

YOGS Newsletter

Inaugural Edition 1/1/2009

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Hi. Welcome to the first Young Onset Group (YOGS) newsletter. This newsletter aims to provide a forum to “make yourself heard” amongst family, friends and fellow YOGSs. It will also provide a forum to discuss any new treatments, literature and opinions. This newsletter also will rely on contributions from YOGS, carers and other interested parties to be a success.

The newsletter will be written bi-monthly. Submissions must be in by the 20th of each month prior to publication. Publication on the 1st of every other month (Jan, March, May, July, Sept, Nov). Article use and content editing will be at the discretion of the editor. There will be approximately 2 – 3 pages in each newsletter. Constructive criticism is welcomed!! If you wish to be removed or know of some one you think should be added to this list, let me know.

The following are proposed sections of the newsletter. Please let me know (tick the box or email me) if you feel these are suitable / unsuitable and / or any other topics.

- € *YOGS profile*
- € *Welcome to new members*
- € *Medications, procedures etc*
- € *Upcoming events calendar*
- € *Pictures*
- € *Cartoon / positive story / saying / puzzle*
- € *Adverts (donated to Park C if we get any)*
- € *Other*

Please email me with any questions / concerns etc etc....

Hope you had a great Xmas and New Year. Now for the newsletter proper....

YOG of the Month – Pam van Omme

I thought we'd start with our illustrious leader. After all without her where would we be... Here are seven questions posed to Pam and her responses....

1. If I could go anywhere with anyone where would I go and who with?

Right now, being the end of the year when teachers are trying to finish off student work, I would love to go to Samoa and spend a week there with my family and a few good books. To have my daughter and her hubby (who currently live in Canberra) present along with our son (who really can't come on holiday with us because he'd be needed at Tony's work to cover. I saw Samoa on Getaway once and it looked amazing: so relaxing. To go there would certainly be a dream holiday and to share it with my family - that would be the "wow" factor!..

2. Entertainment I enjoy: I love going to the movies, live shows and theatre.....

3. What type of movies do I prefer? I love romantic comedies. I love musicals. I can't wait to see the movie Australia!

4. My passions: I am a very proud Australian. I try to support anything Australian. Including small business.

5. If I could have anyone to dinner who?

Currently, Kevin Rudd would top my list...(His mum had Parkinson's so I would like to talk to him!!!). I like Reese Witherspoon. She'd be fun, I'm sure. Barrack Obama would be a popular dinner guest at the moment. Everyone would accept my invite if they knew he was coming.

6. Music I enjoy. I enjoy contemporize modern music especially female singers. I used to sing in a choir but I developed singer's nodes so I had to give up singing. Now I enjoy listening to others sing. I loved the Battle of the Choirs on TV recently!

7. Hobbies: I swim 3 times a week. I love bike riding but a severe back problem means I don't get to do as much of this as I would like.

Welcome

A great big welcome to the three new YOGS- Keith, John (& wife Shelly) and Pam - who joined our group after Dr Barker's lecture at ECU on Saturday 22 November, 2008. We hope to see you at future meetings. A big thank you to Dr Meghan Thomas, Pam van Omme and all others for their fantastic work in organising this event!!

Sifrol

This has been hailed as the new wonder drug set to replace Cabasar. With fewer side effects it sounds wonderful! If you take it, feel free to send thru your thoughts.

** The next YOGS meeting is on 22 February 2009 at the Niche 12 noon. Picnic*

** A big CONGRATULATIONS to Karen Rowland for the recognition of the sterling volunteer work that she provides to aid the YOGS cause. THANK YOU Karen!!*

** Another big CONGRATULATIONS to Sue Ferguson for her fantastic fundraising efforts. THANK YOU SUE!!*

** An April bowls tournament is being planned. It will be held at the BEDFORD BOWLING CLUB on Saturday the 25th of APRIL. It will start at 11.30 and for \$10 includes lunch (sausage sizzle – let me know if you are a vegetarian!) and a game of bowls. Funds raised will be added to the Park C Scholarship fund.*

For this event to run smoothly please:

come along even if you've never played before

invite as many people as you can

wear flat shoes

bring something for a raffle / silent auction (please bring to the next meeting)

it will cost \$10 per person to enter and \$2 for spectators

The people at the club are very nice and are willing to lend us some experts to teach us how to play! Nobody laughs too hard when you send the ball down the wrong way!! There will also be cheap drinks.

Register your interest with tarablanchard@bigpond.com or call 9246 2204 ASAP as places are filling fast.

There is a new website for YOGS, carers, and other interested parties. To view, log on or register at www.facebook.com and go to GROUPS on the HOME PAGE. Type in Cure Parkinson's disease Australia and join up!!!

Word Search

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

Find words associated with PD in this word search and the first person to email me with the correct number and list of words wins a prize. Good luck!!

Feel free to send this to friends and family – the more people the better! Tara.