



Myasthenia Gravis Association of Queensland Inc.

# Messages

**AUGUST  
2022**

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.

## **PRESIDENT'S REPORT AUGUST 2022**

It is hard to believe that we are already in the second half of the year.

Looking forward to catching up with people at the AGM.

**Our Annual General Meeting is on  
Sunday, 11 September, commencing at 10.15am for 10.30am sharp.  
The venue is Sunnybank Community & Sports Club,  
470 McCullough St, Sunnybank.**

**Anyone who is attending the AGM, either in person or via zoom, must register prior to the event. Please either phone 1800 802 568 or email [info@mgaq.org.au](mailto:info@mgaq.org.au) before 9 September.** The club has managed the Covid restrictions well every time we have used that venue.

Our guest speaker following the AGM is **Dr Geraldine Moses AM, Pharmacist and Assoc. Professor** who will be speaking about **"The Seven Things Everyone Should Know About Their Medicines"**. We certainly look forward to her presentation.

WE ARE STILL LOOKING FOR PEOPLE TO NOMINATE TO BE A MEMBER OF THE MANAGEMENT COMMITTEE SO THAT WE HAVE A FULL COMPLEMENT OF PEOPLE ON THE COMMITTEE. WE WILL ALSO ACCEPT NOMINATIONS FROM THE MEETING ON THE DAY. WE DEFINITELY NEED A VICE PRESIDENT.

The committee ensures that all people are comfortable with any projects in which they are involved and allows time for people to get to know the workings of the committee.

Please take note of the new initiative "Art for Heart" which is explained on page 7 of this newsletter. We are certainly excited about it and look forward to the donations we receive to support the Myasthenia Alliance Australia (MAA) in all its work for people across Australia. **Thanks, Carol**

### **Myasthenia Gravis Association of Queensland Inc**

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

**NATIONAL FREECALL: 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

**Vice-President:** SUSAN WHITE

**Secretary:** YVONNE HORNBY-TURNER

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

**Treasurer:** DENISE HANNAY

E: [treasurer@mgaq.org.au](mailto:treasurer@mgaq.org.au)

ANITA JACKSON

DONNA FORMOSA

ROSALYN HOLLAND

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KAREN DOWNES

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**PATRON:** DR CECILIE LANDER AM Neurologist

Supported by



**Queensland  
Government**

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Your Association is your **VOICE** with Government.



## MYASTHENIA ALLIANCE AUSTRALIA

### NEWS UPDATE

All MGAQ financial members now have access via the video or podcast services to the wonderful presentation given by RVA's Louise Healy at the June MGAQ gathering. The work being undertaken by Rare Voices Australia (RVA) is significant, essential, impressive and encompassing. I urge readers to enquire more about this organisation and how they are helping so many Australians including the myasthenia community. Louise's presentation clearly demonstrated the effective and on-going collaboration that has occurred between the MAA and RVA.

RVA will host a National Summit in person in Sydney in November and the Myasthenia community will have a voice at the Summit thanks to your representatives.

There will be a special Gala Event on the Friday evening where RVA will celebrate 10 years.

The Myasthenia community extends sincere congratulations to each member of the small RVA

team on their work to date and very much look forward to witnessing the next ten years.

If the work of advocacy excites you or might suit a family member, please consider taking up a position on the MAA and helping out. More help is very much needed. Please don't assume that the workload can be maintained without additional volunteers. It is only through the generosity of our volunteers that support can be offered.

**Learn more by calling 1800 802 568.**

**As always, we remind people to maintain good stocks of their medications. Of note is Mestinon, a unique and short acting medication, and it is unwise to run low. Many medications are currently being impacted by supply issues and Mestinon will be affected.**

*Susan White- MAA Chairperson*

If you are not already registered with the Alliance please go to [www.myastheniaalliance.org.au](http://www.myastheniaalliance.org.au)

### SEND YOUR QUESTIONS NOW!

Questions for Geraldine will be received in advance.  
Please forward to [info@mgaq.org.au](mailto:info@mgaq.org.au) or call 1800 802 568.

## AGM GUEST SPEAKER

### Dr Geraldine Moses AM

*BPharm DClinPharm AdvPracPharm FPS FACP AACPA MSHP MRPharmS*

Consultant Pharmacist to the Australian Dental Association

Senior Medicines Information Pharmacist - Mater Public Hospital, South Brisbane

Adj. Assoc Professor - School of Pharmacy - University of Queensland.

Adj. Assoc Professor - Discipline of Pharmacy, Faculty of Health, QUT

*The title of Geraldine's talk will be*

***"THE SEVEN THINGS EVERYONE SHOULD KNOW ABOUT THEIR MEDICINES."***

# MYASTHENIA GRAVIS ASSOCIATION OF QUEENSLAND INC. 2022/23 ANNUAL GENERAL MEETING

**Attend AGM either in Person or Via Zoom – Your choice!**

**SUNDAY, 11 SEPTEMBER 2022**  
**SUNNYBANK COMMUNITY & SPORTS CLUB,**  
**470 McCULLOUGH ST, SUNNYBANK**  
**10.15 FOR 10.30AM**

As our Annual General Meeting will practise Social Distancing,  
RSVP is essential by Thursday, 9 September 2022.

**FREECALL 1800 802 568 or EMAIL [info@mgaq.org.au](mailto:info@mgaq.org.au)**

**Guest Speaker:** Dr Geraldine Moses AM DClinPharm-Adj. Pharmacist, Assoc. Professor

**Topic:** *“THE SEVEN THINGS EVERYONE SHOULD KNOW ABOUT THEIR MEDICINES.”*

**Join AGM Zoom Meeting**

<https://us06web.zoom.us/j/87365516633?pwd=Ri91c2lqYk5wS0EwVEU4YzR1cnpCZz09>

**Meeting ID: 873 6551 6633**

**Password: 488373**



***Need help? Instructions can be emailed on downloading zoom or joining the zoom meeting***

**Ring our FREECALL 1800 802 568 or EMAIL: [info@mgaq.org.au](mailto:info@mgaq.org.au)**  
**by Thursday, 9 September 2022 and let Susan know if you are attending in person**  
**or via zoom or if you need help.**

**Best CARE for all Australians is our GOAL!**

# AGENDA FOR THE ANNUAL GENERAL MEETING

of the

## MYASTHENIA GRAVIS ASSOCIATION OF QLD INC.

to be held on

**SUNDAY, 11 SEPTEMBER, 2022**

at the

**Sunnybank Community & Sports Club,  
470 McCullough St. Sunnybank**

**10.15 am for 10.30 am**



Lunch is available at the venue with a varied and reasonably priced menu.  
Tea and coffee will be available prior to the meeting.

*Everyone Welcome – **RSVP is essential***

1. **OPENING**
2. **APOLOGIES**
3. **CONFIRMATION OF QUORUM**
4. **MINUTES OF THE PREVIOUS AGM HELD AT ASPLEY HORNETS FOOTBALL CLUB ON 12 SEPTEMBER, 2021**
5. **BUSINESS ARISING FROM MINUTES**
6. **PRESIDENT'S ANNUAL REPORT**
7. **TREASURER'S REPORT**
8. **ELECTION OF MANAGEMENT COMMITTEE 2022/2023**  
**NOMINATIONS:**

PRESIDENT	Carol Buchanan
VICE PRESIDENT	Vacant
SECRETARY	Yvonne Hornby-Turner
TREASURER	Denise Hannay
COMMITTEE MEMBERS	Susan White, Anita Jackson, Donna Formosa, Rosalyn Holland, Kristine Shrubsole, Craig Streatfeild, Catherine Bergin
9. **APPOINTMENT OF AUDITOR** ***Notice of Motion - Auditor:*** That this meeting agrees to the appointment of BDO Australia Ltd as Auditors for the year 2022/23
10. **GENERAL BUSINESS:**  
***Notice of Motion- Bank Authority:*** That the signatories for the Bank of Queensland accounts will be the President, Vice President, Treasurer and Secretary.  
***Notice of Motion – Annual Operational Plan:*** That the membership accepts the Annual Operational Plan (AOP) as presented.
11. **CLOSE**

NOTE – the AGM will be followed by a short general meeting to confirm membership fees.

**RSVP is required.**

**Ring our FREECALL 1800 802 568 by Thursday, 9 September 2022  
and let Susan know if you are attending in person or via zoom.**



# ANNUAL GENERAL MEETING ELECTION OF OFFICE BEARERS SUNDAY, 11 SEPTEMBER, 2022

## CALL FOR NOMINATIONS FOR THE MANAGEMENT COMMITTEE 2022/2023

The MGAQ thank the following people for their nominations to hold Committee Positions for 2022/2023. **Carol Buchanan** - President, **Yvonne Hornby-Turner** - Secretary, **Denise Hannay** - Treasurer, **Susan White, Anita Jackson, Donna Formosa, Rosalyn Holland, Kirstine Shrubsole, Craig Streatfeild, Catherine Bergin** - Committee Members.

As a Vice-president and a further Committee member are still required, the nomination period has been extended until **6 September**. Please utilise the form below and submit prior to this date if you can help. Twelve places are available for Committee nomination due to the MGAQ having an increasing range of projects in this new and exciting era of the Association. We always welcome anyone who wishes to nominate. People can nominate themselves or anyone else they feel would be a suitable member of this very progressive and dynamic Committee.

Interested people need to be comfortable with using a range of technology and will need to maintain regular communication in order to stay abreast of issues throughout each month. Meetings are a full day held each second Saturday of the month excluding January and attendance via Zoom or in person is required for a majority of meetings.

To gain more information, discuss these roles and commitments you can phone **Freecall 1800 802 568**. Members with Myasthenia and those with an interest in Myasthenia are welcome to apply. Carers and supporters also very welcome to nominate. To nominate, you must be a financial member 2021/2022.

Nominations **MUST** be received by the Secretary by the close of business on **Tuesday, 6 September 2022**.

If more than one nomination is received for the same position, a ballot to all financial members will be conducted with the votes to be returned by **Tuesday, 6 September 2022**.

**Should there be no nomination for a particular position, nominations will be called at the AGM to be held on Sunday, 11 September 2022.**

Nominee (*Print name*):..... Ph:.....

Nomination Accepted (*Signature*): .....

(*Circle position of interest*) **President Vice-President Secretary Treasurer Committee Member**

Nominee (*Print name*):..... Ph:.....

Nomination Accepted (*Signature*): .....

(*Circle position of interest*) **President Vice-President Secretary Treasurer Committee Member**

Nomination(s) (above) **Seconded by** (*Optional*) .....

**Additional Nomination Forms available on request.**

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*Members may be interested in offering support, but would prefer to nominate themselves for special project work rather than taking a Committee position. If this is preferred, provide your name, best contact details, and a little about the skills you can offer to the Association.*

Name:.....Skills Offered: .....

.....Best Contact:.....



# POSITIONS VACANT

## VICE PRESIDENT

A great time to consider this committee position as it is a fully supported supplementary role. An ideal way to become involved. Without a Vice President, the MGAQ will be in breach of Association Governance.

## ADDITIONAL COMMITTEE MEMBERS

Ideally all executive positions are supported by a committee member. There are lots of opportunities to match with your interests. Come and discover this fantastic volunteer team and find your fit. Help us to achieve this goal.

Committee members come from right across the State. Where you reside should not be a barrier.

For more information please email [info@mgaq.org.au](mailto:info@mgaq.org.au) or call 1800 802568



**SUNSHINE COAST COFFEE AND CHAT**  
August 1, 2022



**GOLD COAST COFFEE AND CHAT**  
August 14, 2022

## WELCOME TO OUR NEW MEMBERS

**Michael, Noosaville QLD**  
**George, Ashgrove QLD**

**Paul, Raymond Terrace NSW**  
**Douglas, Burringbar NSW**

**Bruce, Diamond Creek VIC**

### MURIEL'S DID-YOU- KNOWS

- After Athens, Melbourne has the world's largest Greek population
- Australia has one of the world's lowest population densities – it's size is only a bit smaller than the USA, yet the population is only around 26 million, as opposed to 330 million in the United States.
- The average Australian drinks 83 litres of beer per year
- In Aboriginal culture, women are not permitted to play the didgeridoo

# ART WITH HEART AUCTION

## SPREAD THE WORD!

A lot of talented artists have joined Lyn Church to help raise vital funds for **Myasthenia Alliance Australia** and we would love to see more!

**Start a conversation** today with someone and they could have that hidden gem to donate to the auction or be interested in one of the items already available to bid.

**Let's see how much we can raise together!**

### DONATIONS

Send a high quality image of your donation to [treasurer@mgaq.org.au](mailto:treasurer@mgaq.org.au) or via message on [facebook.com/mgqld](https://www.facebook.com/mgqld)

### SUBMISSIONS

Submissions cut-off: 07/09/2022



### AUCTION

From 11/09/2022 to 08/10/2022. See items and links to bid on [facebook.com/mgqld](https://www.facebook.com/mgqld)



**Myasthenia**  
Alliance Australia  
[myastheniaalliance.org.au](http://myastheniaalliance.org.au)



**Myasthenia Gravis Association  
of Queensland Inc.**  
PO BOX 16, Mt. Gravatt, QLD, 4122  
FREECALL 1800 802 568  
[mgaq.org.au](http://mgaq.org.au) • [info@mgaq.org.au](mailto:info@mgaq.org.au)



The Australian Myasthenic Association in NSW Inc.  
[www.myasthenia.org.au](http://www.myasthenia.org.au)

# NEWS FROM AROUND QUEENSLAND

## News from Cairns

Please join us on **Saturday, 3 September** in the **Boardroom at Cairns RSL Club, Esplanade at 11am - 12.30pm**. If you are visiting Cairns region at this time, you are most welcome to come along.

**Coffee & Chat at Palm Cove on Sunday 25th September at 2pm** - Venue to be confirmed.

For more information, please contact **Donna** on **0414397462** or email [donnaformosa64@gmail.com](mailto:donnaformosa64@gmail.com)

## News from Townsville

I look forward to your company at our next lunch on **Saturday, 27 August at 12.00 noon, Sports Club, 159 Bamford Lane, Kirwan**. Family members are welcome.

For more information, please contact **Daphne** on **0400 778 637** or email [daphclay@gmail.com](mailto:daphclay@gmail.com)

## News from Mackay

For more information, please contact **Mary** on **4959 5251**

## News from Bundaberg

For more information, please contact **Denise** on **0431 571 399**.

## News from the Sunshine Coast

For more information, please contact **Vicki** on **0411 146 898** or email [avlplummer@gmail.com](mailto:avlplummer@gmail.com)

Thank you to Les who took over co-ordinating the August Coffee & Chat at short notice.

The next **Coffee & Chat** will be on **Monday 3rd October 10.30am at Kawana Club, 476 Nicklin Way Kawana**.

The colour theme is **ORANGE** for this meet up.

## News from the Gold Coast

Hi Everyone. MG Gold Coast group had their get-together, sharing experiences with other members on **Saturday, 14 August at Southport Sharks Club**. Our next meeting will be at **10am on Saturday, 8 October, at Broadbeach Kurrawa Surf Club**. I hope to see all there. Kind regards Nader Amiri, Gold Coast Coordinator **0415 834 401**.



# COFFEE & CHATS

RSVP Anita on 0414 588 312

## TOOWOOMBA

**Saturday 24th September at 10.30am**

**Picnic Point Cafe, 164 Tourist Road, Toowoomba**

### Bamboozable

<b>ATUNE</b>	rent rent rent rent	LOOKING  LOOKING	W L R Y R	FOUR FOUR FOUR FOUR	pigs pigs pigs
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bamboozable 22 Answers: 1. A tune up; 2. For rent; 3. Looking high and low; 4. Merry go round; 5. Four square; 6. Three little pigs

Become **INVOLVED** - make a **DIFFERENCE** to yourself and others.