



A Message from Poss

April 2018

Hi everyone!

I hope you are all well and have enjoyed your Easter holidays. You get receive a lot of chocolate eggs and bunnies?

It's also ANZAC Day coming up soon. It is always a great day to remember and celebrate the courage and gifts of our soldiers who keep us all in Australia safe.

I have put an old fashioned Aussie recipe in the newsletter this time. I hope you enjoy it.

We had a great purple month at Epilepsy Queensland this year. I have shared some photos with you. I wonder how you spent purple day? Did you dress up? Did you wear purple? Why don't you let me know how you spent purple day? I will pick the best entry and send you a surprise gift. You can send your photos or letters to Little Poss at the address below. It will reach me there!



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Did you know?

- ◆ You can ask Dr Dudley about your epilepsy?
- ◆ You can nominate someone to 'spotlight' in the newsletter?
- ◆ You can let us know if you don't want to receive this newsletter anymore?

Just email:
littleposs@epilepsyqueensland.com.au
or phone: 3435 5000 or
1300 852 853

What's coming up - Save the date!

Little Poss' birthday party
(watch this space)

23 June TBC

To register for any events please phone the EQI office -
07 3435 5000 or 1300 852 853

Epilepsy Queensland Inc
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‘Spotlight is on Simpson!’

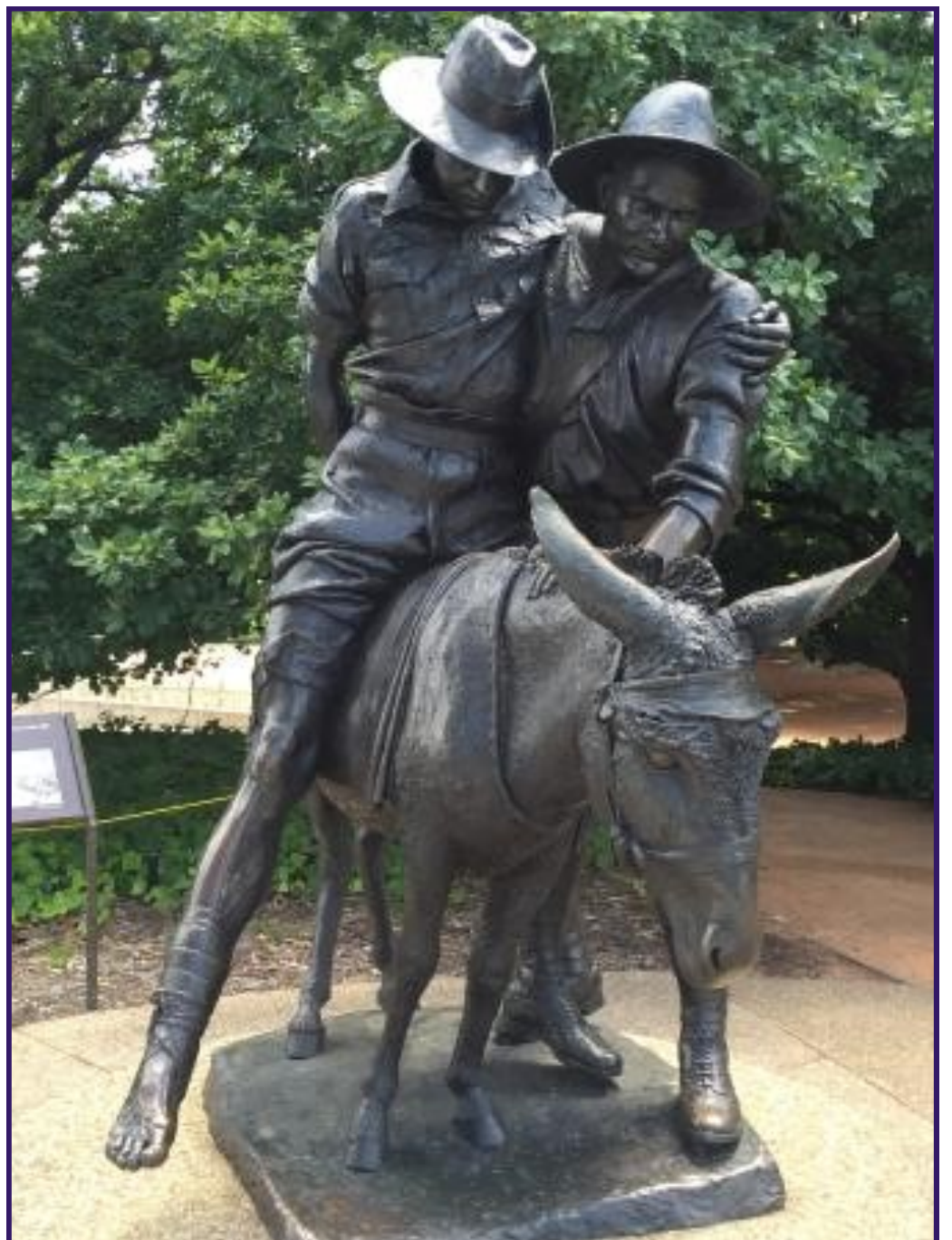
Hello, my name is John (Jack) Simpson!



I was not the most famous soldier, and not even a general but a stretcher bearer who served briefly in Australia's first war. There is a sculpture of me and my donkey at the War Memorial in Canberra. It was sculptured by Peter Corlett in 1915.

I had a dangerous journey. I was one of the Australian soldiers fighting at Gallipoli. I wore the slouch hat with the Rising Sun badges. My donkey wore the Red Cross insignia. They called me a Hero, along with my donkeys, because I brought in more than three hundred wounded men to the aid station on the beach at Gallipoli.

One of my donkeys received a **PURPLE CROSS AWARD**, which read 'and for all the donkeys used by John Simpson, for the exceptional work they performed on behalf of humans while under continual fire at Gallipoli during World War I (1915)'.





Happy Birthday!

Name	Suburb	Name	Suburb
Rohan	DOONAN	Darah	ASHGROVE
Parker	TINANA	Alexander	ROCHEDALE SOUTH
Rachel	PIALBA	Andrew	CAPALABA
Ry	SKENNARS HEAD	Braxton	MOUNT COTTON
Elaina	YALLAMBIE	Dayna	EAGLEBY
Charlotte	WAVELL HEIGHTS	Tyson Ray	INALA
James	NUDGEE	Chloe	BROWNS PLAINS
Liam	CHERMSIDE	Izzabella	WATERFORD
Adam	ALBANY CREEK	Jaelon	CEDAR VALE
Matthew	NARANGBA	Kyden	CEDAR VALE
Ella	BANKSIA BEACH	Decklan	RACEVIEW
Mitchell	CABOOLTURE	Ezra	UPPER COOMERA
Charlotte	BRACKEN RIDGE	Ava	BIGGERA WATERS
Harrison	WILSTON	Nate	TUGUN
Ridley	MOUNT SHERIDAN	Chad	TEXAS
Bernadette	DALBY		



A Recipe for Anzac Day

Chocolate Chip Anzac Biscuits



What you need -

An adult to help you, a baking tray and a saucepan.

Ingredients -

1 cup rolled oats
1 cup plain flour
1 cup sugar
3/4 cup coconut
1 tsp ground cinnamon

125 g dairy-free butter
2 tbs golden syrup
1/4 tsp bicarbonate of soda
1 tbs boiling water
1 cup (chips) dairy-free dark chocolate

Method -

1. Preheat oven to 150c degrees. Grease a baking tray.
2. In a bowl, combine oats, flour, sugar, coconut and cinnamon and set aside.
3. Melt butter and golden syrup in a saucepan over gentle heat. Mix bicarbonate of soda and water in a bowl and add to mixture.
4. Add melted butter mixture to dry ingredients and mix well. When combined, mix through some chocolate chips.
5. Place tablespoons of mixture onto greased oven tray, allowing for room to spread.
6. Bake for 20 minutes. Loosen from tray while warm then cool on trays.

Enjoy!

ANZAC QUIZ

Where is Gallipoli?

Who was the 'man with the donkey'?

When did the first ANZACs land at ANZAC Cove?

Where is the Australian War Memorial?

