



MessaGes

Myasthenia Gravis Association of Queensland Inc

NOVEMBER 2011



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

Welcome

Bill Synnot is travelling to Western Australia this month on business and while there, will be meeting up with members from the WA Association. This is great as it keeps us up to date on what they are doing and they can hear first-hand what we are up to and what future projects we have. It is good bonding of the two Associations and it is also good to put a face to the name.

Please see the back page of this edition in regards to our Christmas function at Carina Leagues Club on Sunday 11 December 2011 at 12 noon. We are hoping to meet new Members and renewing friendships with the ones that we know. We enjoy this Club as we have a private room and the food is excellent.

The committee is travelling to Mackay for a 'Meet the Members' on 10 March 2012 so anyone who lives up that way please mark the date in your calendar as we would love to meet you. It is a very informal meeting and friendships are made between members. Our Mackay coordinator, Bill Harris, will be looking after the arrangements for this function. You can contact him on 07 49541221.

The committee hopes to be in a position to make an announcement regarding the 'Exercise and MG' Study in the December issue of MessaGes. Response to the invitation to participate has been somewhat less than overwhelming and further discussions are being held with the University of Queensland to explore any options we may have left.

Take care

Anita

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
BARBARA	02 9524 9224	CARRINGBAH SOUTH NSW
ROBERT	02 6652 6745	COFFS HARBOUR NSW
JEAN	02 4937 3110	KURRI KURRI NSW
MAX	02 6621 6386	LISMORE 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 9796 6592	NARRE WARREN VIC
TAMARA	0409 186 809	HOPPERS CROSSING VIC
CORAL	03 5865 1378	KATAMATITE VIC
DENNIS	0402 285 520	PATERSONS LAKES VIC
BARBARA	03 9776 4985	SEAFORD VIC
DORA	03 5821 4191	SHEPPARTON VIC
DIANE	0421387904	CARINE WA
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 11 December 2011 Christmas function – Carina Leagues Club, Brisbane
 Saturday 10 March 2012 'Meet the Members' at Mackay

More details will be published as each event becomes closer.

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SECRETARY/EDITOR ABSENCE

The Secretary/Editor will be interstate from 15 November until 6 December. Any EMERGENCY contact with the Association during this period will need to be via our 1800 802 568 Freecall number.

INVITATION TO REGISTER SKILLS AND EXPERIENCE

Members will be aware that from time to time, the Management Committee takes on special projects or tasks. For instance, current projects include the Data Survey project, the 'Exercise and MG Study' and a 'National Umbrella MG organisation' project. Past ones have been the re-design of our website, organising a 'Games day', etc.

Under the Association's Constitution, the Management Committee can appoint a sub-committee to undertake a project (or task), and that sub-committee can include persons who are not on the Management Committee. Concomitant with the appointment of a sub-committee is the fact that certain specialist skills may be required for the task at hand, e.g., accounting skills, legal experience and skills, computer skills, trade skills, etc.

To prepare for those occasions where specialist skills and experience may be required for a project (or task), the Committee is desirous of maintaining a register of skills and experience that members (or a family member or friend) may have, and are prepared to volunteer to use those skills and experience to assist if, and when, required. Should there be a need to call upon the skills or experience from the register, the time commitment required of the person will be kept to an absolute minimum so as to have minimal impact upon the person's family and working situation.

The information that will be recorded in the register is: Member Name - Contact Phone Number and email address - Name of Person with the skills and experience (if not the member) - Contact Phone Number and email address of the person with the skills (if not the member) - Details of the skills and experience areas. If the details refer to a family member or friend, the member will be the primary contact. The register will be strictly confidential and information WILL NOT be disclosed to any person or organisation other than the Management Committee of the MGAQ.

If you (or a family member or friend) are prepared to have your skills and experience registered, please contact the Secretary by any of the following:

- Email graeme.peters2@bigpond.com ; or
- via the email facility on the 'Contact Us' page at our website www.mgaq.org.au; or
- via the following form to PO Box 16, MT GRAVATT Qld 4122

Member Name: _____ Phone No.: _____

Email Address: _____

Person with Skills/Experience: _____ Phone No.: _____

Email Address: _____

Skills/Experience Areas:

If you have any enquiries regarding this matter, please contact the Secretary on (07) 32884484.

MEMBERS' FORUM

There are no contributions this month.

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 graeme.peters2@bigpond.com.

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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Shirley's Recipe

ZUCCHINI & SWEET POTATO FRITTERS

(serves 8)

Ingredients:

400g green zucchinis	300g sweet potatoes, peeled
1 onion, grated	1 tblspn chopped mint
Pinch nutmeg	2 eggs, lightly whisked
2/3 cup plain flour	½ cup grated parmesan
½ cup vegetable oil	tzatziki dip, to serve

Method:

1. Coarsely grate the zucchini and sweet potato and squeeze out any excess moisture. Place into a bowl with onion, mint and nutmeg. Season with salt and pepper.
2. Add eggs, flour and parmesan and mix together well.
3. Heat oil in a medium frying pan over medium – high heat. Using a ¼ cup measure, drop batter into oil and flatten slightly. Fry for about 2 minutes on each side or until golden.
4. Remove to a plate lined with paper towel and keep warm. Continue with remaining mixture.
5. Serve fritters with tzatziki.

NOTE: Can be made into a slice or place in mini-muffin pans for nibbles.

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The T.V. is No Joke

I got into a fight with my wife last night and it was totally my fault.



She asked me what was on the TV and I said: dust.

Didn't go too well after that.

THE QUIZ IS BACK!! - KEEP YOUR BRAIN ACTIVE

Categories this month. There are 5 questions on each of 4 different categories. Please let the editor know if you prefer this format or the old style General Knowledge quiz.

CATEGORY: Know Your Australia

1. In which Australian state is Russell Falls?
2. Who is the Premier of West Australia?
3. Which river flows through Adelaide?
4. Which highway runs between Adelaide and Perth?
5. The Pilbara is in which Australian state?

CATEGORY: Animals

6. What was the first bird domesticated by man?
7. What part of a horse is the 'frog'?
8. Twelve or more cows is known as a what?
9. A 'skein' is a group of what?
10. The pupils in the eyes of what animal are rectangular?

CATEGORY: Religious Trivia

11. What is the only domesticated animal not mentioned in the Bible?
12. What follows mass as the most popular activity in USA Catholic churches?
13. What tiered city was on the Euphrates River 55 miles south of Baghdad?
14. What name has been shared by most Popes?
15. What city in Saudi Arabia was the birthplace of the prophet Muhammad?

CATEGORY: Stage Names

16. Who wrote 'Breakfast at Tiffany's'?
17. Under which name did Samuel Langhorne Clemens write?
18. In which decade was 'Lord of the Rings' first published?
19. Which fictional detective refers to using 'the little gray cells'?
20. Which author with an English city name as his last name wrote 'White Fang'?

Answers: 1) Tasmania; 2) Colin Barnett; 3) Torrens; 4) Eyre Highway; 5) West Australia; 6) Goose; 7) underside of the hoof; 8) A flank; 9) Geese in the air; 10) Goat; 11) Cat; 12) Bingo; 13) Babylon; 14) John; 15) Mecca; 16) Truman Capote; 17) Mark Twain; 18) 1950's; 19) Hercule Poirot; 20) Jack London.

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PROJECTS UPDATE

Collecting data on sufferers of myasthenia gravis –

Our message continues to filter out with recent strong support coming from interstate, especially Victoria, New South Wales and Western Australia. The Committee would like to thank the Muscular Dystrophy Association for their ongoing support and for the enthusiastic efforts of Victorian sufferers.

Planning for an official launch is now in the preliminary stages. We expect to have more news about this in the New Year.

Remember to continue your efforts in mentioning the survey to anyone who will listen. One never knows what may result!

‘Exercise Effect in MG’ Study –

Further discussions have been held with the University of Queensland’s Ageing and Balance Clinic regarding options to get this study underway and we expect to have an announcement in the December issue of MessaGes.

Enhancements to our website –

Please let us know of any suggestions you may have to improve our website.



Memory Test

Three elderly men, Eddie, Jenkins and Martin, go to the doctor for their memory test. It's a miracle they remembered the appointment! Anyway, the doctor begins by asking Eddie, "What is five times five?" "191," is his reply.

The doctor rolls his eyes and looks up at the ceiling, and says to Jenkins, "It's your turn. What is five times five?" "Wednesday," replies Jenkins.

The doctor shakes his head sadly, then asks the third man, "Okay Martin it's your turn. What's five times five?" "Twenty five," says Martin.

"That's great!" says the doctor. "How did you get your answer?"

"Easy," says Martin, "just subtract 191 from Wednesday."

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Some Good Put-Downs

He would be out of his depth in a parking lot puddle.

She got into the gene pool while the lifeguard wasn't watching.

His men would follow him anywhere, but only out of morbid curiosity.

This man is depriving a village somewhere of an idiot.

This man has delusions of adequacy.

Some drink from the fountain of knowledge; but she only gargles

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JINGLE BELLS JINGLE BELLS



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

- WHEN:** Sunday 11 December 2011 commencing at NOON
- WHERE:** Carina Leagues Club, Creek Rd Carina Qld. (It is part of the Clem Jones Centre and is immediately opposite Meadowlands Rd)
- COST?:** Meals are priced from approximately \$12 each 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 181 Reference M1.](#))
- RSVP:** Ring our FREECALL 1800 802 568 and tell Shirley if you are coming. Please let her know by **Friday 2 December 2011**

