



Myasthenia Gravis Association of Queensland Inc.

Messages

**AUGUST
2023**

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 2023

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, 10 September, commencing at 10.15am for 0.30am sharp.
The venue is Apsley Hornet's Football Club, Graham Road Carseldine.
*This will be followed by Conversation, Connection and Companionship.***

It is heartwarming to report that ALL existing Committee members have nominated for the MGAQ Committee and in addition Lisa will be joining the ranks. This diverse team brings a wide range of invaluable skills that together ensures a very effective team. Each person manages a niche role. Sadly Susan's health dictates her stepping back a little and she must step down as Vice-President. The position of Vice President is available for nomination and needs to be filled so that the Association meets the Rules needed to remain viable. This position comes with a job description and a Mentor. Please contact Susan on 1800 802 568 for any questions on this role.

Anyone who is attending the AGM must register prior to the event.

Please either phone 1800 802 568 or email info@mgaq.org.au before 9 September.

Thanks, Carol

Myasthenia Gravis Association of Queensland Inc

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NATIONAL FREECALL: 1800 802 568

ABN 92 055 613 137

Email: info@mgaq.org.au

Internet: www.mgaq.org.au

COMMITTEE MEMBERS

President: CAROL BUCHANAN

Vice-President: SUSAN WHITE

Secretary: YVONNE HORNBY-TURNER

E: info@mgaq.org.au

Treasurer: DENISE HANNAY

E: treasurer@mgaq.org.au

CATHERINE BERGIN

ANITA JACKSON

DONNA FORMOSA

ROSALYN HOLLAND

KIRSTINE SHRUBSOLE

CRAIG STREATFEILD

Newsletter Editor: GREG BREADEN

E: MGAQ.editor@gmail.com

PATRON: DR CECILIE LANDER AM Neurologist

Supported by



Queensland
Government



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



MYASTHENIA ALLIANCE AUSTRALIA

NEWS UPDATE

Registrations for the Myasthenia Alliance Australia October 21st 2023 Conference to be held in Sydney are now rising steadily with representation coming from every State and Territory (except NT so far) and also New Zealand.

myastheniaalliance.org.au/wp-content/uploads/2023/06/MAA_Conference_2023_-_Registration_compressed.pdf

This boutique event will be a coming together of people who are genuinely invested in Myasthenia. Patients, Carers, Health Professionals, Specialists and Industry Representatives have registered and communicated a sincere interest in learning and sharing. A pathway to better health can be achieved when we work together. Every attendee will have something to contribute towards this day.

A great deal of thought has gone into making attending as manageable for patients as possible. Examples of this include the use of a small, easy access exclusive venue with a limited capacity of 120 attendees. A 'cuppa' on arrival will hopefully refresh everyone followed by a substantial morning tea and lunch to get through this stimulating day. There is a drop off bay at hand and parking is close by. Lots of seating both inside and out is available during the breaks and signage will assist people to find others from their home state. A dedicated event manager will be on hand to assist throughout the day. The volunteer team are excited to meet with friends, new and old. Naturally, they will be wanting to make everyone feel welcomed. Wheelchairs and wheelie walkers can be accommodated. (Please note this on the form). Best of all, attendee privacy is a priority - it is a safe space where individual needs will be understood.

Whilst not everyone interested in coming along is in a position to attend, it is envisaged that benefits from the day will flow through to our community for many months to follow. Information will be shared as is practical and new initiatives will be open to all for participation. Everyone will benefit at some level.

The MAA, MGAQ and MGNSW teams are dedicated to making this event a truly special encounter and a very forward thinking day. I thank these volunteers for being so willing to donate tirelessly of their time and energy and for supporting me once again in another bold endeavour to ensure that **Myasthenia Voices Do Matter!**

An updated version of the programme for the day will be available this month. This programme will honour the support and engagement of our sponsors. Sincere appreciation is expressed to Alexion, CSLBehring, UCB and Janssen.

Susan White (MAA Chairperson)

If you are not already registered with the Alliance please go to www.myastheniaalliance.org.au



Myasthenia
Alliance Australia

MYASTHENIA GRAVIS 2023 NATIONAL CONFERENCE

21 OCTOBER 2023 | 9 AM - 4:30 PM
CONCORD MEDICAL EDUCATION CENTRE
1H HOSPITAL RD, CONCORD WEST, 2138

SPEAKERS

Susan White (MAA)
A/Prof Stefan Blum
Dr Katherine Buzzard
A/Prof Stephen Reddel
Prof Steve Vucic

Louise Healy (RVA)
Dr William Phillips
Dr Adam Irving
Dr Kirstine Shrubsole
Anna Neuwirth

MEET & GREET DINNER ON FRIDAY 20 OCTOBER
MORNING TEA & LUNCH AT THE CONFERENCE
DISCOUNTED HOTEL RATES

LEARNING OPPORTUNITIES

Join us at the Myasthenia Gravis 2023 National Conference, uniting experts and passionate individuals to help improve the lives of MG patients. Stay updated on cutting-edge research, thymectomy, emerging treatments, cognitive issues, and patient-reported outcomes. Embrace self-advocacy and disease mechanisms. Explore MGBase and a patient-led symptom tracker. Unveil MG SyTReT for streamlined care. Engage in the interactive Q&A panel. Make a difference!

REGISTER NOW!



MYASTHENIAALLIANCE.ORG.AU
REGISTRATIONS CLOSING 10 SEPTEMBER 2023

PROUDLY SUPPORTED BY



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

NEW MEMBERS

Lynette, Mt Ommaney QLD
Josef, Little Mountain QLD
Sonya, Little Mountain QLD
Elizabeth, Burnside QLD
Robert, Kangaroo Flat VIC

Adrian, Canningvale WA
Pauline, Rowville VIC
Garrick, Stonehenge NSW
Chris, Freemantle WA
Jenny, Denmark WA

Lorraine, Magill North SA

myasthenia gravis

south
australia friends

mgsouthaustralia@gmail.com

SA Coffee & Chat

The Hope Inn, (Apple Room),
348 Port Road Hindmarsh.
Saturday, 2 Sept, 10am -12 noon

RSVP to 0419 816 661



Myasthenia Gravis Friends Western Australia Coffee & Chat -

Venue: **Dome Café – Gosnells, 2160 Albany Highway, Gosnells**

Date: **Sunday, 3 September - 1.00-3.00pm**

For more information, please contact Annette on 0413 855 077.

YOUR
OPINION
MATTERS



MEMBER SURVEY

The committee is in the process of finalising a 'member survey' with the objective of engaging members and hearing their views on our current level of communication/interaction.

We hope to hear all members views and learn what you think we are doing well and what else you would like us to do. We are open to new suggestions in all areas.

The Survey will be both online and sent via mail to members that do not have access to the internet. We can only learn and improve by your feedback. We hope all members will complete the survey enabling us to deliver to our members what most members would like.

Please remember to only complete the Survey once.

SUPPORT your Association by **VOLUNTEERING.**

POSITION 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.

For more information please email info@mgaq.org.au or call 1800 802568

Conversation, Connection, Companionship

- ♥ *Meet your committee.*
- ♥ *Feature conversations.*
- ♥ *Time to ask questions.*
- ♥ *Put a face to a name.*
- ♥ *Plenty of time to just chat with someone who understands your condition.*
- ♥ *Lucky Door prize and giveaways.*



SUPPORT your Association by **VOLUNTEERING.**

Puzzlers

Puzzles by
www.thinkablepuzzles.com
www.theteacherscorner.net

LIP LIP	MINUTES MINUTES MINUTES MINUTES MINUTES BACK MINUTES	<i>Life</i> LIVE LIVE	▲ 1. thing 2. thing 3. thing	MOG MOTION MOG MOTION MOG MOTION	COAST
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	7	1		9				4
	3		1		4			7
8			7				1	6
	5			4				3
3				6		4		8
6	9			7	3		5	
			3					9
7	1		9		6		4	
5		9		2		3	6	

Try to fill in the missing numbers.

The missing numbers are integers between 0 and 12. The numbers in each row add up to totals to the right. The numbers in each column add up to the totals along the bottom. The diagonal lines also add up the totals to the right.

1			10	6	2	36
	8	6	5			32
1		12	7		1	41
11	3	5	5		1	27
8		6		11	1	39
7	2	0	6	7	11	33
39	40	37	38	37	17	48

Answers

2	7	1	6	9	8	5	3	4	30
9	3	6	1	5	4	8	2	7	36
8	4	5	7	3	2	9	1	6	32
1	5	8	2	4	9	6	7	3	41
3	2	7	5	6	1	4	9	8	27
6	9	4	8	7	3	1	5	2	39
4	6	2	3	1	5	7	8	9	33
7	1	3	9	8	6	2	4	5	48
5	8	9	4	2	7	3	6	1	

Word Change

pouch
peace

Word Change 29 Answers: pouch; pouch; peach; peace
Bamboozable 11 Answers: 1. Tulips; 2. Back in five minutes; 3. One Life to Live; 4. First Thing in the Morning; 5. Go Through the Motion; 6. The Coast is Clear

DONATION

The Myasthenia Gravis Association of Qld would like to sincerely thank FNQ Progressive Neurological Movement Disorders Special Interest Group for their generous donation.

This money will go towards resources supporting the myasthenia community.



SUNSHINE COAST



SPRINGWOOD



FOLLOW US ON
Instagram

[@myastheniaqueensland](https://www.instagram.com/myastheniaqueensland)

NEWS FROM AROUND QUEENSLAND

News from Cairns

Date Claimer - Saturday, 14 October 11am at Trinity Beach. The venue has changed and will be advertised in September newsletter. For more information, please contact **Donna on 0414 397 462.**

News from Townsville

For more information, please contact Daphne on **0400 778 637** or email **daphclay@gmail.com**

News from Mackay

For local support, please contact **Mary on 07 4959 5251**

News from Bundaberg

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

News from Hervey Bay

For local support, please contact **Jan on 0429 622 438.**

News from the Sunshine Coast

It was great to see everyone's smiling face at this month's Coffee and Chat on the Sunshine Coast. We officially welcomed our latest member Liz to the group. Also, Michelle returned from a wonderful 6 week vacation in Europe and really enjoyed Budapest and health wise was a success.

Our next catch-up will be **Monday 25 September at 10.30am, at Kawana Club, 476 Nicklin Way Kawana** and looking forward to a surprise visit from Donna who will be in our area visiting. Until then, cheers and stay positive. For more information please contact **Michael on 0447 887 652.**

News from the Gold Coast

Hi Everyone, MG Gold Coast group had their get together sharing experiences with other members on 29th July at Kurrawa Surf Club. Our next meeting will be at **10am, Saturday 23 September at Southport Sharks Club.** Please bring your empty Mestinon bottles for Chloe's art project. I hope to see you all there. For more information, please contact **Nader on 0415 834 401.**



COFFEE & CHATS

IPSWICH – Saturday 26th August at 10.30am

Queens Park Café, 10A Merle Finimore Avenue, Ipswich

All welcome. Table booked under MGAQ

RSVP Anita on 0414 588 312

WHAT'S COMING UP

What's On?	When Is It?	Where Is It?
AGM MGAQ Conversation Connection Companionship	10.15 for 10.30 am Sunday 10 September	Apsley Hornet's Football Club, Graham Rd Carseldine
MAA Patient Conference	Saturday 21 October 9am-4.30pm	Concord Hospital – Education Centre, Sydney
MGAQ Christmas Function	Sunday 10 December 11.30am	Southport Sharks Club

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



ANNUAL GENERAL MEETING ELECTION OF OFFICE BEARERS

SUNDAY, 10 SEPTEMBER, 2023

CALL FOR NOMINATIONS FOR THE MANAGEMENT COMMITTEE 2023/2024

As a Vice-president is still required, the nomination period has been extended until **8 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 held from 8.30am - 12.30pm 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 2023/2024.

Nominations **MUST** be received by the Secretary by the close of business on **Friday, 8 September 2023**.

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 **Friday, 8 September 2023**.

Should there be no nomination for a particular position, nominations will be called at the AGM to be held on Sunday, 10 September 2023.

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.

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:.....

AGENDA FOR THE ANNUAL GENERAL MEETING

of the

MYASTHENIA GRAVIS ASSOCIATION OF QLD INC.

to be held on

SUNDAY, 10 SEPTEMBER, 2023

at the

Apsley Hornet's Football Club, Graham Road, Carseldine

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.

The meeting will be followed by Conversation Connection Companionship

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

1. **OPENING**
 2. **APOLOGIES**
 3. **CONFIRMATION OF QUORUM**
 4. **MINUTES OF THE PREVIOUS AGM HELD AT SUNNYBANK COMMUNITY & SPORTS CLUB, 470 MCCULLOUGH ST. SUNNYBANK ON 11 SEPTEMBER, 2022**
 5. **BUSINESS ARISING FROM MINUTES**
 6. **PRESIDENT'S ANNUAL REPORT**
 7. **TREASURER'S REPORT**
 8. **ELECTION OF MANAGEMENT COMMITTEE 2023/2024**
NOMINATIONS:

PRESIDENT	Carol Buchanan
VICE PRESIDENT	Vacant
SECRETARY	Yvonne Hornby-Turner
TREASURER	Denise Hannay
COMMITTEE MEMBERS	Catherine Bergin, Anita Jackson, Rosalyn Holland, Susan White, Donna Formosa, Kirstine Shrubsole, Craig Streatfeild, Lisa Wright
 9. **APPOINTMENT OF AUDITOR** ***Notice of Motion - Auditor:*** That this meeting agrees to the appointment of Keeley Business Advisors and Accountants, Darren Hart CPA for the year 2023/24
 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, 7 September 2023