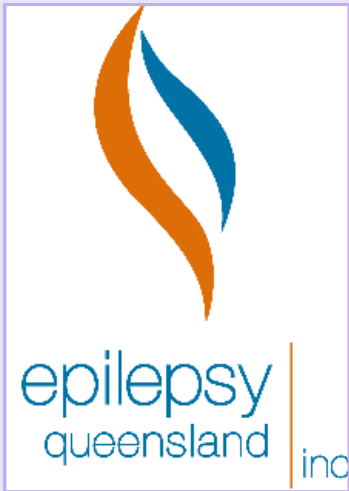


Hello from POSS

January / February / March 2018



Inside this issue:

A message from Little Poss! What's coming up!	1
Member Profile	2
Ask Dr Dudley	3
Members birthdays	4
Birthdays continued	5
Purple ideas	6
Purple recipe	7
Purple Day	8



Well, it's been a long hot summer hasn't it? I hope all my friends are staying cool and not getting too tired or distressed with the heat we've been having all over Queensland!

Did you have a wonderful school holiday? Did your Christmas celebrations go well for you? What presents did you get?

I got a fan for my house to keep me cool, and it's really 'cool', I love it! I also was able to visit my friend in Toowoomba who has a farm where they have some Alpacas! Did you

know that Alpacas are kept in herds that graze on mountains of southern Peru, Bolivia, Ecuador, northern Chile. They are in Australia too! Alpacas have fur covering their bodies that is used for making knitted and woven items, just like wool does. These items could be blankets, hats, and scarves too. They are very clever aren't they?

I'm very excited as it's March now, that's when we celebrate Purple Day and 'do' purple all month long. I like to wear my purple shirt and socks so I can let everyone know about epilepsy. They can learn how to be helpful when someone needs help with a seizure.

My friend Cassidy started Purple day 9 years ago. I hope you can get into your 'purple' with March too and raise understanding about epilepsy. Bye!

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



Did you know?

- ◆ That Purple celebrations go all through the month of March?
- ◆ 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!

In-house Epilepsy & Midazolam training
at Woolloongabba

March 15
April 19

Purple Day Celebrations

March 7





‘Spotlight On’



Cassidy Megan

This is my friend and I like you to meet her because she is famous!

Cassidy Megan is 18 and she is the founder of **Purple** Day. **Purple** day is a day dedicated to spreading epilepsy awareness. For the past nine years, on March 26, Purple Day events have taken place all over the world all because of Cassidy.

Cassidy lives in Canada. She had her own struggles with epilepsy, so she started **Purple** Day in an effort to tell everyone about epilepsy.

She named the day '**Purple** Day' after the colour for epilepsy, which is **lavender**.

Cassidy was nine years old when she started **Purple** Day in Nova Scotia. She has travelled all around the world to give speeches in schools and hospitals.

She talks about how epilepsy has affected her and what people can do to help spread the word. She says -

"I have epilepsy myself, and I was really scared and alone. I was scared that people would make fun of me, that I would lose friends. I told my class in Grade 2 and then the Epilepsy Association of Nova Scotia did a presentation. In Grade 3, I was watching a show with my mum and a commercial came on about cancer, and I asked why there wasn't a day for epilepsy like that. I wanted to see if there were other people like me who had epilepsy, and if there was, I wanted them to know that they weren't alone and to not be afraid to speak up".

Because Cassidy started **Purple Day**, celebrations are happening in 75 countries, on every continent — including Antarctica!





Ask Dr Dudley

Dear Dr. Dudley

I started school this year, and I think I'm the only person there with epilepsy. I'm worried about having a seizure. What do you think I can do?

Darcy (Prep student)

Dear Darcy

Congratulations on starting school! It can be exciting and a bit scary to start school. Lots of children may be feeling the same way you do.

Remember, we can't just tell by looking at other children if they have epilepsy or not. It's okay to worry a bit about having a seizure but there are lots of things you can talk about with your family and teachers to help you:

- ◆ Let people know you are worried: they will be able to talk with you about how you are feeling and let you know all the things that have been arranged at school to keep you and others as safe as possible, whatever happens.
- ◆ Medication: If your doctor has ordered medicine for you to take to help with your epilepsy, it is very important to take it at the times it is ordered.
- ◆ If you have medication to take during school time talk with your teacher about how everyone can work together to remember when it is due.
- ◆ Sleep: It can be hard to get used to all the new things happening at school but it is really important you try to have some time to relax when you get home and have a routine before going to bed to help you to have a great sleep.

We are all special and unique and I'm sure if you share the things you are worried about with your family, they'll want to help. They can always call Epilepsy Queensland to chat to.

Hope you have a great year Darcy!

Dr Dudley



Q: Why did the student take a ladder to school?
A: Because he/she was going to high school!

Q: Why did the cross-eyed teacher lose her job?
A: Because she couldn't control her pupils!

Q: What stays in the corner, but travels around the world?
A: A stamp!

Q: Why is 6 afraid of 7?
A: Because 7 8 9!

Q: What is a chalkboard's favourite drink?
A: hot chalkolate!

Q: What happened when the teacher tied everyone's laces together?
A: They went on a class trip.



Happy Birthday!

Name	Suburb	Name	Suburb
Anton	BELMONT	Meg	PRINCE HENRY HEIGHTS
Calvin	JIMBOOMBA	Nakyiah	GOODNA
Connor	MARGATE	Nate	PARKHURST
Cooper	REGENTS PARK	Noa	KENMORE
Fletcher	ROCHEDALE SOUTH	Olivia	SEVEN HILLS
Harry	REDLAND BAY	Scarlett	BURPENGARY
Harry	ERAKALA	Sophie	PACIFIC PINES
Hayden	KINGAROY	Taylor	ASPLEY
Jason	JONDARYAN	Thomas	TAIGUM
Jasper	KINGSTON	Thomas	BURLEIGH WATERS
Jayden	MOUNT COTTON	Tommy	WURTULLA
Jessica	CLONTARF	Wylie	PEREGIAN BEACH
John	HOLLAND PARK	Zach	PACIFIC PINES
Joseph	BIRKDALE	Abby	JOSEPHVILLE
Joshua	PROSTON	Addison	NANANGO
Kaitlin	BROWNS PLAINS	Amalie	EIGHT MILE PLAINS
Kate	PROSTON	Amber	KEDRON
Lachlan	KEPERRA	Arki	RANGEVILLE
Lily	CORNUBIA	Benjamin	NORVILLE
Lisa	REDLYNCH	Benjamin	ANNERLEY
Madison	HOLLYWELL	Blakely	NEWSTEAD
Markello	MANSFIELD	Braydon	SUNSHINE PLAZA





Happy Birthday!

Name	Suburb	Name	Suburb
Chelsea	NANANGO	Amy	ORMEAU
Dana	CAMP HILL	Antoni	MOUNT GRAVATT EAST
Daniel	CARSELDINE	Ashton	MALENY
Ella	FRESHWATER	Bailey	NINGI
Jakob	BUNDAMBA	Bianca	SHAILER PARK
Jasmine	GOODNA	Blake	NORTH LAKES
Lochlann Horatio	DALBY	Briedon	MILMAN
Madeleine	BURBANK	Cailin	JIMBOOMBA
Miles	LOGANHOLME	Charlotte	WAKERLEY
Nickayla	UPPER MOUNT GRA-	Chloe	SPRINGFIELD
Oliver	NARANGBA	Chloe	SUNNYBANK HILLS
Oliver	ALEXANDRA HILLS	Chloe	GRACEVILLE
Pippa	PITTSWORTH	Chloe	BRACKEN RIDGE
Remi	ROMA	Cohen	WARANA
Rian	EAGLEBY	Daelle	KARANA DOWNS
Ryan	BILOELA	Eadie	BURLEIGH WATERS
Tarquin	KARANA DOWNS	Eve	TINGALPA
Taylor	PALMWOODS	Evelyn	ZILLMERE
Tiffany	CARINA	Freya	BARDON
Tom	FAIRFIELD	Genevieve	KALLANGUR
Amber	HEATLEY	Genevieve	ASHGROVE





Happy Birthday!

Name	Suburb	Name	Suburb
Isabella	CAPALABA	Liam	BURPENGARY
Jace	BLACKWATER	Mary	SOUTHPORT
Jacob	REDBANK PLAINS	Mason	ACACIA RIDGE
Jasmin	COOROIBAH	Matthew	JACKSON NORTH
Jett	ALEXANDRA HILLS	Nicholas	DALBY
Jhett	FLINDERS VIEW	Ryan	KURABY
Jonty	MUNDINGBURRA	Ryan	EVERTON PARK
Kaleb	MOGGILL	Samantha	VICTORIA POINT
Koby	BUNDAMBA	Tamazim	EAGLEBY
Kye	WISHART	Zahlia	MOOLOOLAH
Layla	GREENSLOPES	Zarlia	HOLLAND PARK
Leilani	ORMEAU	Zak	ASPLEY

WORD SEARCH

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

BIRTHDAY

CANDLES

CAKE

ICE CREAM

PRESENTS

FRIENDS

FUN

GAMES

PARTY

HAPPY





Birthday! Jokes

Q: What was the average age of a cave man?

A: Stone Age

Q: What did the grumpy birthday candle say at the party?

A: Birthdays burn me up.

Q: When would you hit a birthday cake with a hammer?

A: When it's a pound cake.

Q: Where do you find birthday presents for cats?

A: In a cat-alogue

Q: Which famous men were born on your birthday?

A: None – only babies are born!

Q: What do George Washington, Christopher Columbus and Abraham Lincoln all have in common?

A: They were all born on holidays!

Q: Why did the girl feel warm on his birthday?

A: Because people kept toasting her.

Q: Why did the boy get a pair of bunny ears as a gift?

A: So he could have a hoppy birthday

Q: How do you celebrate Moby Dick's birthday?

A: With a whale of a party!

Q: Why do we put candles on top of a birthday cake?

A: Because it's too hard to put them on the bottom

Q: What goes up and never comes down?

A: Your age!

Q: Why did the boy put the cake in the freezer?

A: Because he wanted to ice it.

Q: Why do we put candles on the top of birthday cakes?

A: You can't put them on the bottom.



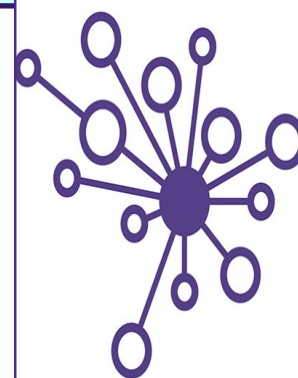
Little Poss's Purple Ideas

Purple science

Colour Cubes -



After filling up an ice cube tray with water, add drops of red and blue food colouring into the compartments. After the cubes are frozen, place red cube and a blue cube into a glass. As the cubes melt, watch what happens!



Osmotic celery -



Cut the bottom of young celery sticks and stand them in glasses of PURPLE tinted water; the longer the sticks are in the water, the deeper the colour will be! The stalk will absorb the colour and then you can eat them!



Can you fill in the blanks?



When I ride my bicycle, I must always wear my One way to stop seizures is to take my on time.

You can catch epilepsy from someone who has it
The colour is used to raise awareness of in the month of



Win a
PRIZE!

How many words can you make from this word?

.....**Multiplication**.....

Let me know how many you find!

Hint - Cat, tip, tilt, ion....

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

1. When I ride my bicycle, I must always wear my helmet
2. One way to stop seizures is to take my medicine on time.
3. You can NOT catch epilepsy from someone who has it.
4. The colour Purple is used to raise awareness of epilepsy in the month of March

Little Poss's Purple recipe for Purple Day!



Blueberry Ice-cream

What you need -
Some help from a parent!

This one is really easy! You just need your favourite vanilla ice-cream and some ripe blue-berries.
Soften the ice-cream just a little, put a cup of blue berries in the blender and puree until nice and runny and purple. Then you can swirl the blueberries into your softened ice-cream and refreeze it by putting it back in the ice-cream container and back in the freezer! The sugar cones in the picture taste yummy too if you have some or you can just serve it in a bowl. Some fresh mint leaves go really well on top or some sprinkles too!
Enjoy!

Ice Cream Flavors

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

COTTON CANDY
MAPLE WALNUT
PECAN
BANANA
TIGER TAIL
MOOSE TRACKS
COCONUT
ROCKY ROAD
GREEN TEA
FUDGE
REESES
CHOCOLATE
VANILLA

Can
you
find
all
the
ice-
cream
flavours
in this
**Word
Find?**





What's happening on Purple Day?

See the flyers
Attached!

Can you dress me in
purple for Purple day?
A mask?
Bells?
Feathers?
Ribbons?

I'll be at
the
Purple day
Celebrations!

I hope I
see you
there!

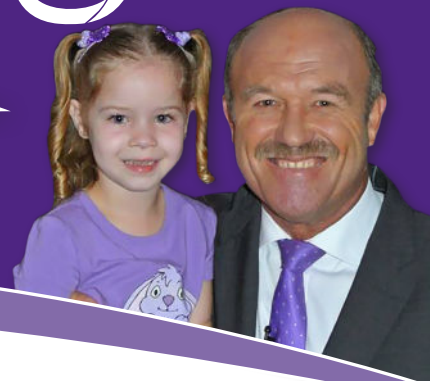
Make sure
you wear
your best
Purple look!





Purple Day for epilepsy QLD

**Join us
on
Purple Day!**



Are you looking for a way to celebrate Purple Day on Monday 26 March?

Challenge yourself by climbing Brisbane's Story Bridge, enjoy a leisurely walk as our city lights up purple or come along with your family and friends to our Purple Day Party.

How YOU can get involved!

Purple Day Party

Dress in purple and join fellow Epilepsy Queensland members and supporters at the Story Bridge Hotel for our Purple Day celebrations including free face painting and prizes.

Our mascot, Little Poss will be there to greet you! Please see over for more details.

Twilight Walk

Get your friends and family together to walk at your leisure across the Story Bridge as it lights up purple.

Make a night of it by continuing your walk to see the city light up to celebrate Purple Day or see it on a FREE CityHopper ferry along the Brisbane River.

Purple Bridge Climb

Be a Purple Hero for Epilepsy and take up the challenge to climb the Story Bridge on Purple Day.

Join our exclusive group of supporters scaling to new heights to raise funds and awareness of epilepsy.

Invite your friends, family and colleagues to sponsor your climb and come along to our Purple Day Party to cheer you on/up!

All we ask is that you raise a minimum of \$500 to enjoy the best view from the top of the purple bridge.

To read the T&Cs, register and easily set up your online fundraising page go to www.epilepsyqueensland.com.au/purple-climb



To find out more

visit www.epilepsyqueensland.com.au/purple-climb-celebration

phone 07 3435 5000

email purple@epilepsyqueensland.com.au

ABN 42 025 269 961



Purple Day Party Information

Timing*

5:00pm Kick-off our Purple Day Celebrations

5:15pm Little Poss visit

5.55pm Sunset

6:15pm Little Poss visit

7:00pm Announcement of prize winners

Cost

FREE ENTRY!

Location

Story Bridge Hotel's Outback area, 200 Main Street Kangaroo Point, Brisbane.

Meals

The Story Bridge Hotel are kindly offering a special Purple Party menu on the night with a % from every meal from this menu donated to Epilepsy Queensland.

Or.. bring a picnic to have down by the river in Captain Burke Park or at the Kangaroo Point Cliffs.

Prizes

There will be prizes for best purple dressed individuals and groups plus more! Be creative and stand out from the crowd to help raise awareness of epilepsy and what Purple Day means to you!

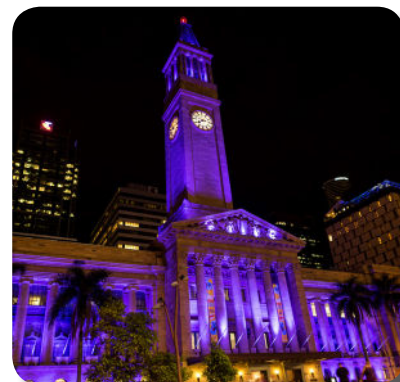
Tag us *@epilepsyqueensland* in your best selfie with a purple illumination on Facebook for your chance to win more great prizes.



Illuminations

Many landmarks across the world will be illuminated purple to help shine a light on epilepsy this Purple Day. Enjoy a wander or drive around the city to see:

- BRISBANE sign at Southbank
- Brisbane City Hall
- Kurilpa Bridge
- QPAC
- Queensland Parliament House
- Sir Hielscher Bridges
- Story Bridge
- Suncorp Stadium
- Treasury Casino
- Victoria Bridge
- Wheel of Brisbane



Download a map from our website for suggestions on how to take in the best sites.

RSVP

RSVPs are essential plus we can then keep you up to date about times*, special activities and/or guests!

For more information and to RSVP go to

www.epilepsyqueensland.com.au/purple-celebration

phone 07 3435 5000

email rsvp@epilepsyqueensland.com.au

