



Myasthenia Gravis Association of Queensland Inc.

MessaGes

APRIL
2025



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 APRIL 2025



The management committee hopes that everyone had a healthy and safe Easter filled with laughter, family and friends.

Our association is strongly affiliated with the Myasthenia Alliance Australia (MAA) and we support the research that is undertaken by this Alliance. Please ensure that you have subscribed to both the MGAQ and MAA Newsfeeds so that you can stay up to date with news, submissions and research.

Our Light Up Project for June Awareness Month is growing even bigger and more places around Queensland and other states are becoming involved. More information will be in the next couple of newsletters and we hope that, if you get the opportunity, please take a photo and then send it to info@mgaq.org.au for possible inclusion in our newsletter. Also, please remember that not all photos might appear in the newsletter but they will be saved digitally for future use. Another exciting event that is happening in June is the Oh MG art exhibition created by Chloe Wigg to celebrate the strength, creativity and resilience of the Myasthenia Gravis community. The exhibition is dedicated to those with MG, their families and friends as well as health professionals and others who are passionate about supporting those with MG. A closed event, host-

ed by the MGAQ for the MG community, will be held at the Logan Art Gallery on 14 June from 10.30am to 1.30pm. The Logan Art Gallery is situated on the corner of Wembley Road and Jacaranda Avenue, Logan Central. We hope that as many people as possible support this event.

In next month's newsletter you will see the membership renewal information. We are always grateful to those people who make a donation at the same time as they renew their membership. Because the MAA does not have any direct line to donate to this very busy and worthwhile group, you will find boxes which ask you to which group you want your donation to go – to the MGAQ or to the MAA. Please make sure that, if you add a donation with your membership fee, that you tick the appropriate box. If you wish to share the donation please write the amount next to each box once you have ticked same. I also must stress that one membership fee does not even cover the printing and posting of the newsletter so your management committee really does appreciate membership renewals which, unfortunately, seem to be becoming less and less in number each year. We need your support so that we can support you.

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

Internet: www.mgaq.org.au

COMMITTEE MEMBERS

President: CAROL BUCHANAN

Vice-President: SHARIN NISHA

Secretary: YVONNE HORNBY-TURNER

E: info@mgaq.org.au

Treasurer: DENISE HANNAY

E: treasurer@mgaq.org.au

ANITA JACKSON

DONNA FORMOSA

ROSALYN HOLLAND

KIRSTINE SHRUBSOLE

CRAIG STREATFEILD

SUSAN WHITE

LISA WRIGHT

Newsletter Editor: GREG BREADEN

E: MGAQ.editor@gmail.com

PATRON: DR CECILIE LANDER AM Neurologist

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



KNOW YOUR COMMITTEE

I am **Carol Buchanan** and I live in regional North Queensland. My six year journey from symptoms to diagnosis in the early 2000's involved travel to Brisbane and Sydney a number of times before I finally had answers.

I have been involved with the MGAQ since 2009, first as a member of the management committee, then as Secretary and now as President. I am very proud of the wide range of information and services this group of volunteers continues to offer. Our focus on Member Welfare, Advocacy, Research and Awareness remain central to our association.

I am also a foundation member of the Myasthenia Alliance Australia (MAA) – a dynamic, strategic group with a strong focus on issues of national importance which relate directly to improving the lives of people living with MG.



DATE CLAIMER

Saturday, 14 June 2025

MG and friends celebration day for

Oh MG Art Exhibition

JUNE AWARENESS FUNCTION



Scan to apply for
Membership or to
renew your existing
Membership



Scan to make a
donation to the
Myasthenia Gravis
Association of Qld Inc.



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



MYASTHENIA ALLIANCE AUSTRALIA

MAA UPDATE

It has been an exciting start to the year with lots of information flowing through the MAA newsfeed. We are most delighted to have provided such a variety of content inclusive of much information.

Readers may be interested to know that each of these broadcasts incurs costs for the MAA in addition to the time involved with collating the content. The MAA Board regularly participate in industry or research activities which earn a small stipend. This work then finances our communications. We truly hope that people have found the opportunities presented and the knowledge shared to be informative and inclusive.

The topics have included -

- ◆ Understanding and supporting MGBase.
- ◆ Sharing and caring for Rare Diseases Day.
- ◆ More and varied research opportunities.
- ◆ Results of the "Covid and MG" research projects.

A thank you to everyone for supporting the data collection necessary for Submissions to the PBAC.

The next few months will bring more information. Topics will include information about the **Oh MG Art Project** by Chloe Wigg, additional research opportunities, details of the recent PBAC Submission outcomes, information about the new treatments, research outcomes and much more. Stay tuned! Ensure you are registered on the website as not everything can be included in this newsletter.

I would also like to inform our readers that many months of work has gone towards creating an updated MAA website. We are excited that it is almost ready for launching. A news post will be issued when it goes live. Please do check out ALL the additions and the new formatting.

Visit www.myastheniaalliance.org.au

Warm regards

Susan White (MAA Chairperson)

Sudoku

3	2		6	9			8	
8				4		5		
6					2		9	3
	7	6	9			3		4
		4	7			8		
2		3	1		4	9	7	
	1		2	7		6	3	
		8		1				
	6				9		4	7

Word Change

last
moon

Answers

7	4	1	9	3	8	2	6	5
6	5	2	6	4	1	6	3	7
8	3	6	5	7	2	9	4	1
5	7	9	4	6	1	3	8	2
6	1	8	3	7	2	4	5	9
4	2	3	8	5	9	6	7	1
3	9	7	2	8	5	1	4	6
2	6	1	5	4	3	7	9	8
1	8	4	7	9	6	5	2	3

Word Change Answers
last
lost
moon
loot

NOTHING About Us **WITHOUT US!**



JUNE 2025

Myasthenia Gravis Awareness Month

Look out for our
**OTHER
INITIATIVES**



Queensland Lights Up



Story Bridge, Brisbane



www.mgaq.org.au

The Myasthenia Gravis Association of Qld (MGAQ) banner will be displayed on the Story Bridge in Brisbane (inbound) from 2 June to 15 June 2025.

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



Why did I receive the March newsletter by post?

Because the March newsletter contained a great deal of really important information the Management Committee decided to post it to everyone, ensuring immediate access to all.

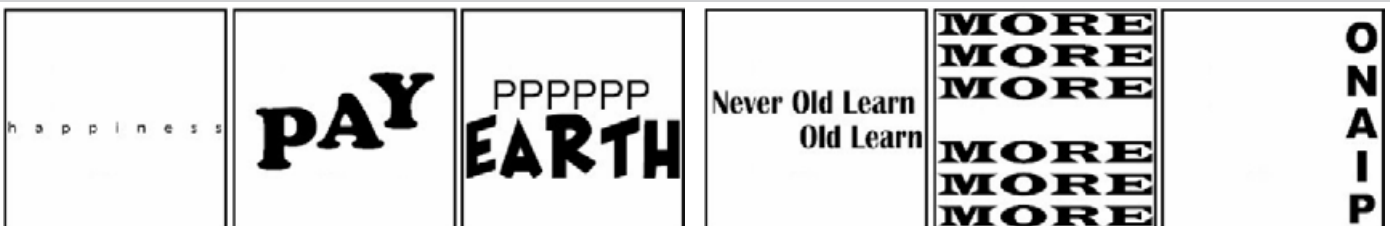
CONVERSATION CONNECTION COMPANIONSHIP

CARLYLE GARDENS CRAFT GROUP TOWNSVILLE



- Supporting Chloe with 507 snowflakes. A huge thank you to Ann, Tonia, Vicki, Ann, Kay, Sandy, Wilma, Tricia and Leonie.

Bamboozable



bamboozable 33 Answers: 1. Spread a Little Happiness, 2. Pay Raise, 3. Peace on Earth, 4. Never Too Old Too Learn, . Room for One More, . Upright Piano

SUPPORT your Association by **VOLUNTEERING**.



CONVERSATION CONNECTION COMPANIONSHIP

The local Coffee and Chat is a safe space to share MG experiences with others.

CAIRNS - 25 March



• Cairns – L-R Peter, Anna, John, Donna, Allan, David, Jan, Anne, Janice, Karen

GOLD COAST - 17 March



• Gold Coast – L-R Marie, Cheryl, Barry, Ann, Nader, Donna, Jim

BECOME INVOLVED - MAKE A DIFFERENCE

For membership payments and donations, the MGAQ account details are:

BSB: 124032

A/c: 10263772

WELCOME TO OUR NEW MEMBER

Keith R, Branyan QLD



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



HOT CROSS BUN RECIPE (recipetineats.com)

INGREDIENTS

Buns:

- 3 teaspoons instant or rapid rise yeast (9 grams)
- 1/2 cup (110g) caster sugar
- 1 1/2 cups (375ml) milk, warm, full fat or low fat
- 4 1/4 cups (640g) bread flour (or plain / all purpose)
- 2 tsp cinnamon powder
- 2 tsp All Spice OR Mixed Spice
- 1/2 tsp salt
- 1 1/2 cups (210g) sultanas
- 1 - 2 oranges, zest only
- 50g / 3.5 tbsp unsalted butter, melted and cooled
- 1 egg, at room temperature

Extra Flour for dough

- 1/4 cup (35g) Extra bread flour

Crosses:

- 1/2 cup (75g) flour (any white flour)
- 5 tbsp water

Glaze:

- 1 tbsp apricot jam
- 2 tsp water



INSTRUCTIONS

1. **Mix dry** – Place flour, yeast, sugar, all spice, cinnamon, and salt in a large bowl. Briefly mix with stand mixer fitted with a dough hook.
2. **Add wet** – Add butter, milk, egg, sultanas and zest.
3. **Standmixer:** Mix for 5 minutes until a smooth elastic dough forms. Start on speed 2 then once the ingredients are combined, increase to speed 4. After 1 minute, add extra flour if required, just enough so dough comes away from side of bowl when mixing and doesn't stick terribly to your fingers.
4. **Hand kneading:** Alternatively, dust a work surface with flour and knead by hand for 10 minutes.
5. **Dough is kneaded enough** when it's smooth and does not break when stretched

Rise #1:

1. Leave dough in the bowl, cover with cling wrap and place in a warm, wind free place to rise until doubled in size. This will take anywhere between 30 minutes to 1 1/2 hours depending on how warm it is

Forming Balls

1. Line a 31.5 x 23.5 cm / 9 x 13" tray with baking paper with overhang.
2. Remove cling wrap and punch dough to deflate.
3. Dust work surface with flour, place dough on work surface, shape into a log – this will deflate the air. Cut into 12 equal pieces.
4. Take one piece and press down with palm, then use your fingers to gather into a ball, then roll the dough briefly to form a ball. This stretches the dough on one side and that's how I get a nice smooth surface.
5. Place the ball with the smooth side up on the tray. Repeat with remaining dough. Line them up 3 x 4.

Rise # 2:

1. Spray a piece of cling wrap lightly with oil (any), then loosely place over the tray.
2. Return tray to warm place and leave 30 – 45 minutes, until the dough has risen by about 75% (less than double in size).
3. Partway through Rise #2, preheat oven to 180°C.

Crosses:

1. Mix flour and water until a thick runny paste forms.
2. Spoon into a round 3 mm piping bag or small ziplock bag then snip corner.
3. Remove the cling wrap and pipe crosses onto the buns. Go slow so it hugs the curves.

Baking/Glaze:

1. Bake in preheated oven (180°C) for 22 minutes, or until the surface is a deep golden brown. The surface colour is the best test for this recipe.
2. Meanwhile, place jam and water in a bowl, microwave for 30 seconds. Mix to combine.
3. Remove buns from oven. Use overhang to lift buns onto a cooling rack.
4. Brush with jam mixture while warm. Allow to cool to warm before serving.



NEWS FROM AROUND QUEENSLAND

News from Cairns

Please join us on **Saturday, 24 May** from 10am to 12 noon at Blackbird Warehouse, 205 Newell Street Bungalow for informal coffee and chat.

For more information, please contact **Donna** on 0414 397 462.

News from Townsville

We are meeting again on **Saturday, 26 April** at 12 noon, Kirwan Sports Club, 159 Bamford Lane Kirwan.

Looking forward to your company.

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

News from Mackay

For more information, please contact **Mary** on 07 4959 5251

News from Bundaberg

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

News from the Sunshine Coast

The Sunshine Coast group will meet again on **Tuesday, 6 May**, Kawana Club, 476 Nicklin Way Wurtulla at 10.30am.

For more information please contact **Michael** on 0447 887 652.

News from the Gold Coast

Hi everyone MG Gold Coast had their get-together sharing experiences with other members in March. Our next meeting will be at **10am on Saturday, 10 May** at Southport Sharks Club, Corner Olsen and Musgrave Ave, Southport.

Hope to see you there.

For more information please contact **Nader** on 0415 834 401.



COFFEE & CHATS

Cleveland - **Saturday 17th May** at 10.30am

Farmhouse Café, 625 Main Road Wellington Point

ALL WELCOME!

RSVP Anita on 0414 588 312

WHAT'S COMING UP

What's On?	When Is It?	Where Is It?
JUNE AWARENESS FUNCTION MG and friends celebration day for OH MG ART EXHIBITION	Saturday, 14 June 2025 10.30am-1.30pm	Logan Art Gallery, Wembley Road & Jacaranda Avenue

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