



# A Message from Poss

September / October 2017

A big hello to all my friends!

I trust you all had a good September school holiday! I did! As always I spent my days playing with my friends. I think it's really good and special to have friends that I can share my life with. I am very lucky. It's good for me to know they are there for me and it's good for them to know that I am here to support them. Especially if I need am hurt or I feel sad, they can call for a grown up for me!

Are you all having a good last term at school? There are a few things happening aren't there? Like exams! Yuk but it's good when they are over. The weather is getting warm again, and I know that's important for all of us to watch out for sunburn, to remember to wear sunscreen when we are out playing. Also to be aware of getting overheated if we are in the sun for too long. In Queensland it's usually a long hot summer and it's just starting now.

It might be Halloween by the time you get my newsletter. If you are going trick or treating, you will have fun I'm sure. Don't forget to save some treats for later, too many sweets can be hard to eat all at once, and not good for your tummy. Have fun anyway.

I'd love to hear from you if you have time to send me a letter or some photos of yourself. Do remember your friends, they are important to all of us.



*Little Poss*

## What's coming up!

**In-house Epilepsy & Midazolam training at Woolloongabba**      **19 October**  
(2 sessions 19 October)      **16 November**

**Gold Coast Epilepsy & Midazolam training**      **15 November**  
(Gold Coast Neurology, Benowa)

**Qld Epilepsy Symposium**      **26 October**  
*'Thinking Outside the Box'*

**Where - Princess Alexandra Hospital**  
**When - 10am - 5.00pm**

To register for any events please phone the EQI office -  
**07 3435 5000 or 1300 852 853**  
**P: 07 3435 5000 or 1300 852 853 E: [services@epilepsyqueensland.com.au](mailto:services@epilepsyqueensland.com.au)**



epilepsy  
queensland inc

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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](mailto:littleposs@epilepsyqueensland.com.au)  
or phone: 3435 5000 or  
1300 852 853

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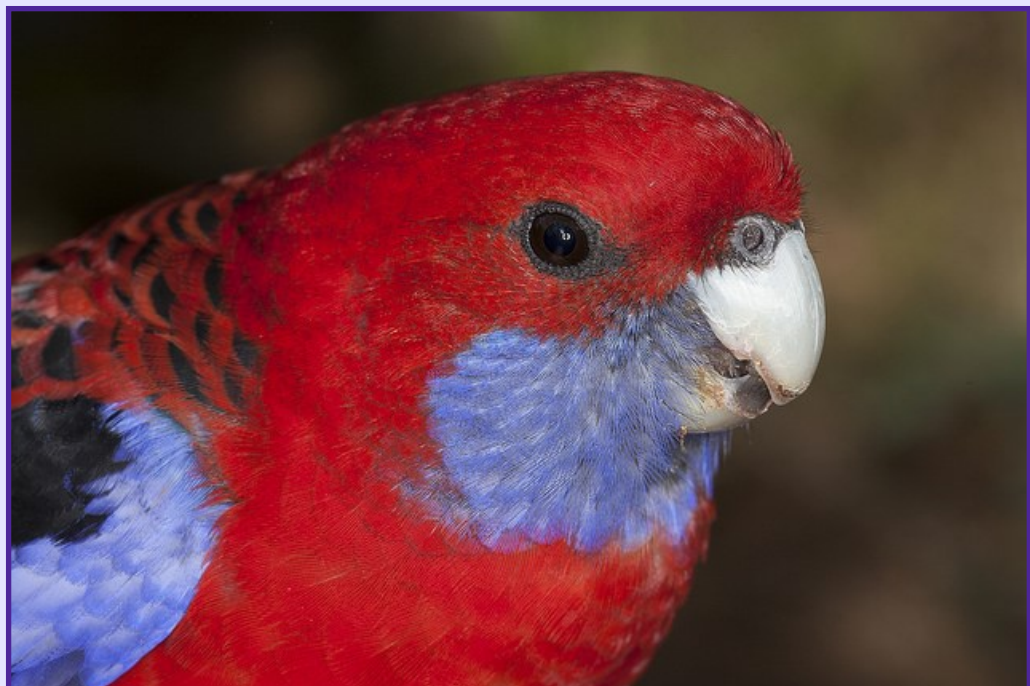




# **‘Spotlight On’**

## **Little Poss ‘Member’**

### **Ruby**



Hi I'm Ruby,

I'm a Rosella and also a friend of Little Poss. We go to the same school and live in the same neighbourhood. I love going to school as Miss Roo is our teacher and she is so much fun. We have lots of other friends too, like Eddie Emu and Wally Wombat. Sometimes I have a ride on Gertie Goanna's head, he likes to run very fast!

We all know how to take care of Little Poss if he has a seizure, however he is really good at looking after himself. He gets lots of good sleep and eats his meals regularly too. He really likes bananas!

Do you know what a Rosella is? I'm a bird and I have red and blue feathers, I'm really pretty and I can fly really fast. I let Miss Roo know if Little Poss needs help because I can get there quicker than anyone else.



We all like living in Ningaloo, it's a very special neighbourhood, as we all look out for each other. It's my happy place! There are lots of gums trees and wildflowers there too.  
Bye for now

### **Ruby**





# Ask Dr Dudley

Dear Dr. Dudley

I have epilepsy. Will I ever be able to drive a car?

Fred

Dear Fred,

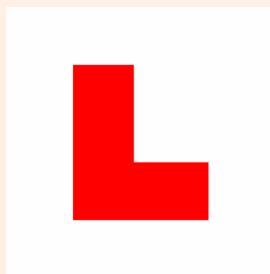
The only time people are unsafe to drive a car is when they are having a seizure. However, the difficulty is we don't often know when someone might have a seizure as they are mostly unpredictable. For some people their epilepsy medicine doesn't always stop their seizures all the time. For other people, their epilepsy medicine stops their seizures very well, so they are allowed to drive a car. And then for many other people, they feel unsafe driving a car so they choose not to drive at all. They don't want to take the risk of having a seizure when driving.

If your seizures are well controlled with medicine, then you can get your learners permit and move onto to getting your license, but if you have seizures every now and again, you might wait until they are more well controlled. In Queensland, the Transport Department can help you understand more about driving with epilepsy, and your neurologist can help you too.

Dr Dudley

How many words can you make from this word?

**KOOKABURRA**



## Little Poss' Word Search

*These are more of my friends.*

*Can you see if you can find them in this word Search?*



### Australian Animals Word Search



bandicoot

crocodile

dingo

echidna

emu

kangaroo

koala

kookaburra

platypus

possum

wallaby

wombat





# Happy Birthday!

Name	Suburb	Name	Suburb
Bailey	WURTULLA	Michael	OXENFORD
Elena	MUNDUBBERA	Benjamin	DALBY
Jordan	HEATHERTON	Hayden	ROMA
Chloe	COORPAROO	Charlotte	NANANGO
Jett	MURARRIE	Kane	FORESHORES
William	EATONS HILL	Dayna	EMERALD
Leslie	BURPENGARY	Mikayla	SPRINGSURE
Lachlan	UPPER CABOOLTURE	Ryan	ARAMAC
Charlize	SAMFORD	Zach	WHITFIELD
Lili	ALBION	Samuel	CURRIMUNDI
William	CLAYFIELD	Tahliya	CALOUNDRA
Ollie	DEAGON	Lincoln	WONDUNNA
Jasmine	ASHGROVE	Isabella	WODONGA
Niamh	MOUNT GRAVATT EAST	Mollie	WAVELL HEIGHTS
Alexandrea	CLEVELAND	Charlotte	WARNER
Joseph	MOOROOKA	Oskar	STRATHPINE
Connor	SALISBURY	Raymond	PETRIE
Adam	REGENTS PARK	Keanu	EVERTON HILLS
Cohwen	CEDAR VALE	Joshua	CHAPEL HILL
Darnell	SPRINGFIELD	Mahli	MOGGILL
Charlie	SILKSTONE	Hannah	TARRAGINDI
Andrew	KENTS LAGOON	Audrey	WISHART
Khyan	BILAMBIL HEIGHTS	Abigail	ROCHEDALE
Yasmin	POTTSVILLE	Claver	LOGANLEA
Jacob	MAUDSLAND	Felicity	CARINA

# Happy Birthday!



Name	Suburb
Saxon	ALEXANDRA HILLS
Liarnah	THORNLANDS
Ned	CORINDA
Samuel	TWEED HEADS SOUTH
Brendan	NERANG
Sylvie	ASHMORE
Zaria	VARSITY LAKES
Madison	WITHCOTT
Luke	DALBY
Ebony	TARA
Aston	PACIFIC HEIGHTS
Kai	ALEXANDRA
Mark	BLUEWATER
Samantha	MOUNT SHERIDAN

A 'Happy Birthday' banner for you to colour in!  
Maybe post it on your fridge to remind everyone it's your birthday for the whole month!

A 'Happy Birthday' banner for you to colour in for your friend!  
Maybe ask them to post it on their fridge for the whole month too!





More fun with Little Poss!

Can you colour-in Ruby for me? I'll give a prize!

Fill in the missing letters!

M\_ss R\_\_  
Wal\_\_ Wo\_\_at  
\_r\_ie E\_u  
Ru\_\_ R\_sel\_\_  
G\_rt\_e Go\_n\_a  
Co\_\_ie Cro\_o\_\_le  
Z\_g\_y Zeb\_\_  
Po\_\_y P\_s\_\_m  
Kr\_\_\_\_y Ko\_\_la  
Kra\_\_y Koo\_\_bu\_\_a  
Dir\_y \_i\_go



POSS' BRAIN TEASERS

A cowboy rode into town on Friday. He stayed in town for three days and rode out on Friday. How was that possible?  
Friday was the name of his horse.

One night, a king and a queen went into a castle. There was nobody in the castle, and no one came out of the castle. In the morning, three people came out of the castle. Who were they?  
The knight (night), the king, and the queen!



Did you know?

That cats sleep 14 hours a day? My friend Cathy the Cat sleeps in her own bed most of that time!  
That mice live up to 10 years? Wow, I didn't!  
That Rabbits are born blind? No, I didn't either!!



Answers:  
Miss Roo  
Wally Wombat  
Ernie Emu  
Ruby Rosella  
Gentle Goanna  
Connie Crocodile  
Ziggy Zebra  
Polly Possum  
Krissy Koala  
Kranky Kookaburra

# Little Poss' Healthy Recipe

Who likes  
eating  
vegetables?

'I do',  
says Little Poss!



## Vege Pikelets

*What you'll need to make these, apart from help from a grown up, is:*

2 cups self-raising flour

6 eggs

4-5 cups of mix vegetables, finely chopped or grated

1/2 - 1 cup grated cheese

A drop of milk and a drop of olive oil

Some sour cream, to serve

*Then:*



Mix flour, eggs, veggies and cheese together in a large bowl. Add seasoning, then add enough milk to the mixture until it is slightly runny.

Heat a frying pan with a small amount of olive oil and drop a tablespoon of the mixture into the pan, patting into a neat circle. Cook on a medium heat until golden on each side.

Serve with sour cream. You can use all kinds of veggies in this recipe. Try adding finely cut or grated carrot, zucchini, capsicum or corn for a vegetable sensation!

Or you can even use fruit, like berries, grated apple or banana, that's my favourite! *Enjoy!*



# A reminder from Little Poss!

## Don't forget two things!

Remind your Mum and Dad, family, friends and teachers about the



### 1. Eight Annual Queensland Epilepsy Symposium! 'Thinking Outside the Box'



This years theme: 'What's new in the epilepsy world'

When: Thursday 26 October, 2017

Where: Russell Strong Auditorium, Princess Alexandra Hospital!

This years program looks interesting, with speakers from everywhere, Dr Piero Perucca from Melbourne, Dr Sasha Dionisio from the Mater Hospital, A/Professor Lata Vadlamudi from RBWH, Professor Harry McConnell, Dr Rian Rob, Ms Ruth Blackburn, Dr Dan McLaughlin and A/Professor Cecilie Lander, they will all be speaking about their favourite topics!



### 2. Epilepsy Queensland Annual Awards Evening!

For very special people who make a difference for people with epilepsy!  
Do you know someone who makes difference?

Your mum or dad? **Brother or sister?** **School teacher?** Carer? **Footy coach?**  
**Swim teacher?** **Ballet teacher?**

Lots of people make a difference in the lives of others. We would love to hear about them so we can celebrate their efforts at our AGM and Awards Evening on 4 December, 2017



Who is the star in your life?

Please let me know as I'd love to do a profile of them and make them famous!

For registration or nominating, please see form enclosed in the newsletter!

#### 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