



A Message from Poss

March / April 2017



epilepsy
queensland inc

Hi everyone!

I hope you are all well and have enjoyed your school holidays. Easter will have already passed by before you receive my newsletter, but I hope you enjoyed some happy times and some treats as well. I certainly did, lots of fresh fruit and sunshine was what I enjoyed the most.

Did you go away for the holidays? Did you Have fun? Maybe you took some photos, I'd love to see them.

My friends I was went along to the botanical gardens

where we played games, had a picnic lunch and found lots of new plants that we'd never seen before.

The weather has been really bad lately with the cyclone called Debbie sending lots of wind and rain everywhere. I hope you an your families have not been affected by the big event. Some of my animals friend had to find higher ground to stay safe and dry. It was a bit scary.

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 fought to keep us all 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!

You must be a member of my Little Club to be receiving my emails, so don't forget to keep June 10th free. I will be having my birthday party on that day at Darling Point Special School in Wynumm. Hope you can join there. I will send you an invitation soon. Have a great month!



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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!

In-house Epilepsy training
at Woolloongabba

18 May (9.30am AND 6pm)
15 June

Gold Coast Epilepsy training
(Gold Coast Neurology, Benowa)

17 May

Little Poss' birthday party
(plus entertainment & sausage sizzle)

10 June

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

Epilepsy Queensland Inc
PO Box 1457
Coorparoo BC QLD 4151
www.epilepsyqueensland.com.au



‘Spotlight On’

Little Poss ‘Member of the Month’

Hello my name is **Annabel**,

I am 24 years old and have had myoclonic epilepsy since birth. I keep busy with life skills programs at Endeavour and Centacare as well as doing dancing and Special Olympics bocce at Newmarket Bocce Centre.

Here I have fun as well as being involved with Competitions throughout the year such as the up and coming State Games. I love children, singing, music, animals and going to the dog park.



Recently I went to the James Taylor concert which I really enjoyed. Some of my favourite singing artists are Dolly Parton and John Williamson.

Bye for now!





Ask Dr Dudley

Dear **Dr. Dudley**,

If I eat too many chocolate Easter eggs at Easter time, will I have a seizure?

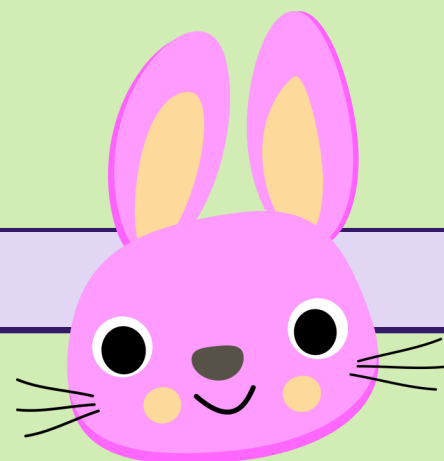
Thomas

Dear **Thomas**,

I don't think eating too much chocolate will cause you to have a seizure, but it might make you feel sick in the stomach! Then feeling sick and unwell may be a trigger for a seizure. It's always a good idea to eat healthy food. Avoid lots of sugary foods like chocolate, cakes, biscuits and lollies. Eating too many of these foods makes the amount of sugar go up in your blood quickly. After a while, it drops back down again. If this happens a lot, it can cause seizures. This doesn't mean you can't eat sugar at all. You just have to find a healthy balance.

You should also make sure you have breakfast, lunch and dinner every day.

Dr Dudley



Easter Word Search

m	k	d	e	c	c	v	d	g	c	p	g	p	g	b
k	v	h	h	t	v	u	n	y	a	k	n	v	n	u
k	c	i	h	c	a	i	d	s	e	t	i	e	i	n
b	a	s	k	e	t	l	t	d	g	d	k	a	r	n
e	d	w	a	n	o	e	o	x	l	c	c	s	p	y
g	z	u	i	h	l	n	i	c	y	y	a	t	s	k
g	f	a	t	i	b	b	a	r	o	k	r	e	y	c
s	p	t	r	e	a	t	s	y	f	h	c	r	q	a
s	r	c	a	w	s	y	u	m	m	y	c	u	q	u
w	o	l	l	a	m	h	s	r	a	m	n	u	d	q

BASKET
BUNNY
CHICK
CHOCOLATE
CRACKING
CUDDLY
DUCKY
DYED
EASTER



EGGS
MARSHMALLOW
PAINTING
PASTEL
QUACK
RABBIT
SPRING
TREATS
YUMMY



Happy Birthday!

Name	Suburb	Name	Suburb
OLIVER	NARANGBA	GENEVIEVE	KALLANGAR
GEORGIA	CURRIMUNDI	SLADE	NARANGBA
ASHTON	MALENY	JACOB	NARANGBA
ZAHLIA	MOOLOOLAH	MATTHEW	NARANGBA
ROHAN	DOONAN	LIAM	BURPENGARY
JASMIN	COOROIBAH	ELLA	BANKSIA BEACH
COHEN	WARANA	BLAKE	NORTH LAKES
RACHEL	BUDDINA	MITCHELL	CABOOLTURE
PARKER	TINANA	BAILEY	NINGI
RACHEL	PIABLA	EMILY	BRACKEN RIDGE
RY	SKENNARS HEAD	CHLOE	BRACKEN RIDGE
LAYLA	GREENSLOPES	CHARLOTTE	BRACKEN RIDGE
OLIVIA	TINGALPA	CHRISTOPHER	GORDON PARK
EVE	TINGALPA	RYAN	EVERTON PARK
SEBASTIAN	WYNNUM	GENEVIEVE	ASHGROVE
CHARLOTTE	WAVELL HEIGHTS	DARAH	ASHGROVE
NICHOLAS	NUDGEE	FREYA	BARDON
JAMES	NUDGEE	CHLOE	KENMORE
LIAM	CHERMSIDE	ELLE	KENMORE
EVELYN	ZILLMERE	KALEB	MOGGILL
ADAM	ALBANY CREEK	ZARLIE	HOLLAND PARK
BRAYDON	UPPER KEDRON	KYE	WISHART
EVIE	FERNY HILLS	JACINTA	MT GRAVATT EAST
ELAINA	WARNER	ALEXANDER	ROCHEDALE SOUTH
AMBER	HEATLEY	ADAM	GARBUTT





Happy Birthday!

Name	Suburb	Name	Suburb
BIANCA	SHAILER PARK	CHLOE	SUNNYBANK HILLS
RHEECE	CORNUBIA	MASON	ACACIA RIDGE
CHARLOTTE	WAKERLEY	RYAN	KURABY
MARCUS	WAKERLEY	CHLOE	SPRINGFIELD
ISABELLA	CAPALABA	COURTNEY	SPRINGFIELD
ANDREW	CAPALABA	JACOB	REDBANK PLAINS
NICHOLAS	WELLINGTON POINT	HARRISON	COLLINGWOOD PARK
JETT	ALEXANDRA HILLS	KOBY	BUNAMBA
SCARLETT	CLEVELAND	XAVIER	NORTH IPSWICH
AALIA	MOUNT COTTON	FLYNN	FLINDERS VIEW
SAMANTHA	VICOTRIA POINT	DECKLAN	RACEVIEW
CHLOE	MACLEAY ISLAND	JHETT	FLINDERS VIEW
DAYNA	EAGLEBY	TAVISH	KARANA DOWNS
TAMAZIM	EAGLEBY	DAELLE	KARANA DOWNS
LEILANI	ORMEAU	EZRA	UPPER COOMERA
CHLOE	BROWNS PLAINS	AMY	OXENFORD
STPEHANIE	GREENBANK	MARY	SOUTHPORT
TAYLA MAE	NEW BEITH	AVA	BIGGERA WATERS
BRITNEY	MARSDEN	EADIE	BURLEIGH HEADS
IZZABELLA	WATERFORD	NATE	TUGUN
MADDISON	SOUTH TOOWOOMBA	LACHLAN	PRINCE HENRY HTS
CAILIN	JIMBOOMBA	OLIVER	RANGEVILLE
EMMA	CAMBOOYA	CODY	WARWICK
CHAD	TEXAS	BERNADETTE	DALBY
MATTHEW	JACKSON NORTH	ZANE	MURGON
BRIEDON	MILMAN	REBECCA	GRACEMERE
JACE	EMERALD	LOCHLAN	CLARE
JONTY	MUNDINGBURRA	PATRICK	ANNANDALE

Little Poss' Recipe for Anzac Day

Jam Drops Recipe

You will need help from a grown up *plus* the following ingredients -

- ♦ 395 grams condensed milk
- ♦ 250 grams coconut
- ♦ 1 cup strawberry jam

Preheat oven to 180C. Line a tray with baking paper.

Mix together coconut and condensed milk.

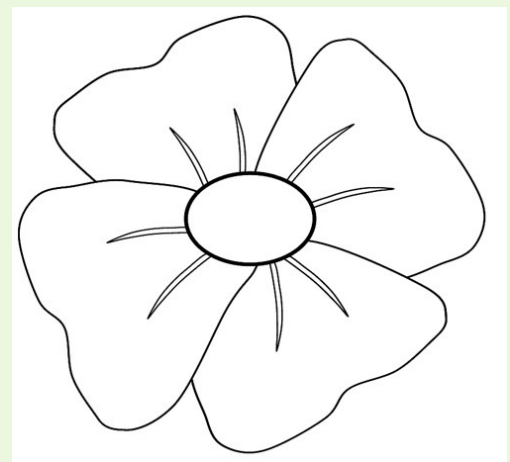
Using approximately a tablespoon of mixture, roll into balls and place on tray. Use a finger to create a dent in the top of each ball and fill with as much jam as desired.

Bake until golden, usually 10-15 minutes.

Allow to cool before serving.

Enjoy!

A poppy for you to colour in!



ANZAC QUIZ

1. **When** is **ANZAC Day**?
2. **What** does **ANZAC** stand for?
3. **Which** war was **ANZAC Day** originally involved in?
4. **Where** did the Australians and New Zealand soldiers fight in this war?
5. **How long** did this war last for?
6. In **what** year was the **ANZAC Day** officially recognised and named?
7. **What** flowers are often used during **ANZAC Day** commemoration?
8. **What** is the important remembrance ceremony for **ANZAC Day** that is observed around our country?

Little Poss' Jokes and things...

1. What is the correct name of a female rabbit?
2. True or False. A rabbit with long ears can't hear as well as a rabbit with short ears?
3. When a female bunny gives birth what are her babies called?
4. What colour eggs doesn't 'Sam I am' like in the Dr. Seuss book?

1. Doe 2. True 3. Kits 4. Green

Why was the Easter bunny so upset?

He was having a bad hare day!

What should you tell an easter egg a good joke?

Because he might crack up!

What kind of beans never grow in a garden?

Jelly beans!

How does an easter egg stay in shape?

Lots of eggs-ercise!

What do you call a dumb bunny?

A hare brain!

What's the best way to catch a unique bunny?



From Punky & Me

Can you make your way around this maze?



Can you make at least 20 words using the letters from my name?

LITTLE POSS

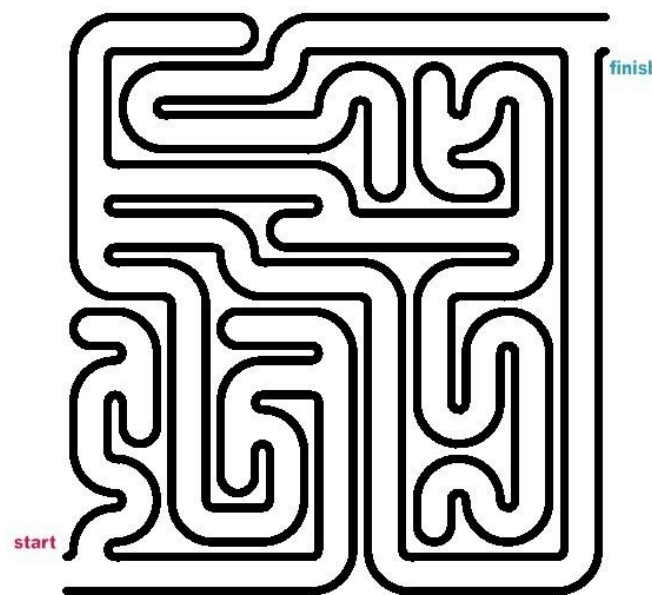
Did you know?

That a snail only has 25,000 teeth!

That cats can make over 100 different sounds and dogs only can make 10!

That owls are the only birds who can see the colour blue!

Can you think of any words in the English Dictionary that rhyme with orange, silver or purple??



Answers: 1. 25th April 2. Australian and New Zealand Army Corps 3. World War 1 4. Gallipoli in Turkey 5. Eight months 6. 1916 7. Rosemary and poppies 8. Dawn Service

WE RESPECT YOUR PRIVACY

We hope you enjoy reading our Little Poss Newsletter.

However, if you do not wish to receive the Little Poss newsletter anymore, please let me know by calling

07 3435 5000 / 1300 852 853 (regional Queensland) or emailing services@epilepsyqueensland.com.au.



My friends at St. Joseph's Primary School in Gayndah!

This is some of what my friends got up to on Purple Day!

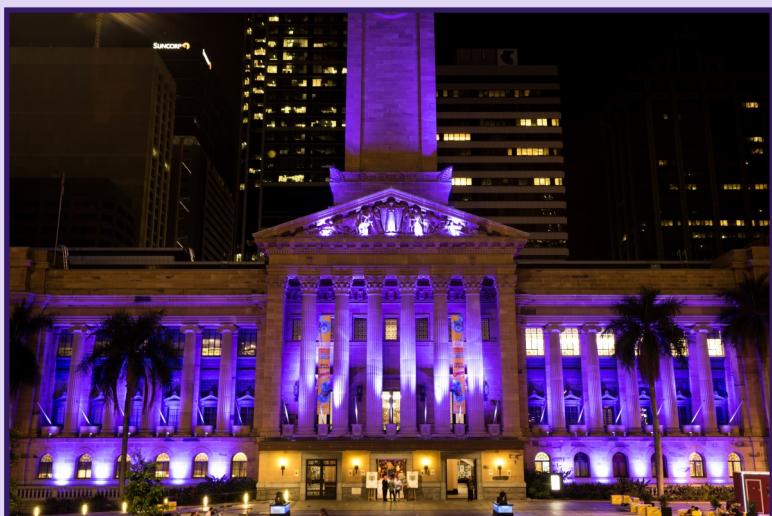
What did you do? I'd love to see your purple photos!

Pelican Waters Pharmacy — Winners

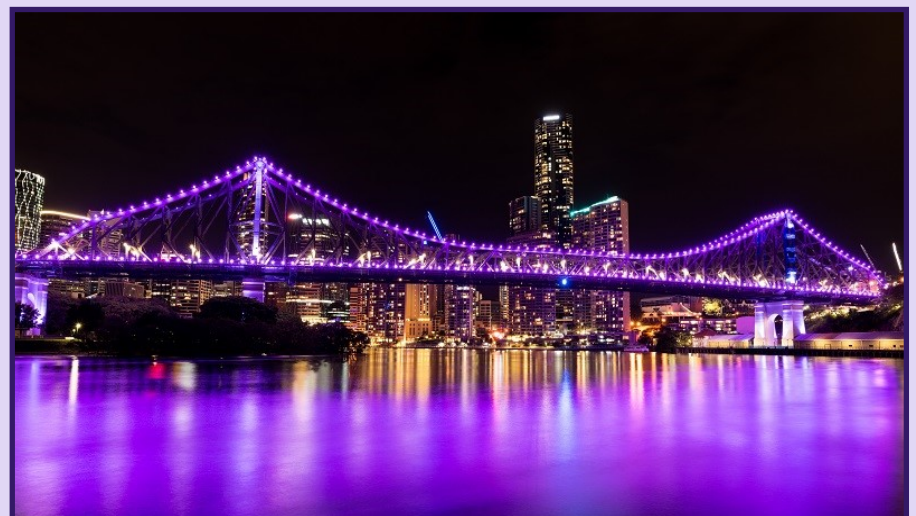


Our nurses in Mackay, turning the foundation purple!

Wally and his purple pledge!



Brisbane Town Hall



The Story Bridge in Brisbane all lit up!