



# MessaGes

Myasthenia Gravis Association of Queensland Inc

**SEPTEMBER 2008**



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: [mgqld@gil.com.au](mailto:mgqld@gil.com.au)

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

### **COMMITTEE MEMBERS**

#### *President*

Shirley JOHNSTON  
Ph. 1800 802 568

#### *Vice-president*

Anita JACKSON  
Ph. 3800 4913

#### *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*

Kris KLITGAARD  
Ph. 3890 0115

John CHESTER  
Ph. 3899 9387

Judie BARBOUR  
Ph. 0439461288

#### **PATRON**

Dr Cecillie LANDER  
Neurologist  
Founder Member, of Brisbane

## **PRESIDENT'S REPORT**

I'm back!! Not with regrets because I truly believe in supporting. Myasthenia gravis is such an unusual illness and quite hard to understand when first diagnosed. Although my experience with MG was from 1996 to many years later, I can relate to most of the symptoms and am still learning the newer treatments available.

Welcome and thanks to Susan White who accepted the nomination for Treasurer. Kris Klitgaard was elected as a committee member and will guide Susan into her position.

I can only reiterate Stephanie Rice with her exclamation of WOW! when getting gold at the Olympics – what a great guest speaker Dr Rob Henderson was at the AGM. He was very informative with a casual approach and answered lots of questions from the floor. Then we all relaxed with a chat over lunch.

Thanks to Joe Cochrane for coming from Atherton in far North Queensland especially for the AGM. Great to meet you, Joe, and hope you enjoyed the day.

Past editor, Marie-Louise Samundsett joined the meeting and lunch looking well after her recent medical traumas. She is now looking forward to an overseas holiday. It was great to see ex-committee members Kath and Frank Ross attending.

The raffles were very popular and were organised by Mary Noble, with prizes donated by Judi Allison, Kath Ross and Mary Noble. Judie has also made and donated a baby quilt to be raffled at the Christmas function.

Included in this edition of MessaGes are the President's Annual Report for 2007/2008 and extracts from the Audited Financial Report for last financial year which were adopted at the AGM. (see pages 4 to 7).

The new committee looks forward to a very successful year and hope to see a great number of our members at the Christmas function on Sunday 7 December.

Until next month,

*Shirley*

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 – QUEENSLAND REGIONAL COORDINATORS**

HANNA	4054 4538	FAR NORTH QLD
VACANT		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

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**WEB-Site Update**

**PLEASE NOTE:** Our website address is now [www.mgaq.org.au](http://www.mgaq.org.au). Please change your bookmark to reflect this.

You can now download current and previous issues of MessaGes and we now have links to other MG sites. Also you can email us directly from the website. Your feedback on the site would be appreciated via an email from the 'Contact Us' page on the website.

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**MANAGEMENT COMMITTEE FOR 2008 – 2009**

At the Annual General Meeting held on Sunday 31 August 2008, the following persons were elected to the Management Committee for the year 2008/2009:

President	Shirley Johnston
Vice-President	Anita Jackson
Secretary	Graeme Peters
Treasurer	Susan White
Committee Members	Kris Klitgaard
	Judie Barbour
	John Chester.

You will note from the above that our Treasurer for the past 8 years, Kris Klitgaard, has stepped down from that role, but was elected as a Committee Member which will allow Kris to assist in making a smooth transition to our new Treasurer, Susan White.

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## Shirley's Recipe

### CURRIED LAMB STIR-FRY NOODLES

**Ingredients:**

- 600g lamb loin fillets, thinly sliced
- 80g packet curry flavour instant two-minute noodles
- 500g frozen stir-fry vegetables
- 140ml can light coconut cream
- Pappadums & lime halves to serve
- 1 tblsp curry powder
- 1 tblsp olive oil
- 4 green spring onions, thinly sliced

**Method:**

1. Combine lamb, curry flavour sachet from noodles and curry powder in large bowl. Toss well to coat lamb.
2. Add noodles and frozen vegetables to large saucepan of boiling water. Boil for 2 minutes. Drain and cover to keep warm.
3. Heat oil in hot wok. Stir-fry lamb in two batches, for about 3 minutes each, or until browned and tender.
4. Return vegetables and noodles to wok with lamb. Add coconut cream and spring onions. Stir-fry for about 2 minutes, or until heated through.
5. Serve with pappadums and lime halves.

**Note: Chicken tenderloins or pork fillet can be substituted for the lamb.**

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### Future Planned Activities

Sunday 7 December 2008      Christmas Lunch - details to be advised closer to the event.

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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### MEMBERS FORUM

The Association has at least one member who suffers from LEMS (Lambert Eaton Myasthenic Syndrome). This member is very keen to communicate with any other member who also has LEMS. If there is another member who has LEMS, please let the Editor know and he will provide you with the known LEMS sufferer's phone number.

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### ANNUAL REPORTING

Pages 4 to 7 present the President's Annual Report for 2007-2008, together with the Balance Sheet and Income & Expenditure Statement from the Audited Accounts for the Association. The full Audit Report is available to financial members by telephoning Shirley on 1800 802 568.

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### TRIVIA QUIZ

Because of space limitations, the Trivia Quiz is not in this issue of MessaGes. It will return as usual in the October edition.

**PRESIDENTS ANNUAL REPORT**

Welcome to the Annual General Meeting for 2007/2008. This year represented the 17<sup>th</sup> year of our association.

Our membership stands at **208**, of which 27 are in arrears of membership dues. In the past year we lost **11** members through resignation, while **6** passed away and we welcomed **11** new members. The mailing list stands at **221** recipients.

During the last 12 months we have upgraded our internet website to present a more modern look for the Association. Feedback to date has been positive. Some members have asked that we include an online forum and chat facility, but at this stage we will not pursue that with a view to reassessing changes to the website early in the new year. We recognise the fact that not all of our members have access to, or are familiar with, the Internet, and the printed edition of the newsletter, MessaGes, will continue to be our primary contact medium. Additionally, we have changed to a new domain name, [www.mgaq.org.au](http://www.mgaq.org.au) which reflects our not-for-profit status and positions us to move to a different web-hosting site in the future.

During the year we have reviewed the content and layout of the Medi-Alert Card with particular attention to updating the list of 'drugs to be used with caution'. The revised list is the result of research undertaken by Dr Jean Foster of Western Australia, who is herself a sufferer of MG, and we thank her sincerely for her assistance. The revised card is now available to our members and has been made available to the WA MG Friends and Support Group for their members. We intend also to offer the card layout to the South Australian and New South Wales groups.

Following feedback from our members that there is a decided lack of detailed knowledge about MG amongst the nursing fraternity, we supplied Information Packs to each of the tertiary institutions in Queensland which provide Nursing Studies so that they would be aware of the literature we have in respect of MG, and may be of assistance in the nurses' learning.

The perennial problem of the ageing of the Management Committee members is looming much larger right now, as the current Committee comprises people of the following ages:

70's 3                      60's 2                      50's 1

Unless there is an injection of more youthful Committee Members, concerns must be held for the future of the Association, and I am sure that no one wishes the Association to fold. So this is a plea for those members who feel that they can give of their time to help manage and guide the MGAQ to put their names forward for appointment to the Management Committee.

Feedback from our members is the only way that we can determine if we are going in the right direction and providing the correct level of support to our members, Unfortunately, our members seem reluctant to provide that feedback on a regular basis (as witnessed by the poor level of contributions to the Members Forum). It is important for you, our members, to tell us what you want. Feedback, whether good or bad, is welcomed.

Our President for 22 months since August 2006, Dennis Jennings, moved interstate during the year, and we wish Dennis all the very best for life in his new home.

I would like to thank Queensland Health for their generous support to the Association, and to thank my fellow Committee Members (and their partners), and the Regional Coordinators for their efforts and assistance during the year, and to our members for their loyalty and support.

Anita Jackson – Acting President

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**INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF  
MYASTHENIA GRAVIS ASSOCIATION OF QLD INC cont'd**

The financial report has been prepared for distribution to members for the purpose of fulfilling the committee's financial reporting requirements under the Associations Incorporation Act QLD 1981. We disclaim any assumption of responsibility, for any reliance on this report or on the financial report to which it relates, to any person other than the members of the association, or for any purpose other than that for which it was prepared.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our audit opinion.

**Independence**

In conducting our audit, we have complied with the independence requirements of the Australian professional ethical pronouncements.

**Basis for Qualified Auditor's Opinion**

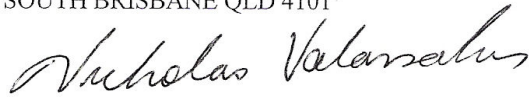
The size of the Association is such that it does not allow an adequate system of internal control. Accordingly we could not satisfy ourselves that all the transactions of the Association have been completely and accurately recorded. Therefore, our audit is limited to the Association's records as presented to us, and the financial report has been prepared in accordance with the books and records maintained.

**Qualified Auditor's Opinion**

In our opinion, except for the effects on the financial report of the matters referred to in the qualification paragraph, the financial report presents fairly, in all material respects the financial position of Myasthenia Gravis Association of QLD Inc as of 30 June 2008 and of its financial performance for the year then ended in accordance with the accounting policies described in Note 1 to the financial statements.

**THE MACRO GROUP**

Suite 10, 205 Montague Road  
SOUTH BRISBANE QLD 4101



**NICHOLAS VALASSAKIS**

Dated at Brisbane this 29<sup>th</sup> day of August 2008

**Myasthenia Gravis Association Of Qld Inc ABN 92 055 613 137****Income and Expenditure Statement  
For the year ended 30 June 2008**

	<b>2008</b>	<b>2007</b>
	<b>\$</b>	<b>\$</b>
<b>Income</b>		
Donations Received	395.00	1,915.00
Raffle Income	174.70	158.10
Interest Received	19.49	22.84
Subscriptions (Membership)	1,374.57	1,981.82
Queensland Health Grant	19,531.00	18,849.00
Total Income	<u>21,494.76</u>	<u>22,926.76</u>
<b>Expenses</b>		
Administration charges		100.83
Advertising and Promotion		3,962.72
Audit Fees	800.00	400.00
Bank fees and charges	29.76	1.10
Depreciation	329.00	419.00
Filing Fees	38.10	37.00
Function/meeting Expenses	580.22	621.28
Insurance	2,977.62	2,951.39
Internet	671.94	499.51
Office Expenses	36.36	
Postage	1,472.70	1,564.44
Printing & Stationery	750.94	1,640.09
Replacements (tools, etc)	445.23	321.22
Software		199.09
Storage	1,036.36	834.55
Subscriptions	50.00	50.00
Sundry Expenses		70.00
Telecommunications	2,387.30	2,136.00
Travel, Accom & conference	9,079.95	6,406.07
Web Site	864.55	
Total Expenses	<u>21,550.03</u>	<u>22,214.29</u>
<b>Profit (loss) from ordinary activities before income tax</b>	<b>(55.27)</b>	<b>712.47</b>
Income tax revenue relating to ordinary activities		
<b>Net profit (loss) attributable to the association</b>	<u><b>(55.27)</b></u>	<u><b>712.47</b></u>
<b>Total changes in equity of the association</b>	<u><b>(55.27)</b></u>	<u><b>712.47</b></u>
Opening retained profits	5,216.63	4,504.16
Net profit (loss) attributable to the association	<u>(55.27)</u>	<u>712.47</u>
<b>Closing retained profits</b>	<u><b>5,161.36</b></u>	<u><b>5,216.63</b></u>

**Myasthenia Gravis Association Of Qld Inc ABN 92 055 613 137**

Detailed Balance Sheet As At 30 June 2008

	2008 \$	2007 \$
<b>Current Assets</b>		
<b>Cash Assets</b>		
Cash at bank	14,697.98	14,919.35
Cash on hand	405.15	705.15
	<u>15,103.13</u>	<u>15,624.50</u>
<b>Current Tax Assets</b>		
GST payable control account	635.89	598.16
Input tax credit control account	(57.76)	191.24
GST Clearing	274.37	274.37
	<u>852.50</u>	<u>1,063.77</u>
<b>Total Current Assets</b>	<b><u>15,955.63</u></b>	<b><u>16,688.27</u></b>
<b>Non-Current Assets</b>		
<b>Property, Plant and Equipment</b>		
Plant & equipment – at cost	31,760.15	30,753.78
Less: Accumulated depreciation	<u>(29,830.33)</u>	<u>(29,501.33)</u>
	<u>1,929.82</u>	<u>1,252.45</u>
<b>Total Non-Current Assets</b>	<b><u>1,929.82</u></b>	<b><u>1,252.45</u></b>
<b>Total Assets</b>	<b><u>17,885.45</u></b>	<b><u>17,940.72</u></b>
<b>Net Assets</b>	<b><u>17,885.45</u></b>	<b><u>17,940.72</u></b>
<b>Members' Funds</b>		
<b>Reserves</b>		
General reserve	12,724.09	12,724.09
Accumulated surplus (deficit)	5,161.36	5,216.63
<b>Total Members' Funds</b>	<b><u>17,885.45</u></b>	<b><u>17,940.72</u></b>

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**MYASTHENIA GRAVIS ASSOCIATION OF QUEENSLAND INC**



PO Box 16 Mt Gravatt Qld 4122

Freecall 1800 802 568

**REQUEST FOR MEDI-ALERT CARD**

Family Name \_\_\_\_\_ Given Names \_\_\_\_\_

Home Address \_\_\_\_\_

Postcode \_\_\_\_\_

Date of Birth \_\_\_\_\_ Phone Number \_\_\_\_\_

GP \_\_\_\_\_ Phone: \_\_\_\_\_

Specialist \_\_\_\_\_ Phone: \_\_\_\_\_

Hospital \_\_\_\_\_ Phone \_\_\_\_\_

Signature: \_\_\_\_\_

THE ABOVE INFORMATION IS REQUIRED TO COMPLETE THE STANDARD MEDI-ALERT CARD. HOWEVER, SHOULD YOU FEEL SOME OF THE INFORMATION IS NOT REQUIRED OR RELEVANT TO YOU, PLEASE FEEL FREE TO LEAVE BLANK AND/OR INCLUDE OTHER INFORMATION THAT WOULD BE MORE HELPFUL TO YOUR SITUATION, KEEPING IN MIND THE SIZE OF THE CARD. CURRENTLY THE CARD IS WALLET SIZE, BUT IF YOU HAVE A LARGER SIZE WALLET OR PURSE WE WILL TRY TO PRODUCE A LARGER CARD.

REMEMBER – THIS CARD IS TO HELP YOU FEEL SAFER SO DO NOT HESITATE TO ASK AND WE WILL TRY TO MAKE IT YOUR CARD.

THE CARD IS NO BURDEN TO CARRY AND WE HOPE THAT YOU WILL NEVER NEED TO USE IT, BUT IT COULD COME IN HANDY SHOULD THE NEED ARISE.

THE CARD IS PRODUCED FREE OF CHARGE AND WILL BE FORWARDED WITH THE NEXT AVAILABLE ISSUE OF 'MessaGes'. WHEN YOU RECEIVE YOUR CARD, PLEASE CHECK THAT THE DETAILS ARE CORRECT. IF NOT PLEASE ADVISE THE ASSOCIATION ON FREECALL 1800 802 568 AND A NEW CARD WILL BE FORWARDED.

PLEASE FORWARD REQUEST TO:

MYASTHENIA GRAVIS ASSOCIATION OF QUEENSLAND INC  
PO Box 16  
MOUNT GRAVATT QLD 4122

*(MARK ENVELOPE WITH 'MEDI-ALERT APPLICATION' IN TOP LEFT HAND CORNER)*

NOTE: MEDI-ALERT CARDS ARE ONLY AVAILABLE TO MEMBERS OF THE ASSOCIATION

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**WHY WHY WHY?**

How do those dead bugs get into those enclosed light fixtures?

If people evolved from apes, why are there still apes?

Why is it that whenever you attempt to catch something that's falling off the table you always manage to knock something else over?