



A Message from Poss

November / December
2016

Hi everyone!

Well, another year is nearly over, school is finished for the year and Christmas is nearly here. I'm so excited. Are you excited? Are you going on holidays over the school break? I'd love to hear all about it next year when you come back!

I'm going to Bribie Island with my friends for 3 weeks to stay in a camping ground. It will be so much fun.

Do you know where Bribie Island is? It's just north of Brisbane and is surrounded by water, so there will be lots of things to do like swimming, fishing and playing in the

sand. There are few things I know about Bribie Island that you might be interested in. It's the smallest island that forms part of the coastline of Moreton Bay. It's 34 kilometres long and 8 kilometres wide!

Lots of my friends live there, including kangaroos, wallabies, emus, snakes, frogs, birds and dingoes and they all live on the island. You can see some of my dolphin friends play out in the water from the island too.

Captain James Cook actually sailed along side the island back in 1770 when he was first arriving to Australia. Matthew Flinders was met by the aboriginal tribes called Djindubari and Jindoobarria. So, that's some history for you!

I am looking forward to being there soon and meeting up with my friends. Swimming and doing other funs things will be exciting too. I hope you all stay safe and well too, don't forgot your hats and sunscreen, also don't forget to take your medications and drink lots of water in this hot weather.

There are a couple of things for you to do in my newsletter this time, and some colouring in! There is a birthday message and a big Christmas drawing to colour in! I hope you enjoy them and please send them in to me, and I will pick the best one and send you a prize!

**We wish you and your family a Blessed Christmas!
Have a great and safe holiday season!**

From
Little Poss and friends!



What's coming up - Save the date !

**In-house Epilepsy training
at Woolloongabba**

**16 February
9.30am + 5.30pm**

Gold Coast Epilepsy training

15 March

2017 Purple Ball

25 February

**To register for any events please phone the office -
07 3435 5000**



epilepsy
queensland inc

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If you have a question for Doctor Dudley about your epilepsy, you can send it to:
PO Box 1457
Coorparoo BC Q 4151
or email Dr Dudley at
drdudley@epilepsyqueensland.com.au

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



‘Spotlight On’

Little Poss ‘Member of the Month’

Hi, my name is **Paisley**

I am 11 years old and have a severely disabled brother who was diagnosed with epilepsy when he was only less than one year old and had his first seizure only a few weeks after he was born.

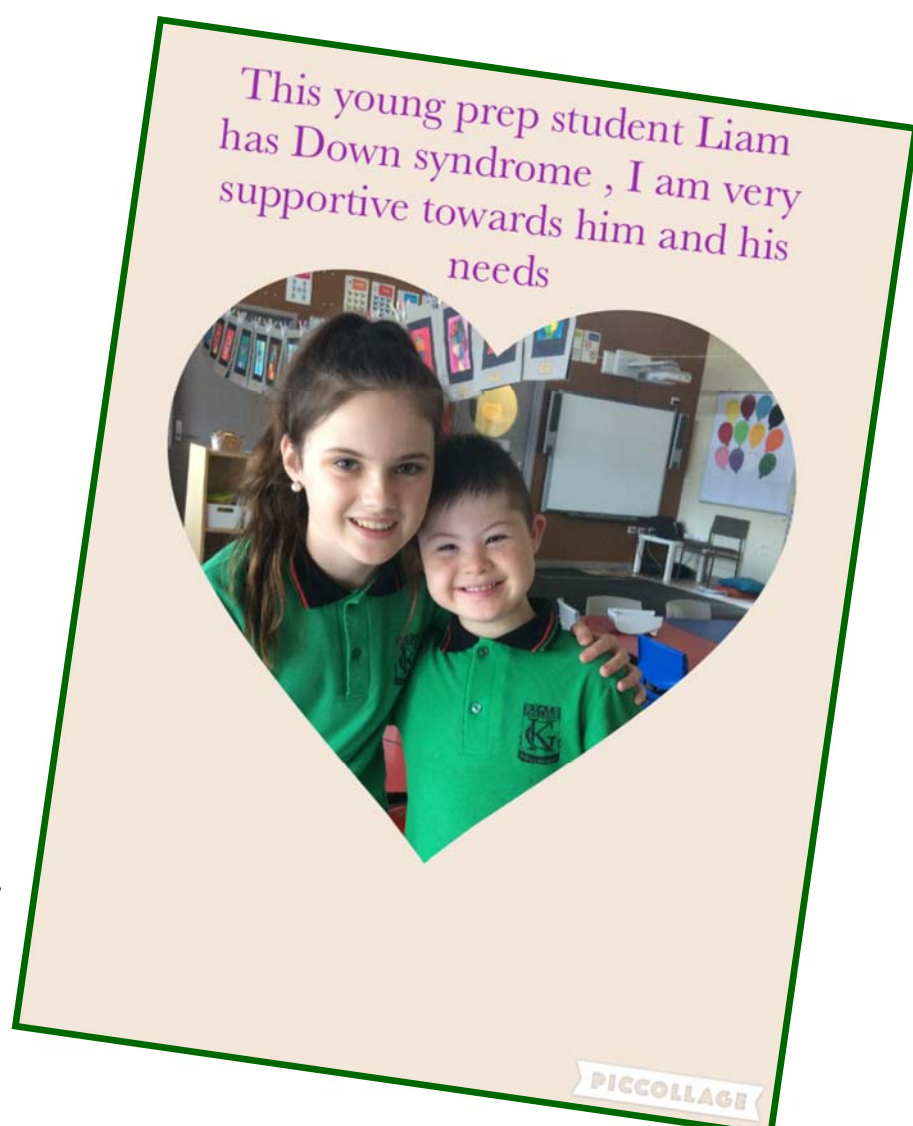
His name is Noah and he is 19 years old. Noah was only 8 years old when I was born and still could walk well, ride a bicycle and carry me around. He was 13 when everything started to go downhill.

He lost many of his words, memory and mobility and mostly now uses a wheelchair. During this hard time we spent a lot of time in hospital sitting with him and sometimes I had to miss sport or going to friends' houses but it was all worth it to get my brother out of hospital and back home with us and him to go back to school.

Noah has seizures every day and I sometimes have to swipe his Vagus Nerve Stimulator device with a magnet if Mum and Dad can't get to him first.

I always count the time his seizure lasts in my head. Noah has taught me how to love, care and nurture for everyone.

Paisley





Ask Dr Dudley

Dear Dr. Dudley

My brother and I like to go swimming over the summer holidays. Should I do anything different now that I have epilepsy?

Theo

Dear Theo

There are some things that will be more important now that you have epilepsy. It might be a good idea to speak to your doctor to ask his advice first. After that, here are some things to consider before you go swimming:

- * Make sure you are feeling 100% well and not feeling too tired to swim
- * It's always a good idea to swim with someone who knows what your seizures look like, and that they swim close to you
- * Make sure you are a good swimmer too
- * Do your friends or teachers know what to do if you have a seizure in the water?
- * Sometimes wearing a brightly coloured swim cap will let people know where you are in the water
- * Make sure you have taken your medication

If your seizures are not well controlled, it is not a good idea to swim alone. You could wear a safety vest to keep you floating and you could have 2 people in the water with you.

An ambulance is called for all seizures occurring in the water. Even if the breathing seems to have returned to normal and the person appears to have recovered, water may have been inhaled into the lungs.

Most people with epilepsy can, and should take part in sports and other activities that are suitable to their age and the degree of safety provided. You can call Epilepsy Queensland for a fact sheet on epilepsy and swimming. Take care and happy swimming.

Ph: 3435 5000 or 1300 852 853

Dr. Dudley



Brain Busters!

1. You are on the bank of the river with a goat, a lion, a bale of hay and your canoe. You have to get them all across but your canoe can only carry one at a time. The other problem is if the lion and the goat are left alone the lion will eat the goat and if the goat and the hay are left unattended the goat will eat the hay. How can it be done?
2. You are lost in the bush and you need to choose one of the two tracks to find your way home. The other track goes to the desert. You run into two wombats who both know the best way home. One of the wombats always lies and other wombat always tells the truth. You can only ask them one question to find out the true way home. What is the question?

Find the answers on page 7!



Happy Birthday!

Name	Suburb	Name	Suburb
JACKSON	BUDERIM	DUSTYN	COLLINGWOOD PARK
MIA	MUDJIMBA	EMERSON	KARANA DOWNS
ROY	WARANA	MEADOW	MAUDSLAND
LILLY	WURTULLA	MASON	BURLEIGH HEADS
CHLOE	SVENSSON	DECLAN	GLENVALE
BRIDIE	AVOCA	GABBY	BROOKSTEAD
ANNABELLE	LAKE MUNMORAH	CIENNA	WARWICK
BONNIE	SCARBOROUGH	NICHOLAS	WANDOAN
AMY	ALBANY CREEK	BYRON	SUN VALLEY
RILEY	UPPER KEDRON	RICHARD	CALEN
LEON	FERNY HILLS	JASMINE	TOWNSVILLE
COHEN	STRATHPINE	ETHAN	GARBUTT
FAITH	NARANGBA	NATALIE	REDLYNCH
LUKE	MORAYFIELD	JESSICA	MAREEBA
ZACHARY	STAFFORD	SEAN	CURRIMUNDI
REGAN	SLACKS CREEK	BEN	URANGAN
JORDAN	WAKERLEY	ALEX	COORPAROO
TAYLA	ORMEAU	PIPPA	MURARRIE
HANNAH	MIDDLE PARK	NAVARRO	WYNNUM WEST
LUCY	MOOROOKA	ARCHIE	GRIFFIN
JAYDEN	BORONIA HEIGHTS	NATE	NORTH LAKES
JORGE	JIMBOOMBA	DALLAS	CABOOLTURE
LACHLAN	SUNNYBANK	HENRY	MCDOWALL
ALLYSA	SUNNYBANK	JASMINE	ASHGROVE





And some more birthday people!

Name	Suburb	Name	Suburb
LUCAH	FIG TREE POCKET	KEELEY	INJUNE
LEHI	WOODRIDGE	TALEAH	WEBBER
TRISTAN	TARRAGINDI	AARON	ROCKYVIEW
AUDREY	MOUNT GRAVATT EAST	DANIEL	GRACEMERE
JOSEF	WELLINGTON POINT	SKLYA	YEPPOON
AMY	ALEXANDRA HILLS	KIARA	KANIMBLA
MATHEW	REDLAND BAY	RACHAEL	FRESHWATER
SIOBHAN	FOREST LAKE	JASMINE	TOLGA
HARVEY	BRASSAL	MARY	ROMA



Little Poss' word find, jokes & puzzles!

CAMEL	KANGAROO
DOG	KOOKABURRA
DUCK	KOALA
ECHIDNA	LIZARD
ELEPHANT	MAGPIE
EMU	PLATYPUS
FISH	POSSUM
FLY	RHINOCEROS
GALAH	SHARK
GIRAFFE	SNAKE
GOANNA	STINGRAY
HAWK	WOMBAT

There were 3 boys at the zoo and the zookeeper came up to them and asked for their names and what they were trying to do.

The first boy said "My name is Tommy and I was trying to feed peanuts to the lions."

The second boy said "My name is Billy and I was trying to feed peanuts to the lions."

The third boy said, "My name is Peanuts."

R	A	P	A	P	T	I	C	N	G	M	M	D	O	K
J	V	F	L	L	E	E	F	F	A	R	I	G	Q	F
Z	N	E	Z	A	X	N	E	L	V	V	U	B	L	R
Q	K	C	G	T	C	N	I	H	G	F	H	Y	D	E
S	M	H	M	Y	A	C	P	A	L	K	E	S	M	U
O	J	I	U	P	M	I	G	W	V	O	L	U	I	D
R	S	D	S	U	E	N	A	K	G	O	E	D	Y	F
E	N	N	S	S	L	R	M	A	W	K	P	O	U	F
C	A	A	O	J	T	E	L	R	T	A	H	G	S	H
O	K	N	P	N	Z	A	A	Y	A	B	A	G	S	B
N	E	K	U	J	H	N	E	M	B	U	N	O	H	A
I	K	A	N	G	A	R	O	O	M	R	T	A	A	L
H	D	U	C	K	W	V	B	L	O	R	I	N	R	A
R	S	T	I	N	G	R	A	Y	W	A	G	N	K	O
K	N	S	G	D	R	A	Z	I	L	G	Z	A	S	K

- * What do you call a sleeping bull?
- *A bulldozer*
- * What do you call a three legged donkey?
- *A wonkey*
- * Why is 6 scared of seven?
- *Because 7-8-9*
- * What do you call a fairy who doesn't take a bath?
- *Stinkerbell*

Answers -

1. Take the goat across first and drop it on the other side, go back and pick up the lion and take it to the other side. Now pick up the goat again, leaving the lion by itself and return to the side you started from. Now take the hay across and leave the goat. Once you have dropped the hay off to the other side with the lion, return with an empty canoe and pick up the goat, finishing the journey without any problems.
2. Ask them which way the other wombat would say to go home. If you ask the one who tells the truth he will say the truth about what the other lying wombat would say and that is the wrong way home. Asking the liar which way and he would tell you the opposite of what the truthful one would say, also the wrong way. Once you know this, you can happily walk home down the other track that they both told you!

Do you want to be part of our 'Spotlight On'?
Or would you like someone you know to be in the Spotlight?
Let me know who it is!

Every Little Poss newsletter features one of our talented Little Poss members!
 So if you'd like to see yourself in the next newsletter, please send an email consisting of a
 photograph of you and a bit about you!
 Please send entries to: littleposs@epilepsyqueensland.com.au



Poss' Old Christmas Recipes

Little Poss loves to cook at Christmas time!

Caramel Popcorn

1 cup popping corn
2 tablespoons oil
Pop corn in oil.
250g butter
4 tablespoons honey
1 1/2 cups sugar

Stir butter, honey and sugar over low heat until sugar dissolves. Bring to boil. Boil uncovered for 8 minutes. Pour over corn and stir until coated, Put into patty cases.



Don't forget to ask for help from an adult!

White Christmas

3 cups rice bubbles
2 cups chopped mixed dried fruit
1 cup coconut
1 cup icing sugar
1 cup powdered milk
160 g copha

Mix all dry ingredients together. Melt copha and mix all ingredients. Press into greased tin. Leave to set before cutting.



Coconut Ice

500g icing sugar
2 2/3 cups coconut
1 teaspoon vanilla essence
2 egg whites
125 g copha
Food colouring

Sift icing sugar into bowl. Add coconut, vanilla and lightly beaten egg whites. Melt copha - allow to cool slightly. Add to other ingredients. Press 1/2 of the mixture into greased tin. Colour the remainder and press on the white. Refrigerate. Cut into pieces. Enjoy



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.

We would also greatly appreciate being advised if you have received multiple copies at the same household, so we can update our records accordingly. Thank you!

Happy Christmas everyone!
Colour me and win a prize!

