

2. Alike stating that their A.G.M. is on 18th November
3. A notice from Hidden Disabilities saying that the next subscription begins on the 28th of November and if we do nothing, they will use the same payment method as before (Faye H is attending to it).
4. A short resume of the 3rd meeting from Peter H of the Branch of PNSG in South Australia. Phil will go into the details in the General Business section later.
5. PNSG – South Australia. They had a guest speaker Anita Bonnett from Pain Management Clinic in South Australia.
6. An email from Phil R after his interview with Abby F of NCWA providing a link to the interview. This excellent article from NCWA (and a wonderful plug for us) can be read by clicking on the link below:

<https://www.ncwa.com.au/news/2025/10/peripheral-neuropathy-a-common-but-overlooked-condition>

Accepted:

Celia M

Seconded:

Faye H

TREASURER'S REPORT (as of 31/10/2025)

| RECEIPTS | \$ | PAYMENTS | \$ |
|-------------------|---------------|----------------------|--------------|
| Membership D.D. | 140.00 | 1 x Web Site Hosting | 9.23 |
| Donation | 12.50 | Postage (1 mth) | 35.45 |
| Accident Cr. D.D. | 72.50 | Postage (other) | 35.10 |
| TOTAL | <u>225.00</u> | | <u>79.78</u> |

Balance b/f 7266.19

BANK ACCOUNT

| | | | |
|----------------------|----------------|----------|----------------|
| Postage (Phil R) | 35.25 | Deposits | 225.00 |
| Postage (other) | 35.10 | | |
| Webpage D.D. (1 mth) | 9.23 | | |
| Balance c/f | 7411.19 | | |
| TOTAL | <u>7491.19</u> | | <u>7491.19</u> |

Balance c/f 7411.61

ACCOUNTS FOR PAYMENT

| | |
|----------------------------|---------------|
| 1 month Website | 9.43 |
| Curtin Radio (advertising) | 88.00 |
| Postage | 6.25 |
| TOTAL: | <u>103.68</u> |

Approved: Laurel M. Seconded: Celia M.

PLEASE: Include your name and payment details when paying online. Faye (our Treasurer) cannot identify payments without this information.

GENERAL BUSINESS:

1. Postage Stamps:

There was a general query regarding purchase of the age-related discounted stamps and the on sale to the P.N. Support Group. If any seniors have any spare stamp books, could they buy the full extent of what's left of their book of stamps from the post office, then either donate them to the P.N. Support Group or request a full refund to the value of them from the Group. Postage is quite expensive today and sending out mail etc. does cost quite a bit of money, so every stamp helps.

2. NCWA Volunteer's Day (inc. Christmas Morning Tea). All PNSG members are invited and encouraged to attend.

- a. **When:** Thursday 4 December 2025.
- b. **Time:** 10:30am – 12:30pm (includes brunch, volunteer recognition and guest speaker).
- c. **Where:** Conference Room, The Niche – 11 Aberdare Road, Nedlands.
- d. **Cost:** No charge.
- e. **RSVP:** Please confirm your attendance by registering [here](#) or calling (08) 6285 3804.
- f. **Parking:** Parking is very limited. Paid parking is available across the road (enter via Winthrop Avenue). Taxis, ride share, and public transport is encouraged.

3. New Member Ed. L:

Ed explained his symptoms and a general discussion followed on the pros and cons and applications of the different medications and creams available. Ron G was able to add practical information to the discussion.

4. Annual Membership Fee:

- a. Ninetta calculated that there were about 70 members on our register. Some phone numbers had been disconnected so it was hard to get in touch with them. Therefore, it was decided that if the annual fee is not paid by the end of December 2025, as it is well and truly due by then, it will be assumed the member no longer wishes to be a member and will no longer receive correspondence from PNSG, including newsletters.
This may appear harsh however members have been asked at least 5 times to bring their membership up to date., It does take a lot of time and effort to phone around to remind members to pay and it is time that we ill afford. So please if you wish to continue as a member then please pay \$20 into our bank account or post a cheque for \$20 to Phil R today.

Please see page 1 for our bank details.

5. Presentations:

- a. We've asked Dr Prax to postpone his presentation on PN equipment and treatments until February 2026 instead of as previously scheduled for December 2025.
- b. Phil R is still to arrange with linker from Palliative Care Washington to present to us next year.

6. Neurological Council of WA – Etta:

- a. Since our October meeting Phil R has attended a workshop for small charities (like us) to maximise opportunities e.g. working effectively and receiving grants.

Next meeting Monday 8th December 2025 - 10:00 am to 12 pm at (AWST):

The Niche, located at the corner of Aberdare Road and Hospital Avenue, Nedlands.

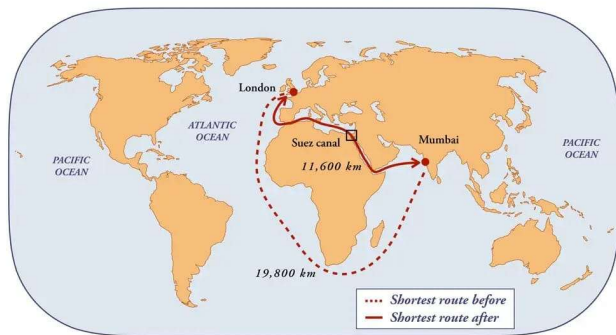
This is the time to bring a small plate for morning tea – and a joke to tell. Hope to see you there!!!

ON THIS DAY

When “Impossible” Became a Shortcut

156 years ago, today on November 17, 1869, the Suez Canal opened in Egypt. Before that day, every ship traveling between Europe and Asia had to sail all the way around the bottom of Africa. It was slow, risky, and costly. Many people said a canal through the desert could not be done.

The Suez Canal



Yet it was not magic. It was environment. People changed the landscape, so ships had a shorter, safer path. The same ships, the same oceans, a completely different outcome. Not because the ships tried harder, but because someone created a better route for them

That is the heart of Dr. Brian's book, [Reversing Neuropathy: Making The Impossible Possible](#). For years, many patients have been told there is nothing that can be done for neuropathy, that they just have to live with it.

Dr. Brian has spent the past 15 years of his 29-year career pushing back on that idea. He explains that nerves can often heal when you remove what is damaging them and supply what they need. He compares it to a house plant that looks dead after weeks without water. You change the environment, give it light, water, and support, then step back and let life do what it is designed to do.

In other words, neuropathy was never truly “impossible.” We just were not creating the right conditions for healing.

Core value we're leaning into this month:

We design environments supportive of success.

Take a moment and ask yourself.

Where in your life are you still “sailing the long way around” when you could change the setup instead? Maybe it is how your day is structured, what is in your kitchen, where your devices live at night, or a conversation that would clear the air so you can move forward.

You do not have to rely on willpower alone. Change the environment, and you change what becomes possible.

If you want to see more of the values that shape how we think and how we care for people with neuropathy and other chronic conditions, you can visit: [The Heart of Heal Better](#)

Dr Brian Prax has already given us access to read a softcopy of his book which is still available on PNSG's website in PNSG Library (click on <https://pnsg.org.au/document-library/>) or contacting Phil R by phone or text on 0417 186 337.

and Dr Brian's has also donated some hardcopies of his book (there are a few copies left at PNSG's office, contact Phil R) for PNSG to distribute to members *who do not have access to the Net or email*.

On a lighter note...



Thanks, Dan, for this gem.

And for we "royalists..."



**MY LAST WILL
AND TESTAMENT
TO MY CHILDREN:
BEING OF SOUND MIND
I SPENT ALL OF
MY MONEY.
YOUR INHERITANCE IS IN
MY CRAFT ROOM.
LOVE, MOM**

Thank you and goodnight!