



Myasthenia Gravis Association of Queensland Inc.

# Messages

MAY  
2026



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 MAY 2026

In this newsletter on page 10 you will see the **Membership Renewal Form**. You will see that we now have a range of different memberships for 3, 5 and 10 years as well as continuing to offer perpetual membership. The annual membership remains at \$20, the same amount it has been for many years. I cannot stress too strongly the importance of being a financial member of the MGAQ. Your association really relies on membership fees to fund the many and varied booklets, pamphlets, flyers etc that are readily available to all. Also, being a financial member gives you access to the Members Only section of the website where you will find a wide collection of valuable resources such as podcasts, videos and research papers. Once again, please support your association by renewing your membership.

**June is International Myasthenia Gravis (MG) Awareness Month.** This focus on MG continues to be very significant and the MGAQ will again be celebrating it with our **Lights Up** program. Please take the time to view page 3 of this newsletter for the various towns, buildings and landmarks that will be lit up in Queensland. If you can manage it I am sure a drive to look at these in your local area will prove very worthwhile. If you able to take a photograph of these structures, the committee would appreciate an emailed copy of same. Remember to try to wear a teal-coloured ribbon next month so that people might ask you the meaning behind it. Many thanks to Donna and her 'team' for the wonderful effort in producing this amazing display.

On **June 13** as part of **International Myasthenia**

**Awareness Month, A Walk for Myasthenia Gravis Awareness** will be held at **New Farm Park in Brisbane**. There are two distances. The longer route is 2.96km. It goes from the Rotunda to Sydney Street, then to Sydney Street City Cat Terminal, along the river up to the Officer's Mess, then along Oxlade Drive back to the Rotunda. The shorter route is 1.37km from the Rotunda to Check Point One (Croquet Club), then to Check Point Two, from there up Brunswick Street following the foot path beside New Farm Park back to the Rotunda. We urge everyone (members, families and friends) to support this wonderful venture. Please see page ... of this newsletter for more information and registration.

Our Heat Project data collection has now closed. Over 300 surveys were received and the researchers are ecstatic with the response. A special thankyou to everyone who took the time to complete it. Many responses have already been collated and some very interesting and important trends are beginning to emerge. The team hopes to complete the whole project, including research papers and information which can be used by people in advocating for better ways to cope with MG, by the end of this year. Exciting times ahead.

The **Art with Heart** awareness program is gaining momentum with the auction going live on **June 22**. More information can be found on the MAA and MGAQ websites. Many thanks to Julie, a member of the MGAQ management committee, for her great work with this campaign.

*Regards, 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:** SHARIN NISHA

**Secretary:** CRAIG STREATFEILD

**Treasurer:** DENISE HANNAY

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

ANITA JACKSON

DONNA FORMOSA

ROSALYN HOLLAND

SUSAN WHITE

LISA WRIGHT

JULIE VON GRUM

**Newsletter Editor:** GREG BREADEN

E: [MGAQ.editor@gmail.com](mailto:MGAQ.editor@gmail.com)

**PATRON:** DR CECILIE LANDER AM Neurologist

Supported by



Queensland  
Government



**Active** Members, **Stronger** Advocacy, **Better** Outcomes



## MYASTHENIA ALLIANCE AUSTRALIA

### MAA UPDATE

# SAVE THE DATE!

## SATURDAY OCTOBER 31, 2026 IN BRISBANE

I begin this update by sharing some exciting news. The MAA team are preparing to host a **5th Conference**. This will be a very special event hosted at **Rydges South Bank in South Brisbane**. Hosting at a function centre allows us to make attending much more achievable for many in our community. Auditorium seating is replaced with round tables, lots of space and this style offers a relaxed method for communicating. The location is very accessible with all forms of transport available for 50 cents a journey, accommodation is offered on site or nearby and taxis are plentiful. South Bank is a fun and accessible area of Brisbane. The food will be buffet selection with dietary requirements comfortably addressed. Sounds exciting!

Most importantly, the topics will reflect the latest in treatment trends, what might come next and where research is adding great value! Recordings of the presentations will be made available via the website after the event.

Unfortunately such an upgrade comes at a cost and places will need to be more limited. The MAA are dependent on sponsorship to achieve this special day.

Ticket prices will be kept very reasonable with lots of details to be shared when registrations open.

Please consider carefully if you would like to attend so that you are prepared for when registration is opened. Places will go quickly.

Finally after a very hectic two years I have pleasure in presenting my next **Chairperson's Report**. Please see <https://myastheniaalliance.org.au/maa-chairperson-report-may-2026/>. MG patients have a much stronger voice, they have new treatments and they have a growing body of research helping them achieve best care. The report reflects the wonderful progress in our health care however more still needs to be achieved! I cannot stress more highly the need for the **Art With Heart** project to be successful. It needs everyone to make it a priority, to seize this opportunity. Everyone's efforts in any way possible are very much welcomed.

The State Associations are busy making preparations for **June Awareness month activities**. I look forward to hearing about the many ways in which people recognised this significant time. Please be kind to yourself, reflect on your journey and know that you are not alone as we go on.

Warm regards  
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)

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



# SHINE A LIGHT

FOR MYASTHENIA GRAVIS | JUNE 2026



## BRISBANE (7 JUNE)

Story Bridge  
Victoria Bridge  
Reddacliff Place Sculptures  
Kangaroo Point Bridge  
Tropical Dome  
Wickham Terrace Car Park Architectural Wall  
Breakfast Creek Bridge, Newstead

## SUNCORP STADIUM, BRISBANE (10 JUNE)

## BUNDABERG (1 - 7 JUNE)

School of Arts Building  
Fig Tree Lights (1-4 June)

## GOLD COAST (23 - 29 JUNE)

City Lights Program

## INGHAM (2 JUNE)

Rotary Park Fountain

## IPSWICH (1 - 4 JUNE)

Ipswich Civic Centre

## LOGAN (13 JUNE)

Jacaranda Tower, Underwood  
Telfer Street Tower, Shailer Park  
Wine Glass Water Tower, Hillcrest

## LONGREACH (17 - 18 JUNE)

Water Tower

## MACKAY (22 - 28 JUNE)

Sir Albert Abbott Administration Building

## ROCKHAMPTON (1 - 5 JUNE)

Heritage Facade

## TOOWOOMBA (7- 8 JUNE)

Annex  
Victoria Street Bridge

## TOWNSVILLE (15 - 21 JUNE)

Townsville Sign  
Victoria Bridge  
Wharton Reef Lighthouse  
George Robert's Bridge  
Old Magistrates Court House  
Central Park Boardwalk  
Little Fletcher Bridge  
Castle Hill

## QLD COUNTRY BANK STADIUM (22 JUNE)

## STORY BRIDGE, BRISBANE

The MGAQ Banner will be displayed on the Story Bridge in Brisbane (inbound) from **June 1 to 14**.



MYASTHENIA GRAVIS ASSOCIATION OF QUEENSLAND

Active Members, Stronger Advocacy, Better Outcomes



*Organised by the MGAQ*



# MYASTHENIA GRAVIS AWARENESS WALK

**Saturday 13 June | 9:30am**  
**New Farm Park Rotunda**

SCAN TO REGISTER



Join us as we raise awareness, support the MG community, and walk together for a meaningful cause.

FREE Parking via Brunswick St or street parking is available too! The walk will be easily accessible from the road, taking place along a paved footpath.

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

# PUZZLES

## Sudoku

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

## Bamboozable

BLAflNK BLAflNK	strength <b>R</b>	SHOP
SCHEME SCHEME SCHEME SCHEME SCHEME	BREAT	dog

## Answers

14	27	25	36	32	27	23
27	0	1	12	11	0	3
26	11	2	3	2	7	1
18	2	5	3	4	3	1
33	4	6	8	4	6	5
33	2	10	2	3	4	12
33	8	1	8	8	7	1
40						

## Number Block

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.

		8		1	8	33
12	4	3		10		33
		4	8	6	4	33
1	3			5	2	18
1		2			11	26
	0	11	12		0	27
23	27	32	36	25	27	14

## Mad Cabs

They are a group of words, that at first glance and first saying don't make sense... but say them SLOWLY and LISTEN to what you hear to figure out what the phrase is. Example: Common Firm Their Rain = Come In From The Rain

1. Deaf Villain Disk Highs
2. Death Worm Dough Fur
3. Debt Snot Must Aisle
4. Deep Hits Perks Till Hears
5. Deeper League Hates

Bamboozable 27 Answers: 1. Fill in the Blanks; 2. Inner Strength; 3. Shop Online; 4. Pyramid Scheme; 5. Short of Breath; 6. Seeing Eye Dog

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

Mad Gabs 33 Answers: 1. Devil In Disguise; 2. Death Warmd Over; 3. That's Not My Style; 4. The Pittsburgh Steelers; 5. The Pearty Gates

## CONVERSATION CONNECTION COMPANIONSHIP

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

### WURTULLA



### PEREGIAN BEACH



## RUNNING FOR DAD: SUPPORT DANIELLE AS SHE TAKES ON 2026 BRISBANE MARATHON FESTIVAL ON 7 JUNE.

In the wise words of Peter R Hulme (aka dad) -  
*“keep moving your arms, and your legs will follow”*.

Hi everyone,

This June, my running is going to be serving a more personal purpose.

A few years back my dad was diagnosed with Myasthenia Gravis (MG).

June is Myasthenia Gravis Awareness Month which also coincides with the Brisbane Marathon. I will be running 42.195 kilometres to raise \$1,000 in support of Myasthenia Gravis Assn Qld Inc. Their mission is to raise awareness and educate the public about MG and provide support to patients and their families.

Please help me by making a donation through my page.

It only takes a minute and any money you can give (no matter how large or small) will go a long way to helping me support this important organisation.

Thank you, I appreciate you. Danielle.

<https://bmf26.grassrootz.com/myasthenia-gravis-assn-qld-inc>



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

National 18-24 MAY 2026  
**Volunteer**  
YOUR YEAR TO VOLUNTEER **Week**

**National Volunteer Week 18-24 May 2026**

is a time to celebrate the incredible people who quietly make a difference at Myasthenia Gravis Association of Qld.

Being a fully volunteer-run association, our progress in advocacy, research, and member support is a direct reflection of your dedication. Your contribution—whether as part of the management committee, organising local Coffee & Chats, organising Awareness projects—is what allows us to improve the quality of life for those with Myasthenia Gravis.

This year's theme is a call to action: **Make this Your Year to Volunteer.**

We invite you to join us! With more people volunteering, we can undertake even more projects to support our "snowflake disease" community. If you have a passion for change or skills to share, we would love to hear from you.

*Thank you for being part of the MGAQ journey.*



Absent: Julie and Lisa

**SUPPORT** your Association by **VOLUNTEERING.**

# ART WITH HEART



## The “Art with Heart” Auction is now LIVE!

Please note that additional auction items will be accepted until **Friday 5 June 2026**.

If you have the opportunity, we encourage you to approach local businesses that may be interested in contributing to help make the auction a great success. For example, local restaurants may wish to donate a dining voucher, florists may be able to provide a floral arrangement, or gift shops may be happy to contribute a suitable item.

If you would like to make a donation, or know someone who may be interested in donating, please email [operations@mgaq.org.au](mailto:operations@mgaq.org.au).

**JOIN US & MAKE A DIFFERENCE**



 [operations@mgaq.com.au](mailto:operations@mgaq.com.au)

 1800 802 568

 [www.myastheniaalliance.org.au](http://www.myastheniaalliance.org.au)

Description	Date
Artwork Submission Deadline	Friday 5 June
Auction Opens	Monday 22 June
Auction Closes	Sunday 28 June
Winners Announced	Friday 3 July
Items Shipped	Monday 6 July



## MAA CHAIRPERSON REPORT - May 2026

Read about all the exciting achievements of the Myasthenia Alliance Australia:

<https://myastheniaalliance.org.au/maa-chairperson-report-may-2026/>



**SUPPORT** your Association by **VOLUNTEERING**.

## FREECALL 1800 802 568

<b>Brisbane</b> ..... Anita 0414 588 312	<b>Bundaberg</b> .....Denise 0431 571 399
<b>Gold Coast Southport</b> .....Nader 0415 834 401	<b>Mackay</b> ..... Kym 0410 616 165
<b>Gold Coast Currumbin</b> ..... Julie 0423 766 321	<b>Townsville</b> ..... Daphne 0400 778 637
<b>Sunshine Coast</b> ..... Michael 0447 887 652	<b>Cairns</b> ..... Donna 0414 397 462
<b>Toowoomba</b> .....John 0412 576 888	

## COFFEE & CHAT ROUND-UP



- **Townsville**  
Saturday, 16th May at 12 noon, Kirwan Sports Club,  
159 Bamford Lane, Kirwan
- **Moreton Bay – Mango Hill**  
Friday, 22nd May at 10.30am, The Coffee Club, Mango Hill Market Place,  
Corner Halpine Drive & Anzac Avenue, Mango Hill
- **Brisbane – Mount Gravatt**  
Saturday 30th May at 10.30am, Club Southside,  
76 Mount Gravatt Capalaba Road, Upper Mount Gravatt
- **Sunshine Coast - Wurtulla**  
Monday 1st June, Club Kawana,  
476 Nicklin Way, Wurtulla
- **Brisbane - Cleveland**  
Thursday 4th June, Wellington Point Farmhouse Cafe,  
2/623 Main Road, Wellington Point
- **Mackay**  
Saturday 20th June at 10.30am Coffee Club Riverside,  
Canelands Central, Matsuura Avenue, Mackay
- **Gold Coast - Currumbin**  
Saturday 27th June at 10.30am,  
Currumbin RSL Club, 165 Duringan St. Currumbin

## WELCOME TO OUR NEW MEMBERS

Wesley, Sippy Downs QLD

Leilani, Moorooka QLD

Michael, Thornlie WA



**MYASTHENIA GRAVIS**  
ASSOCIATION OF QUEENSLAND INC.

## MEMBERSHIP RENEWAL

**Membership subscriptions for 2026/2027 financial year are now due.**

### CAT A. MYASTHENIA MEMBER

A person diagnosed with Myasthenia Gravis.

Please select one option:

- 1 Year Membership (\$20)
- 3 Year Membership (\$55)
- 5 Year Membership (\$90)
- 10 Year Membership (\$170)
- Perpetual Membership (\$250 one off)

### CAT D. CARER MEMBER

A person who cares for a Myasthenia Member (this category must accompany **CAT A.** Membership).

Please select one option:

- Annual Carer Membership (\$10)
- Perpetual Carer Membership (\$125 one off)

### CAT E. ASSOCIATE MEMBER

A person who supports the Association.

Please select one option:

- Annual Associate Membership (\$20)
- Perpetual Associate Membership (\$250 one off)

**Note that the Financial Year for Membership is from 1 July to 30 June**

### Member Details

Family Name: \_\_\_\_\_ Given Name: \_\_\_\_\_

Postal Address: \_\_\_\_\_

\_\_\_\_\_ Post Code: \_\_\_\_\_

Email Address: \_\_\_\_\_

Mobile or Phone Number: \_\_\_\_\_

**MEMBERSHIP RENEWAL INCLUDED:** Total \$ \_\_\_\_\_

**DONATION TO MGAQ:** All donations received with appreciation \$ \_\_\_\_\_

If sending cash or cheque, please return this entire form to:

**The Myasthenia Gravis Association of Queensland Inc.**

PO Box 16 Mt Gravatt QLD 4122 or email [treasurer@mgaq.org.au](mailto:treasurer@mgaq.org.au)

**To check your membership status**, freecall 1800 802 568 or email [treasurer@mgaq.org.au](mailto:treasurer@mgaq.org.au) to enquire