



Myasthenia Gravis Association of Queensland Inc.

MessaGes

OCTOBER
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 OCTOBER 2025

A very successful Annual General Meeting was held last month with all executive positions being filled but, unfortunately, we did not fill all general positions. The call for nominations for one committee member was not successful and thus the workload of our ten members will certainly continue to increase. Remember that, if you have a bit of spare time to give, it would be appreciated as every little bit helps. We are also looking for project managers for some smaller activities which will have a start and end date attached so people know the level of commitment required.

National Carers' Week was celebrated on 12th - 18th October. We certainly acknowledge the wonderful work done by family and carers who provide fabulous support for us all and make living with MG more manageable. A big thank-you to our carers from all of us living with MG.

I would like to highlight the MAA commencing its eleventh year of operation. The national and international political and social landscape has certainly changed and the MAA has been instrumental in raising awareness of living with MG as well as advocating for access to the most up-to-

date medications, services and resources for the MG community. Of particular note is the application for medications with the Pharmaceutical Benefits Advisory Committee (PBAC) this year.

The next MGAQ activity to look forward to is our get-together on **Sunday, 9 November at Club Southside, Mt Gravatt.** We have this as our Christmas function as we have found that many people have commitments with family and friends in December. More information on this get-together is on page 2 of this newsletter

I am pleased to report that our funding from Community Services Branch, Queensland Health has continued for the next financial year. As well as having a face-to-face meeting in September, we have provided them with a copy of our AGM booklet and Annual Operational Plan 2025-2026. Maintaining a positive relationship with Queensland Health is a key priority for this association.

Summer seems to have come with a vengeance so I hope you are all keeping well and managing to stay cool. We look forward to catching up with members at the Christmas function.

Regards, Carol

Myasthenia Gravis Association of Queensland Inc

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COMMITTEE MEMBERS

President: CAROL BUCHANAN

Vice-President: SHARIN NISHA

Secretary: CRAIG STREATFEILD

Treasurer: DENISE HANNAY

E: treasurer@mgaq.org.au

ANITA JACKSON

DONNA FORMOSA

ROSALYN HOLLAND

SUSAN WHITE

LISA WRIGHT

JULIE VON GRUM

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E: MGAQ.editor@gmail.com

PATRON: DR CECILIE LANDER AM Neurologist

Supported by



Queensland
Government

Ausenco

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

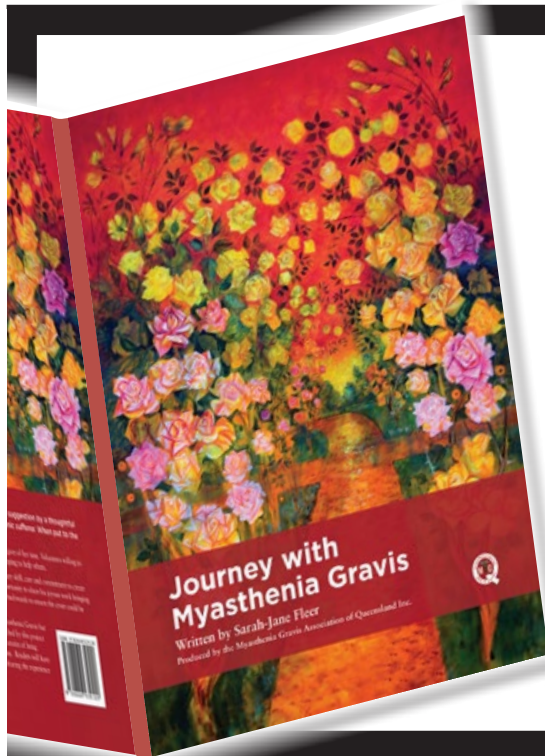
YOU'RE INVITED

MGAQ Christmas Function

SUNDAY, 9TH NOVEMBER
11:30AM

CLUB SOUTHSIDE
76 Mount Gravatt-Capalaba Rd, Upper Mt Gravatt

Contact Susan to RSVP | Freecall: 1800 802 568



Journey with Myasthenia Gravis

*A Book of Personal Stories, written
by Sarah-Jane Fleer and produced by
the Myasthenia Gravis Association of
Queensland Inc.*

www.mgaq.org.au/journey-with-mg

\$28.50
incl. postage

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



12 – 18 OCTOBER

Care is everywhere

**This National Carers Week,
show carers you care!**

#NationalCarersWeek
carersqld.com.au/carers-week

MY GREAT AUNT'S MANGO CHUTNEY

INGREDIENTS

- 24 green mangoes, sliced
- 250g dates (chopped)
- 250g raisins (chopped)
- 4 cups sugar
- 250g preserved ginger (chopped)
- 1 teaspoon salt
- 85g garlic (crushed/chopped)
- 3 birds eye chilies (chopped)
- 2 x 750ml bottles of best vinegar
(½ bottle brown, 1½ bottles malt or white)

INSTRUCTIONS

- Boil all together for approximately 3 hours.

SUPPORT your Association by **VOLUNTEERING.**

CONVERSATION CONNECTION COMPANIONSHIP

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

CLEVELAND



SOUTHPORT



HOBART, TAS.



DO YOU HAVE A FAVOURITE RECIPE?

We are seeking easy go-to recipes to feature in this newsletter.

Please email info@mgaq.org.au

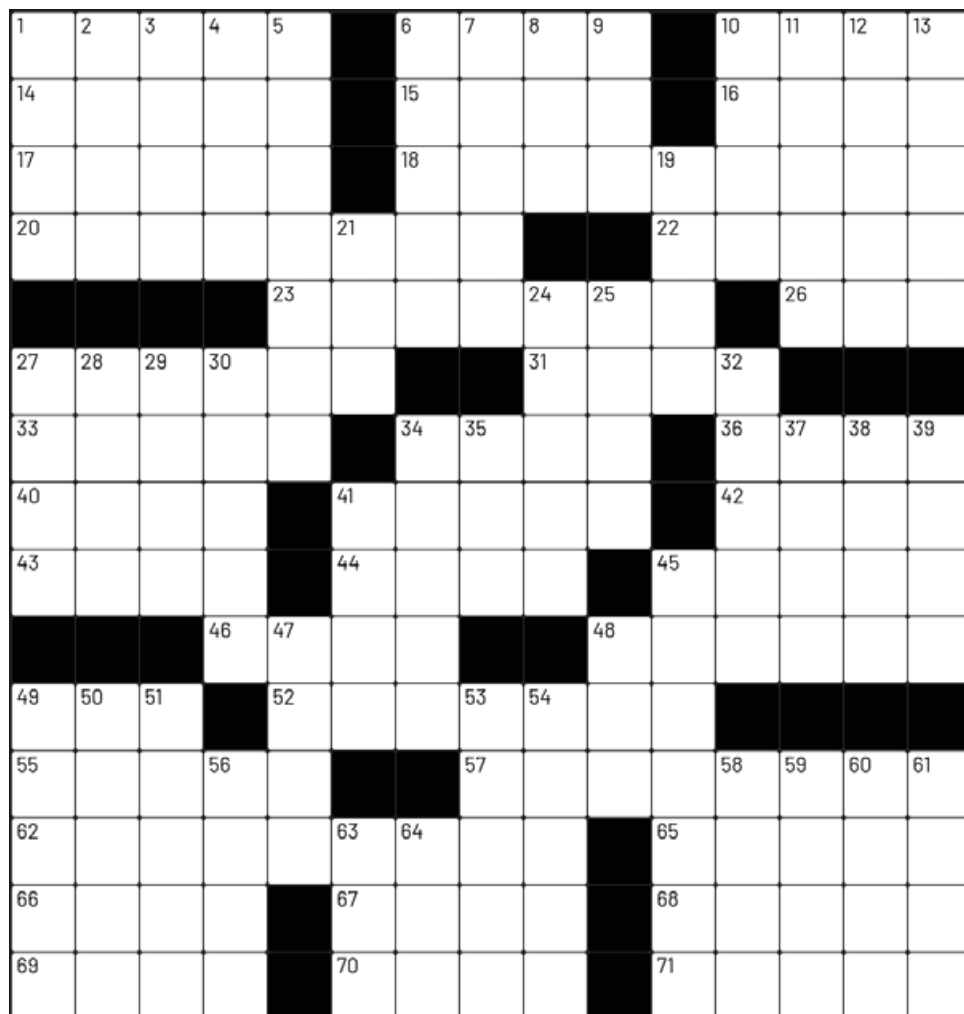
Your Association is your **VOICE** with Government.

ACROSS

1. Nero, e.g.
6. Singer _____ Campbell
10. Horn sound
14. Maxim
15. Traditional knowledge
16. Quiet!
17. Motor inn
18. Excessive pride
20. High blood _____
22. Peruvian natives
23. Can _____ (kitchen devices)
26. Keats' "before"
27. UFO pilots
31. Golf stroke
33. Fixed prices
34. Leg bone
36. Furthermore
40. Cake decorator
41. Put into effect
42. Benefit
43. Actress _____ Moore
44. Allows
45. Shore
46. Lighten
48. Caribbean religion
49. Damage
52. Relate
55. Ascend
57. Like some pencil sharpeners
62. Going away
65. Wear away
66. Over again
67. Location
68. Bride's walkway
69. Provides workers
70. Fence opening
71. Misplaces

DOWN

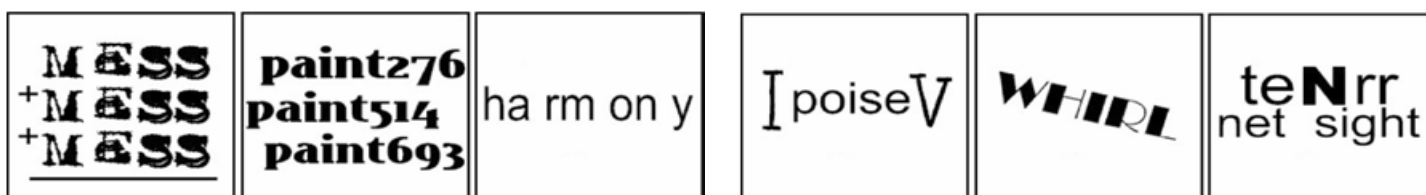
1. Highway exit
2. Perfume
3. Chess term
4. Eons
5. Willie and Ozzie



6. Blinding light
7. Actress Sophia _____
8. Slip up
9. Recent (prefix)
10. Comparison word
11. Pound part
12. Felix's roommate
13. Not those
19. Main point
21. _____ and downs
24. Heroic tales
25. Litter's littlest
27. Moistureless
28. Lingerie edging
29. List entry
30. Mysterious
32. Prohibition
34. Express scorn
35. Bonnet
37. Cargo
38. Middling (hyph.)
39. Upon
41. In addition
45. Hide
47. Imitator
48. Contend
49. Woman's title
50. Amphitheater
51. Mature
53. Belief
54. Aquatic plants
56. Carpenters' tools
58. Threesome
59. Flagmaker Betsy _____
60. Loafing
61. Mediocre grades
63. Children's game
64. Lyricist Gershwin

Bamboozable 30 Answers: 1. Total
Mess; 2. Paint by Numbers; 3. Four
Part Harmony; 4. Poison Ivy; 5. Tilt a
Whirl; 6. Internet Site.

Bamboozable



COFFEE & CHAT ROUNDUP QUEENSLAND

FREECALL 1800 802 568

Brisbane Anita 0414 588 312

Gold Coast Southport ... Nader 0415 834 401

Gold Coast Currumbin Julie 0423 766 321

Sunshine Coast..... Michael 0447 887 652

Bundaberg..... Denise 0431 571 399

Mackay Mary (07) 4959 5251

Townsville..... Daphne 0400 778 637

Cairns Donna 0414 397 462

IN-PERSON COFFEE & CHAT



Sunshine Coast – COOROY

Monday 3rd November at 10.30am, Cooroy RSL Club, 25 Maple Street Cooroy

Gold Coast – SOUTHPORT

Saturday 8th November at 10.00am, Southport Sharks, Cnr Olsen and Musgrave Avenue, Southport

Brisbane – MANGO HILL

Thursday 20th November at 10.30am, Coffee Club, Mango Hill Market Place, Corner Anzac Ave & Halpine Dve, Mango Hill

Toowoomba

Saturday 22nd November at 11.30am, Picnic Point Café, 164 Tourist Road, Toowoomba

Townsville

Saturday 29th November at 12 noon, Kirwan Sports Club, 159 Bamford Lane, Kirwan
This is the Christmas Lunch

WELCOME TO OUR NEW MEMBERS

DAVID,
ROTHWELL QLD

SUSAN,
ARANA HILLS QLD

CHRISTIAN,
ARANA HILLS QLD

JOHN,
ROBERTSON QLD

WHAT'S COMING UP

What's On?	When Is It?	Where Is It?
CHRISTMAS FUNCTION Conversation, Connection, Companionship	SUNDAY 9th NOVEMBER 2025 11.30am	Club Southside, 76 Mt Gravatt Capalaba Road, Upper Mt Gravatt

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