



A Message from Poss

September / October
2016

Hi everyone!

I had a wonderful time in Rio!
Did you see me on the television? My friends and I did really well at the bike riding events but we didn't win any medals unfortunately. Maybe next time.

Some of my friends did extra well too. Wally, my friend who is a wombat, ran really fast, much faster than he ever has before. Miss Red Roo didn't quite make the finals but she came close when she jumped so well in the long jump event.

I'm so proud of myself and my friends because we all had a good time, we stayed well and we looked after each other while we were competing in the Rio Olympics. It was so exciting.

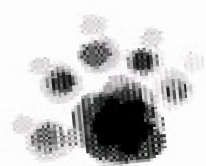
Some other news that has happened since I came home from Rio; I had a birthday party to celebrate my birthday. Everyone had such a good time, and there was a magician there. His name was Simon Shazam and he did some really great tricks with a rabbit and a bird. I still wonder how he made things disappear like that.

We also had a sausage sizzle and a big birthday cake. Some of us made some beautiful paintings with all our thumbs prints. It was so cool! There are some photos of the party in my newsletter. I want to say a special thank you to my friends for coming along and making it such a good party.

Now that my friends and I have been to Rio, we want to keep traveling the world for adventures. We would like to go to Africa next to meet some of the friends we met in Rio. There are Harry the hippopotamus and Henry the hyena who we would really like to see again.

We have been doing some research about Africa and things that we might need to know before we go there. You will learn all about that as you read my newsletter. I hope you've had a wonderful school holiday break. It is spring time now, so the weather is beautiful, hoping you enjoyed getting out and about. Take care till next time.

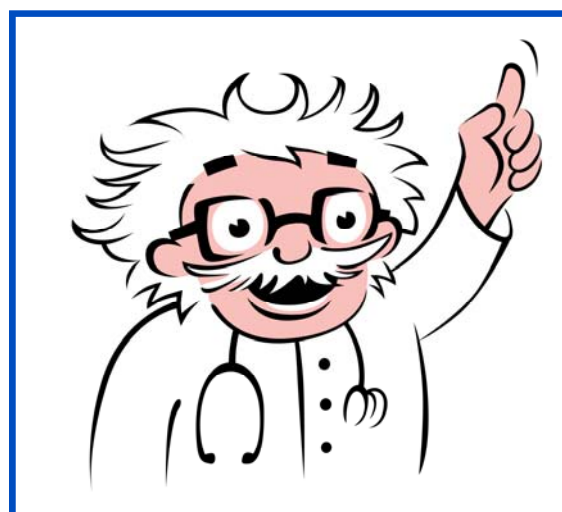
Little Poss



epilepsy
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What's coming up - Save the date !

Seventh Annual Queensland Epilepsy Symposium
'Thinking out of the Box' **25 November**

Gold Coast epilepsy training
(Gold Coast Neurology, Benowa)
In house training Woolloongabba

30 November

20 October
24 November
5 December

Annual Awards & AGM

2017 Purple Ball

25 February

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



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



Ask Dr Dudley

Dear Dr. Dudley,

I worry a lot about having a seizure when I go outside to play or go to school? How can I stop worrying?

Audrey

Dear Audrey,

It's easy to worry about things that may frighten us, especially when those things are unpredictable. Having a good understanding about your epilepsy can be helpful. Do you understand all about your epilepsy? Maybe your parents can teach you more about it. Sometimes talking about your worries makes them go away too. Do your friends know you have epilepsy? Can you talk to them? Do they know how to help you if you did have a seizure in the playground? If they do, that can make you feel safe. If they don't maybe you can tell them about your seizures and tell them what to do if you have one. Sometimes doing some fun things like drawing or reading or singing can be helpful. Some other things like exercise or playing sport can help to stop you worrying too.

It's important to remember that you will be ok. If your family and friends know how to take care of you, and the school knows how to keep you safe if you have a seizure, you will be ok! If you would like some information about how to help, please see the sheet enclosed in this newsletter. You or your parents could talk to the helpful people at Epilepsy Queensland. My books at Epilepsy Queensland could be helpful to you and your friends too.

Take care.

Dr Dudley

Animal Facts!

Emus lay emerald green eggs!

Camels have three eyelids to protect them from blowing sand!

It takes 40 minutes to hard boil an ostrich egg!

Bees must collect the nectar from 2 thousand flowers to make 1 tablespoon of honey!

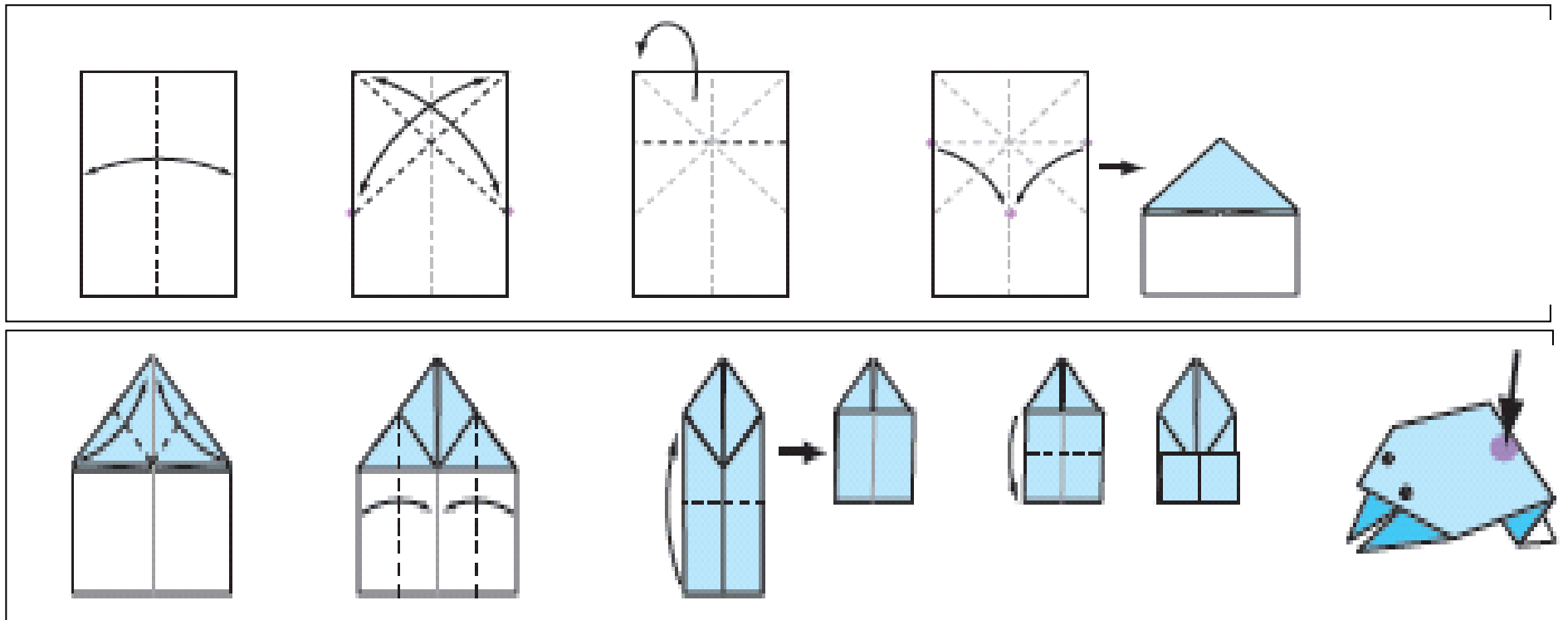
Humming birds are the only animals that can fly backwards!



Little Poss' African Trivia!

- ◆ Africa is the world's second-largest and second-most-populous continent.
- ◆ My friends live in North Africa near Morocco and they play soccer and they were the first African country to make it to the 2nd round of the World Cup!
- ◆ The currency in Morocco is called the Dirham
- ◆ Africa's Nile River is the world's longest river, with a total length of 6,746 kms
- ◆ The world's largest desert, the Sahara, is located in Africa.
- ◆ *Ten million people in Africa are affected by epilepsy.*
- ◆ The second largest fresh water lake in the world, Lake Victoria, is located in Africa, and it is the largest lake in Africa.
- ◆ Mount Kilimanjaro is the tallest peak in Africa rising to a height of 19,300 feet.
- ◆ The giraffe is the tallest African mammal and stands around 5 – 6 meters tall.
- ◆ *Every minute, about 1/2 litre of blood flows through your brain, bringing food and oxygen to it. Your brain uses about 25% of the oxygen taken into your blood.*
- ◆ The zebra belongs to the horse family and is unique by its black and white stripes. These sociable animals are found in small groups called harems.
- ◆ The African elephant is the largest extant terrestrial mammal. These elephants are larger than the Asian elephants.
- ◆ *Always wear a helmet when riding a horse or a bicycle!*

ORIGAMI JUMPING FROG



- Step 1: Start with a square piece of origami paper
- Step 2: Fold the paper in half by folding the left side over to the right.
- Step 3: Fold the left corner to the right side, creating a sharp point on the top/right corner then unfold.
- Step 5: Fold the right corner to the left side then unfold.
- Step 7: Fold back at where the two diagonal creases meet (the center of the "X") then unfold.
- Step 9: Using the creases as guides, form a triangle like you see in the picture
- Step 10: Fold the bottom rectangle in half toward the triangle.
- Step 11: Take the two corners of the triangle and fold them up at an angle.
- Step 12: Fold the two sides of the rectangle towards the center.
- Step 13: Fold the rectangle in half toward the triangle.
- Step 14: Let's make the frog legs. Fold the left and right corners of the rectangle down and to meet at the center.
- Step 15: Open the legs and spread out the insides of until it matches the outer legs. Fold the legs up and crease.
- Step 19: Fold about half of the legs back to form a spring.
- Step 20: Place the frog on its feet and push on the rear to make it jump!



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Happy Birthday!

Name	Suburb	Name	Suburb
BAILEY	WURTULLA	CHARLIE	SILKSTONE
ELENA	MUNDOWRAN	ANDREW	KENTS LAGOON
JORDAN	HEATHERTON	YASMIN	POTTSVILLE
CHLOE	COORPAROO	JACOB	MAUDSLAND
BAILEY	NORMAN PARK	MICHAEL	OXENFORD
WILLIAM	EATONS HILL	JESSICA	PATERSON
KETEISHA	UPPER KEDRON	ESME	ASHMORE
LESLIE	BURPENGARY	CASSIDY	COOLANGATTA
JACK	BANKSIA BEACH	KHYAN	COOLANGATTA
LACHLAN	UPPER CABOOLTURE	MICHAEL	CENTENARY HEIGHTS
CHARLIZE	SAMFORD	BENJAMIN	DALBY
LILI	ALBION	HAYDEN	ROMA
WILLIAM	CLAYFIEND	PAIGE	KINGAROY
OLLIE	DEAGON	CHARLOTTE	NANANGO
JASMINE	ASHGROVE	KANE	FORESHORES
NIAMH	MOUNT GRAVATT EAST	DAYNA	EMERALD
ANGELINE	WELLINGTON POINT	MIKAYLA	SPRINGSURE
ALEXANDREA	CLEVELAND	RYAN	ARAMAC
AMELIA	SINNAMON PARK	SAMUEL	CURRIMUNDI
JOSEPH	MOOROOKA	TAHLIYA	CALOUNDRA
CONNOR	SALISBURY	TRINITY	PALMWOODS
ADAM	REGENTS PARK	LINCOLN	WONDUNNA
DALLAS	JIMBOOMBA	ISABELLA	WONDONGA
DARNELL	SPRINGFIELD	MATTHEW	WYNNUM WEST





Happy Birthday!

Name	Suburb	Name	Suburb
BARNABY	WAVELL HEIGHTS	PIPPY	BRASSALL
MOLLIE	WAVELL HEIGHTS	SAMUEL	TWEED HEADS SOUTH
CHARLOTTE	WARNER	BRENDAN	NERANG
OSKAR	STRATHPINE	SYLVIE	ASHMORE
RAYMOND	PETRIE	ZARIA	VARISTY LAKES
KEANU	EVERTON HILLS	MADISON	WITHCOTT
MIAH	BARDON	LUKE	DALBY
ASHWIN	CHAPEL HILL	EBONY	TARA
AUDREY	KENMORE	PHEBE	KINGAROY
JOSHUA	CHAPEL HILL	DARLENE	KINGAROY
MAHLI	MOGGILL	TIM	FORESHORES
HANNAH	TARRAGINDI	HEIKI-LEE	BERSERKER
AUDREY	WISHART	ASTON	PACIFIC HEIGHTS
ABIGAIL	ROCHEDALE	KAI	ALEXANDRA
CLAVER	LOGANLEA	MARK	BLUEWATER
ISABELLA	WELLINGTON POINT	SAMANTHA	MOUNT SHERIDAN
SAXON	ALEXANDRA HILLS	BROOKE	GILLEN
LIARNAH	THORNLANDS	CAMILLE	COLLINS
NED	CORINDA	SCARLETT	PIMPAMA
GRACE	SHERWOOD	NICHOLAS	SINNAMON PARK



**A gift box for you to
colour-in and some riddles
to make you laugh!**

**I hope you had an awesome
birthday!**

Love Little Poss



Q: Why did the M&M go to school?
A: Because he wanted to become a smartie!

Q: What do you call 2 banana peels?
A: A pair of slippers!

Q: Why do witches fly on brooms?
A: Because vacuum cleaners are too heavy!

Little Poss' word find, crosswords & puzzles!



African Animals Wordsearch



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

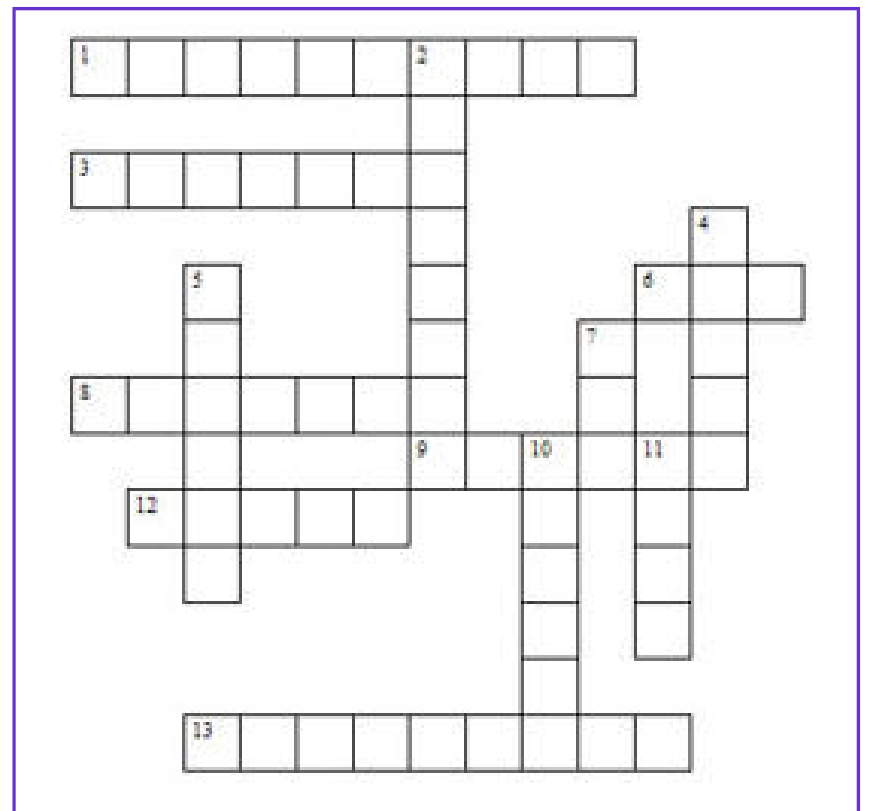
antelope
leopard
python

elephant
lion
rhinoceros

giraffe
monkey
springbok

hippopotamus
ostrich
zebra

www.ActivityVillage.co.uk - Keeping Kids Busy



ACROSS:

1. Big animal that has one horn
3. This animal has a very long neck
6. Man's best friend
8. Lives in the cold and waddles
9. Slow moving and has a shell
12. Striped animal that looks like a horse
13. Can swim under water and walk on land & has a big bite.

DOWN:

2. This animal has a long trunk
4. This animal likes to eat carrots & sugar cubes
5. This animal loves bananas
7. Some say this animal has nine lives
10. Has big ears and likes to hop
11. King of the jungle.

How many words can you make from my friend Henry, the - 'Hippopotamus'?

Many famous people had epilepsy. Here are some anagrams of the names of some of these people. See if you can re-arrange the letter to find out who they are.

NECNITV ANV HOGG
(A famous Dutch artist)

UUIJSL RAASEC
(He ruled Britain in 55BC)

DHANLE
(This composer wrote 'The Messiah')

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' Recipe

African Sweet Milk Tart

This custard pie with a sweet pastry crust is a South African favorite, especially at tea time. I got this wonderful recipe from my friend. You will need a grown up to help make it though, and you might be able to buy the pastry base too!

Ingredients

- 1/2 cup butter, softened
- 1 cup white sugar
- 1 egg
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1 pinch salt
- 4 cups milk
- 1 teaspoon vanilla extract
- 1 tablespoon butter
- 2 1/2 tablespoons all-purpose flour
- 2 1/2 tablespoons cornstarch
- 1/2 cup white sugar
- 2 eggs, beaten
- 1/2 teaspoon ground cinnamon



Directions

Preheat oven to 350 degrees F (175 degrees C).

In a medium mixing bowl, cream together 1/2 cup butter or margarine and 1 cup sugar. Add 1 egg and beat until mixture is smooth. In a separate bowl, mix together 2 cups flour, baking powder, and salt. Stir flour mixture into sugar mixture just until ingredients are thoroughly combined. Press mixture into bottom and sides of two 9-inch pie pans.

Bake in preheated oven for 10 to 15 minutes, until golden brown.

In a large saucepan, combine milk, vanilla extract, and 1 tablespoon butter or margarine. Bring to a boil over medium heat, then remove from burner.

In a separate bowl, mix together 2 1/2 tablespoons flour, cornstarch, and 1/2 cup sugar. Add beaten eggs to sugar mixture and whisk until smooth. Slowly whisk mixture into milk. Return pan to heat and bring to a boil, stirring constantly. Boil and stir 5 minutes. Pour half of mixture into each pastry shell. Sprinkle with cinnamon. Chill before serving. 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!



My Birthday Party!

