



A Message from Poss

July / August
2016

Hi everyone!

I am very excited to announce that my friends and I are going on a World Wide Adventure over the next few months, starting off in Rio, Brazil for the Games! I hope everyone is going to watch the games and keep an eye out for me and my friends competing in all the events. Do you like to compete in any sport events? Or do you have any other hobbies? I am going to enter the bike riding and surfing this year.

My friend Wally Wombat is going to compete in the 100 meter sprint, he can run up to 40 kilometers an hour (km/h)! I hope he has fun. He is going to compete against some of the worlds fastest, including a Cheetah, a Hippopotamus, a Rabbit, a Turtle (did you ever hear about the race between the turtle and the rabbit? Who do you think won?) and the amazing Usain Bolt! Did you know a Cheetah can run 120 km/h? And a Hippo can run 30 km/h? Poor Usain Bolt might not beat our friend the Cheetah, he can only run 44.64 km/h. Do you know where a Cheetah is from?

We have all been training hard. I have been paying attention to my epilepsy, making sure I get enough rest and food as I don't want to wear myself out and have a seizure. I friends always remind me too, as they rest and eat well also.

Our friend Kerry Koala is going to compete against a Peregrine Falcon in the diving competition! Did you know they're the fastest hunting bird? They can dive up to 389 km/h!

Our teacher Miss Red Roo is accompanying us and said she will compete in the long jump and high jump, did you know Red Roos can hop 8 meters in length and 1.8 meters high? She is going to compete against some of the best jumping animals in the world, like the Impala, Grasshopper, Tree Frog, Mountain Goat and Dolphin. Can you think of any more aerobic jumping animals?

Have you ever travelled overseas? I'd love to hear from you if you have, you can give me tips on where to go and what to see! I am going to share a delicious traditional Brazilian recipe with you as well!

Take care until next time!



Little Poss!



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

What's coming up!



**Gold Coast epilepsy training
(Gold Coast Neurology, Benowa) 7 September**

Little Poss Birthday Party 10 September

Little Poss Appeal 1 - 30 September

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

‘Spotlight On’ is on me this month!

Little Poss

Hi, I'm **Little Poss**. I am Epilepsy Queensland's Mascot. I am a baby Brushtail Possum and I live in a place called *Ningaloo* in Australia.

When I started to grow too big to be in my Mum's pouch, I ventured out into the big wide world. It was a wonderful thing. I was able to see so much more of the world, the big yellow sun, the fluffy clouds and all these trees. Well I really wanted to climb higher up these trees, so one day I did, I went higher and higher! But then, I fell and landed on the ground! I was taken to see an animal doctor, and after a while he told me I had epilepsy. The doctor explained that it means sometimes I go wobbly and I begin to shake all over. When you have epilepsy the brain sends out mixed messages, so you can't do things quite right for a while.

There are many kinds of epilepsy. Some kinds make you fall down and shake all over, others make you stop what you're doing and stare. But by taking my medication, I can be just like all the other possums... and kids.

My most special friends are Ruby Rosella, Miss Red Roo, Eddie Emu, Gertie Goanna and Kerry Koala! I love to eat leaves and berries but my most favourite food is bananas.

I am still learning to read, but my Mum reads to me often. Because possums are active at night, I find it is very soothing listening to my stories as I go off to sleep when the sun comes up. One of my most treasured is the story of my first seizure and how my family, friends and I learnt about epilepsy. This book is called 'And down went Poss'. It is a wonderful book now, helping kids all over Australia understand epilepsy.

When I'm lolling about in my trees I really enjoy listening to the dreamy beats of a corroboree. The song 'Old Man Emu', makes me laugh and laugh, and I also like 'Waltzing Matilda'. I would have to say, I am a music lover!

I would love to meet Dr Chris Brown from that television show, 'Bondi Vet'!! He sounds fantastic. I also love to swing and race through the trees at night, because I am nocturnal. It is so much fun! Sometimes I do this all by myself and I am very, very careful not to fall. Having epilepsy makes me think about how I should take care of myself, and in particular my brain. But I don't let it stop me too much. I still have lots of fun. Sometimes I hang out with my cousins and we talk to each other in possum language.

I think the best possible thing that could happen would be to find a cure for epilepsy. But there are so many different types of seizures and causes of epilepsy that it is a really hard thing to figure out. When I talk about it with my friends, they are really surprised and say they didn't know anything about epilepsy at all. Talking about epilepsy in a really positive way has helped me and I have learnt so much.

Bye for now!





Ask Dr Dudley

Dear Dr. Dudley,

My family is planning an overseas trip for Christmas. Do you have any tips about taking my medication while I'm away?

Mia

Dear Mia,

Thank you for asking that wonderful question. I know many people are concerned when they travel with their medication, it is important to be prepared. Depending on where you are travelling to, talk to your doctor well before you leave about any vaccines you might need. They may have side effects on your seizure control or interfere with your medication.

It would be good to carry a letter from your doctor that describes your seizure type/s, your medicines and dosage. Make sure you have enough medication to last for your trip . Make sure it is in its original packaging with your name on it.

A helpful tip from Little Poss is to keep a supply of medication in your carry-on luggage and in your baggage just in case one goes missing. Sometimes Customs like to see a copy of your prescription.

It may also be an idea to contact your Pharmacist or the company to check if your medication is available in the country your visiting.

My last piece of advice is check with your doctor to see if it's best keep to your current routine while you're travelling, as time zones may trick you as to when you normally take your medication. Have a safe and fun time travelling!

How many words can you make out of this name?

**S
O
U
T
H
-
A
M
E
R
I
C
A**

LITTLE POSS'S TRIVIA!

- ♦ Brazil has 7, 491km of continuous coast line, making it the longest continuous coastline in the world.
- ♦ Brazil is the largest country by land mass in South America and 5th largest in the world at 8.45 million km²
- ♦ **Did you know the exercise is good for everyone, but has important benefits for people with epilepsy? Some studies suggest that epilepsy may improve with exercise.**
- ♦ Brazil is the 5th largest country in the world by population at 206,050,242 people.
- ♦ Did you the main river in Brazil is the Amazon? Over half of the river is in Brazil, it is the worlds largest by volume, 6,400km long and can become over 190km wide.
- ♦ The Amazon rainforest is the worlds largest, containing 1/5th of the world's fresh water reserves and producing 1/3rd of the worlds oxygen
- ♦ **It would be good to ask the doctor if certain sports are good for you.**
- ♦ **Also, tell the coach and possibly team mates that you have epilepsy.**





Happy Birthday!

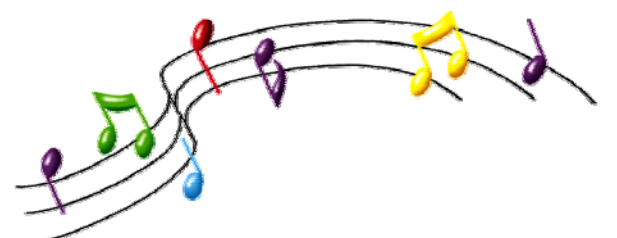
Name	Suburb	Name	Suburb
WILLIAM	DICKY BEACH	DYLAN	LOGANLEA
OWEN	MOOLOOLAH VALLEY	CLAUDIA	WAKERLEY
GABRIELLA	TWIN WATERS	THOMAS	BIRKDALE
NELSON	GLENWOOD	HAIDEE	ORMISTON
FERRIS	PEREGIAN SPRINGS	GABRIELLA	ALEXANDRA HILLS
LEVI	GAYNDAH	SOPHIE	CLEVELAND
DANIEL	POINT VERNON	BAILEY	VICTORIA POINT
ELLA	SINGLETON	ALEX	MOUNT WARREN PARK
MIKAYLA	FYSHWICK	LILY	CEDAR CREEK
RILEY	WODONGA	FAITH	SHERWOOD
PARIS	WEST END	TRAVIS	MARSDEN
JETT-TO	MANLY WEST	COLLETTE	JIMBOOMBA
HAMISH	WAVELL HEIGHTS	ETHAN	SOUTHPORT
LACHLAN	BALD HILLS	COOPER	BENOWA
JAI	EATONS HILL	LILIANA	ELANORA
BROCK	BURPENGARY	JOSEPH	CURRUMBIN WATERS
TAYTUM	CABOOLTURE	ZAC	REEDY CREEK
TAYLER	WIGHTS MOUNTAIN	ASHLEIGH	WILSONTON
NINA	DEAGON	KELCEE	ROMA
INDI	HALL	APRIL	ST GEORGE
MAJELLA	GORDON PARK	HARRISON	GRASSTREE BEACH
PAISLEY	STAFFORD HEIGHTS	NOAH	GARBUTT
MARLEY	MITCHELTON	RILEY	MOUNT ISA DC
ALANA	MANSFIELD	HOLLY	YORKEYS KNOB





Happy Birthday!

Name	Suburb	Name	Suburb
DARCY	TOLGA	CHARLOTTE	FOREST LAKE
JESSICA	WILLIAMSTOWN	SHAUNA	DREWVALE
SEBASTIAN	CALOUNDRA WEST	HARLEY	RACEVIEW
KARA	MOOLOOLAH VALLEY	BRYDEE	MOORANG
TAYLA	SIPPY DOWNS	TYLER	TUGUN
BRADLEY	BARGARA	JOSHA	ROBINA TOWN CENTRE
JACOB	CASINO	HARLEY	WARWICK
ELLA	COORPAROO	KRISTY	HANSEN
LOCHLAINN	NUNDAH	CHELSEA	NANANGO
RORY	CHERMSIDE WEST	MADISON	SOUTH GLADSTONE
MITCHELL	ALBANY CREEK	ELI	GRACEMERE
LILLIAN	BONGAREE	TIFFANY	HAY POINT
HENRY	HERSTON	NEIL	MACKAY MC
HUGO	ASCOT	BREE	HOME HILL
ADDISON	SHORNCLIFFE	ETHAN	BUSHLAND BEACH
NOAH	STAFFORD HEIGHTS	OLIVIA	CLONCURRY
LEO	KELVIN GROVE	CHARLI	MOUNT ISA DC
SOPHIE	ST LUCIA	RYDER	TIARO
FINN	CHELMER	CARMEN	PIMPAMA
DANIEL	KENMORE	SHONTAI	BEENLEIGH
OWEN	KINGSTON	HOLLY	ALEXANDRA HILLS
PAYTEN	MOUNT GRAVATT EAST	CAILEY	CAPALABA
CEZANNA	SLACKS CREEK	JENNY	SHERWOOD



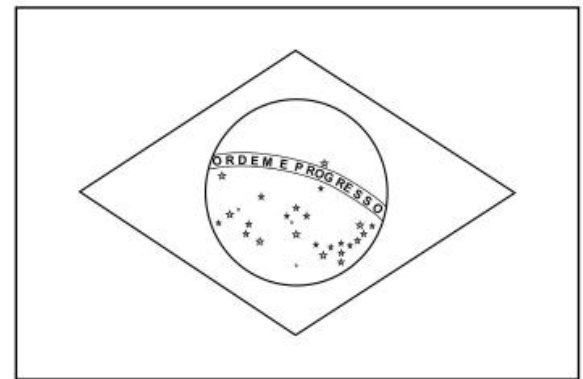
Little Poss's Word Find

(a difficult one this time, you may need some help from a grown-up)

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

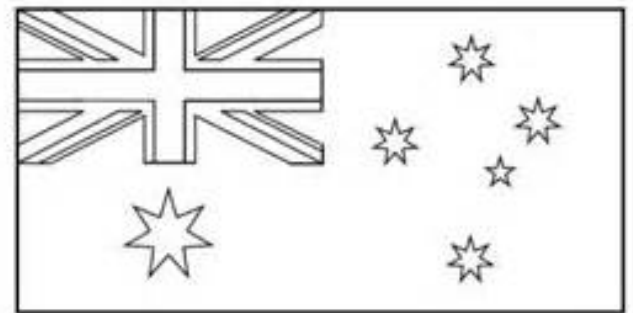
Flag colouring-in!

Brazil



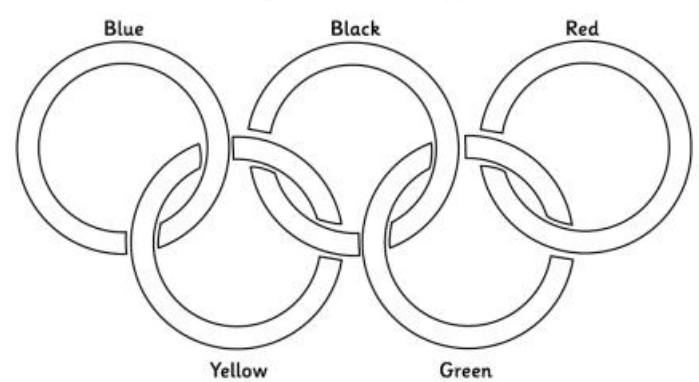
www.ActivityVillage.co.uk - Keeping Kids Busy

Australia



www.ActivityVillage.co.uk - Keeping Kids Busy

Olympic Rings



www.ActivityVillage.co.uk - Keeping Kids Busy

- | | |
|--------------|------------------|
| Brazilia | RomanCatholic |
| SouthAmerica | Rodrigues |
| Manuas | StiltHouses |
| Isabel | Feijoada |
| AmazonRiver | Gauchos |
| RiodeJaneiro | Brazil |
| Equator | SugarPlantations |
| Portuguese | Coffee |
| Carnaval | Copacabana |
| Salvador | |

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

Little Poss's Brazilian recipe!



'Brigadeirão' (Chocolate fudge flan cake)

How many words can
you make from this
word?

Brigadeirão

Ingredients:

Some help from an adult!

400 mL sweetened condensed milk
400 mL whole milk
250 mL unsweetened cocoa powder
1/3 cup sugar
1 tablespoon plus 1 teaspoon all-purpose flour
1 tablespoon plus 1 teaspoon unsalted butter,
melted
4 large eggs
1 tablespoon pure vanilla extract
Dash of salt
Unsalted butter to grease pan
Chocolate sprinkles to decorate

For the Vanilla Sauce:

1/2 cup heavy whipping cream
1 vanilla pod
1 tablespoon sugar

Directions:

Pre-heat the oven 180° and grease 20cm ring pan
Blend together well the condensed milk, whole
milk, cocoa, sugar, flour, butter, eggs, vanilla and
salt. Pour mixture into the prepared pan.
Bake in Bain-Marie for about 40 minutes. Let cool
on a rack and refrigerate for about 2-4 hours.
Unmold carefully, drizzle with the vanilla sauce
and sprinkle the chocolate sprinkles on top.
Cut the vanilla pod in half lengthwise. Scrape with
a teaspoon. Mix with the heavy cream and sugar,
and bring to a simmer. Pour into a cup, let cool
down, cover and refrigerate for at least 4-24
hours.

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!

Epilepsy Queensland's
**Little Poss
Appeal**

Supporting Queensland children with epilepsy

September 2016



Get Ready for the Little Poss Appeal!

This September be a Little Poss Hero and celebrate the Little Poss Appeal at your school or home.

September is a special month at Epilepsy Queensland because it is Little Poss' birthday. As you know, Little Poss is a good friend to children with epilepsy. Little Poss has epilepsy as some possums do. He helps children learn about epilepsy and how to deal with seizures, medication, teasing and schoolwork.

How you can help Little Poss?

- 1 Arrange a Little Poss Theme Day** or Morning/Afternoon Tea in exchange for a gold coin donation to Epilepsy Queensland at school, mum or dad's work, or your home – a "P" party perhaps or serve "possum patty cakes"?? Nothing is imPOSSible!.
- 2 Be a Little Poss Hero** - set up your own online fundraising challenge page on Everyday Hero. Walk, run, shave your head or give up something you love for the month of September. Visit www.everydayhero.com.au/event/littleposs.
- 3 Celebrate Little Poss' birthday or yours** – Are you celebrating your birthday or a special event in September? Ask your family and friends to donate to Little Poss and Epilepsy Queensland in lieu of gifts. Set up a celebration page: www.everydayhero.com.au/event/celebrateforepilepsy.
- 4 Buy Merchandise** - visit our online shop, return the enclosed order form or purchase from a participating pharmacy or location near you. Visit www.epilepsyqueensland.com.au/shop.
- 5 Sell merchandise** - Help us sell our range of cute merchandise including pens, Poss badges, keyrings and awareness wristbands - plus gorgeous plush possums. This year we have a **new cute possum finger puppet!** Order your Little Poss Kit today by returning the enclosed form.
- 6 Donate online** - make a secure **online** tax deductible donation. Visit www.epilepsyqueensland.com.au/donate.
- 7 Promote on Facebook** – Participate in our "Where is Little Poss?" Facebook challenge. Print the Little cutout Poss and post a picture of yourself and Little Poss in a fun or unusual place. Share on your own Facebook page tagging us [@EpilepsyQueensland](https://www.facebook.com/EpilepsyQueensland) or emailing pr@epilepsyqueensland.com.au. We'll be sharing the best photos and the winner will receive a great prize.



So what are you waiting for?

Register today for the Little Poss Appeal activity of your choice or contact us for further information.

Phone: 07 3435 5000 or 1300 852 853 (Regional Queensland)

Email: pr@epilepsyqueensland.com.au