminine: 'la casa.' 'Pencil,' however, is masculine: 'el lapiz.'

A student asked, 'What gender is 'computer'?' Instead of giving the answer, the teacher split the class into two groups, male and female, and asked them to decide for themselves whether 'computer' should be a masculine or a feminine noun. Each group was asked to give four reasons for its recommendation.

The men's group decided that 'computer' should definitely be of the feminine gender ('la computadora'), because: 1. No one but their creator understands their internal logic; 2. The native language they use to communicate with other computers is incomprehensible to everyone else; 3. Even the smallest mistakes are stored in long term memory for possible later retrieval; and 4. As soon as you make a commitment to one, you find yourself spending half your paycheck on accessories for it.

The women's group, however, concluded that computers should be masculine ('el computador'), because: 1. In order to do anything with them, you have to turn them on; 2. They have a lot of data but still can't think for themselves; 3. They are supposed to help you solve problems, but half the time they ARE the problem; and 4. As soon as you commit to one, you realize that if you had waited a little longer, you could have gotten a better model. The women won.

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## MEMBERS' FORUM

Following on from Susan's article in the October issue about her exercise assessment performed at the University of Queensland, the details of the services that are available to our members at the Neurological, Ageing and Balance Clinic are:

### **Physiotherapy Services Available at the University of Queensland**

*The Neurological Disorders, Ageing and Balance (NAB) Clinic within the Physiotherapy Department of the University of Queensland has been operating since 2001. The clinic provides an assessment, management and advice service for people with neurological and movement disorders. The clinic is able to offer detailed individualised assessment of such things as muscle strength, balance, posture, movement and walking and fitness.*

*Based upon this assessment the staff of the clinic are then able to work with the client to develop an appropriate management program. This may include such things as advice and strategies on how to best manage issues of fatigue, balance retraining or an appropriate, individualised exercise program. Included in this will be a detailed home program that can be continued outside of the clinic. The staff of the clinic are familiar with the issues of fatigue and weakness associated with myasthenia gravis and are able to offer advice and suggestions as to possible ways of managing fatigue and utilising energy conservation techniques. Energy conservation and fatigue management is very much a joint effort and staff will sit down with each client and develop a program that will suit each person.*

*In addition to the initial assessment the clinic is also able to offer ongoing monitoring and review. Should things change over time, physiotherapy programs will be modified accordingly. If medications are changed and improvements noted individual programs can be changed so as to take best advantage of the new changes. Any program developed will be aimed at allowing each person to work and manage more effectively and efficiently within the limits of the myasthenia.*

*Undergraduate students in their final year of study working under the supervision of qualified experienced clinicians staff the clinic. Consultation with experts in the field is also available. Clients are able to refer themselves and a doctor's referral is not necessary.*

#### Location of Clinic:

Clinic 1st floor Therapies Building (Bldg 84)  
Services Road  
University of Queensland, St Lucia campus

Cross at the main bus stop, near the JD Story Building and we are beside the IMB Building.  
Entrance to the Clinic is via the lifts on level 1 or 3.

#### Clinic Times:

9:00am – 4:00pm Monday to Friday.

#### Cost:

A small recovery fee applies. Fees subject to change so please call 3365 2232 for current fee charges.

**As the clinic is not a private service, no health fund rebate is available.**

*If you have any further queries regarding the clinic or what it may have to offer, please do not hesitate to contact Ann Rahmann (Acting Clinic Manager) or Margit our receptionist on 3365 2232.*

### FOR BOOKINGS

email: [physioclinic@shrs.uq.edu.au](mailto:physioclinic@shrs.uq.edu.au)

phone: 3365 2232

[www.shrs.uq.edu.au](http://www.shrs.uq.edu.au)

**The Committee is currently investigating the possibility of providing some funding for research into 'Exercise and MG' so we encourage our members to avail themselves of this facility at the University of Queensland as it may assist in future research.**

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## WEBSITE ENHANCEMENT

As part of ongoing activities of the Association, it was planned that the revamp of our website which occurred in 2008 was only the first stage of enhancing the site. The Committee now wishes to proceed to the next stage.

The following suggestions to expand the website's facility have been put forward:

- Extract from DVD's of Guest Speaker presentations to members;
- Additional links to other websites of interest to people with MG;
- All planned events;
- A list of the pamphlets available ( with a brief description of each);

We would like to receive further suggestions from our members as to what additional features and functionality you would like to see on our website. Please forward your thoughts to [mgag@gil.com.au](mailto:mgag@gil.com.au) or via mail to PO Box 16 PO Mt Gravatt Qld 4022. Every idea will be considered.

Remember it is **YOUR** website.

\* \* \* \* \*

## 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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## MORE WEST JET HUMOUR

On another West Jet Flight with a very "senior" flight attendant crew, the pilot said, "Ladies and gentlemen, we've reached cruising altitude and will be turning down the cabin lights. This is for your comfort and to enhance the appearance of your flight attendants."

As the plane landed and was coming to a stop at Vancouver Airport, a lone voice came over the loudspeaker: "Whoa, big fella. Whoa!"

Heard on West Jet Airlines just after a very hard landing in Edmonton : The flight attendant came on the intercom and said, "That was quite a bump, and I know what y'all are thinking. I'm here to tell you it wasn't the airline's fault, it wasn't the pilot's fault, it wasn't the flight attendant's fault, it was the asphalt"

Another flight attendant's comment on a less than perfect landing: "We ask you to please remain seated as Captain Kangaroo bounces us to the terminal".

Heard on a West Jet Airline flight. "Ladies and gentlemen, if you wish to smoke, the smoking section on this airplane is on the wing. If you can light 'em, you can smoke 'em."

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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. Which horse came second in the 2009 Melbourne Cup?
2. Who is the Queensland Minister for Police?
3. Who was 'Man of the Series' in the just completed one day cricket series between India and Australia?
4. Who is the Federal Member for the seat of Bennelong?
5. What is the young of a shark called?
6. What is the capital of Finland?
7. In which Australian state or territory is Loch Sport?
8. In what year was the Eiffel Tower completed?
9. Who starred in the first talking movie *The Jazz Singer*?
10. What is the currency of the Vatican City State?
11. In which year did the Port Arthur shooting tragedy take place?
12. What nationality was Vincent Van Gogh?
13. What was Elvis Presley's first film in 1956?
14. What colour appears on the flag of all Islamic countries?
15. What cargo was the Bounty carrying when the mutiny occurred?
16. What was old time cowboy film star Gene Autrey's horse called?
17. What does the 'O' in OJ Simpson stand for?
18. Leonardo da Vinci was born in which town?
19. Which Australian author wrote *Power Without Glory*?
20. What was the name of the ship that collided with Hobart's Tasman Bridge in 1975?

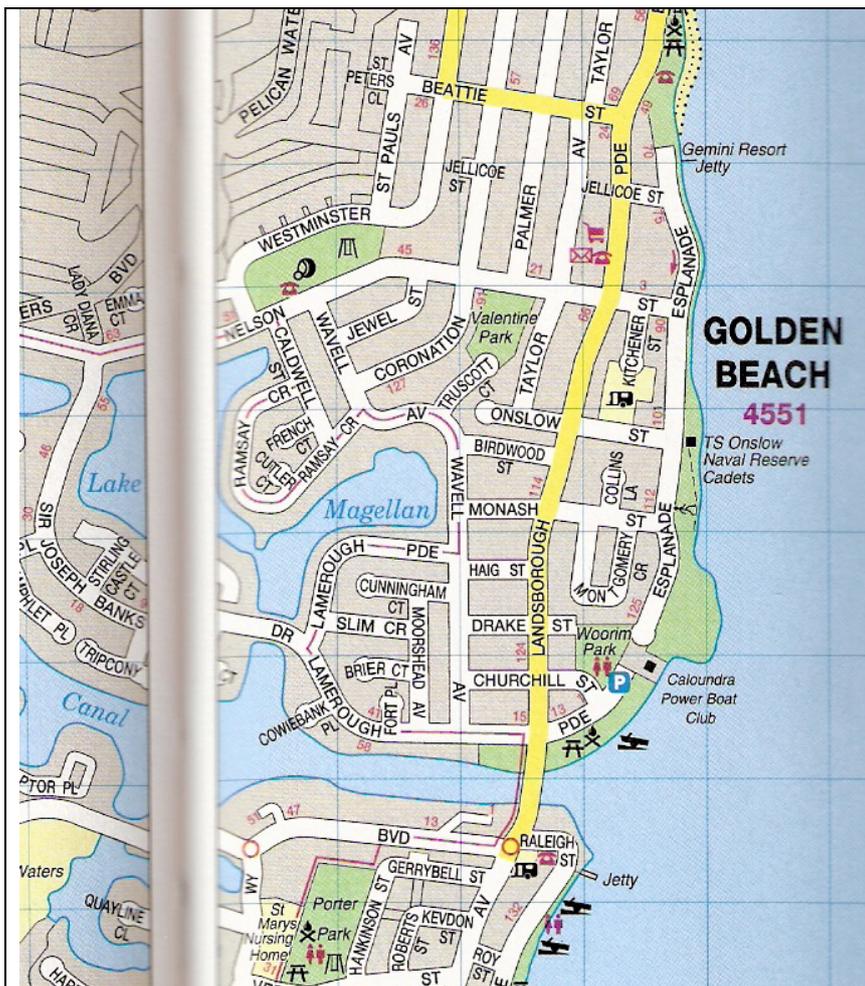
**Answers:** 1) Crime Scene; 2) Neil Roberts; 3) Shane Watson; 4) Maxine McKew; 5) Pup; 6) Helsinki; 7) Victoria; 8) 1889; 9) Al Jolson; 10) Euro; 11) 1996; 12) Dutch; 13) Love Me Tender; 14) Green; 15) Breadfruit trees; 16) Champion; 17) Orenthal; 18) Vinci; 19) Frank Hardy; 20) Lake Illawara.

\* \* \* \*

## JINGLE BELLS JINGLE BELLS

Ho! Ho! Ho!, it's that time again - time for our annual **Christmas Get-Together**, so come along and have a great day with lots of fun and good company.

- WHEN:** Sunday 6 December 2009
- TIME:** 11am for 12 Noon
- WHERE:** Quarterdeck Restaurant, Caloundra Powerboat Club, Woorim Park, The Esplanade, Golden Beach. Car parking is available.
- WHAT WILL IT COST?** Meals are priced from approx \$14.00 each and there is a wide and varied menu. Raffles will be on sale
- WHAT DO I NEED TO BRING?** Yourself and whomever else you wish to bring along. Remember, as it is a 'user pays' function, friends and family, including children, are most welcome.
- HOW DO I GET THERE?** See map below. (UBD Sunshine Coast Map 110 Reference D7)
- RSVP** Ring our FREECALL 1800 802 568 and tell Shirley if you are coming, but please let her know by **Friday 27 November 2009**



### **To get there from Brisbane:**

Exit from Bruce Highway onto **Caloundra Rd**. Proceed for about 9.5 km. **Caloundra Rd** becomes **Bowman Rd**. Continue on **Bowman Rd** for about 0.4km.

Turn **right** at **Park Place**. Proceed along **Park PI** for approx 0.2km, when it becomes **Landsborough Pde**.

Continue on **Landsborough Pde** for approx 0.4 km when it becomes **Esplanade**.

Continue on **Esplanade** for approx 1.1 km.

At the roundabout, take the **1st** exit onto **Landsborough Pde**. Continue on **Landsborough Pde** to **Churchill St**. Turn **right** into **Churchill St**, then next **left**. **Car Park for the Club is right there.**

### **From Noosa, etc:**

Travel along **Nicklin Way** to **Caloundra Road**. Turn **left** into **Caloundra Rd** at roundabout.

**Caloundra Rd** becomes **Bowman Rd**.

Continue on **Bowman Rd** for about 0.4km.

Turn **right** at **Park Place**. Proceed along **Park PI** for approx 0.2km, when it becomes **Landsborough Pde**.

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