

## Jo's Bit

As I finish off this issue of GOSS, we are baking in the heatwave. This reminds me of my high school days, where after going back to school, we seemed to have had the hottest days of the summer. And I am getting soft in my old age and Thomas the cat and I are locked up tight in the air conditioned house.

I admire people like my mum who lives in Cairns and only this January has conceded to having air conditioning installed.

This issue I have copied a couple of items from back issues which were in the theme of this issue - Happiness.

Smiling never hurt anyone and neither does saying Thank You and at GO we are very lucky in that 90% of our members are polite and have a smile on their face when they interact with the Volunteers. It's the 10% that really makes the volunteers days unsettling and can cause them to be wary of the next person that they interact with. So come in and smile and make it worth while for your volunteers to make the long & short trips to GO to volunteer. Your Volunteers come from St Leonards, Pt Lonsdale, Belmont, Grovedale, Highton, Geelong West, Leopold, Whittington, Torquay, Lovely Banks and Ballarat.

If you are having trouble coping with issues that have related to your stoma then please contact your STN who can try to sort out your issues (stoma wise) or put you in touch with someone appropriate with your issues.

If you have deeper happiness issues then seeing a professional other than your GP is not a shame but and necessity for you and your family and friends.

Until the next issue, Happy thoughts,  
Joanne  
12/3/13

Page 31 quiz answers: 1. Dublin 2. 5 3. Lleyton Hewitt 4. Anna Nicole Smith  
5. Blunkett 6. Micheal Diamond 7. Nineteen Eighty-four  
8. Stephen Conroy 9. 12 Angry Men 10. Loas 11. South Africa  
12. Tommy Lee 13. Eye 14. Prostitute 15. HIH Insurance  
16. The Red Baron 17. Peter Weir  
18. Queen Victoria (Prince Albert Victor was the suspect)  
19. Curriculum (Vitea) 20. Tipperary

## Geelong Ostomy Inc. COMMITTEE OF MANAGEMENT 2012 - 2013

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### GOSS CONTRIBUTIONS

The editor of GOSS thanks everyone who contributed to this issue.

### GOSS PRODUCTION

Issues of the GOSS are produced in April, August and December to coincide with the release dates of the national journal "Ostomy Australia"

### DISCLAIMER

The views expressed by the contributors are not necessarily those of the Committee of the Association. GO accepts no responsibility for statements made or opinions expressed by their contributors, although every effort will be made to publish reliable information.

# President's Pen



WHEW!! It's been hot, hasn't it? I hope you've survived it alright. I remember back in the early 1950's when it was like this, my brothers, sisters and I used to sleep out on the front lawn at my parents' home in East Geelong. We had no second thoughts about being safe and just enjoyed the comfortable sleep, and a lot of playing around.

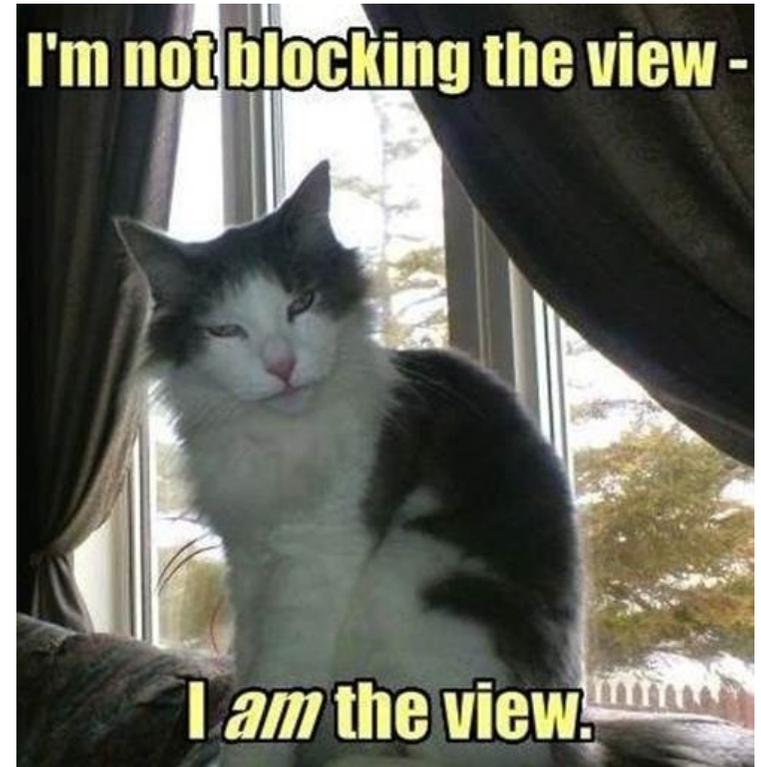
As I look at the state of things in society now, I don't even feel safe going for a walk on my own. You never know whether the person you say "Hello" to is going to attack you or not. If you drive a car, you don't even have to do anything to some other drivers to be the target of 'road rage'. Our society is really sick in a sad way. It just seems everyone is in a hurry and angry at something.

One thing is for sure, and that is, when you come to Geelong Ostomy you don't have to be afraid of the staff. They don't bite, nor do they growl for no reason (I should know because I tease them enough and they continue to treat me OK). We really do owe them a big vote of thanks for their efforts. Joanne heads up the team of volunteers and, when she is unwell, others step in and take up the load. We have a wonderful team of volunteers. Thank you to each one of you as you keep the wheels of supply rolling.

To those of us who use their expertise and time, it's not too hard to say, "Thank you", when we get our order. They deserve all the support we can give them.

So till next time, keep smilin', it helps to make others happy as well as ourselves.

Ian Combridge.



This reminds me not only of cats but some of the fashion decisions made by our youths of today and yesterday have worn.

Remember the muffin top jeans and the pants worn with the crutch at the knees - I thought that they would fall off some of them and I would get an eyeful !!!!

Fashion in my youth was maxi skirts and tartan for the Bay City Rollers and the mushroom (big) perm and who can forget the mullet hair style !!

## Postage & Cash Sales Payment

Your postage account and your cash sales (**cash sales for postage orders only**) & future memberships can be now paid by direct deposit. You need to make sure you have your name in the reference area, so that we know who has paid us.

The bank details are:

A/c Name : Geelong Ostomy Inc.

BSB No. : 633000

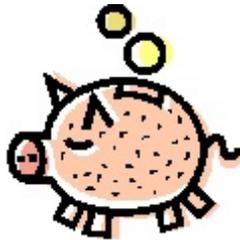
A/C No. : 102191087

Bank : Bendigo Bank

## Do you know that you can pay for your postage up to 12 months in advance?

This can save you money, especially if you have to pay for your cheques or if you use money orders.

It costs \$5.50 for every money order you get, so if you were to pay for 3 months postage on one money order (\$36) you would save yourself \$11.00 which is nearly another months postage!!!



We will also take up to 12 months of orders in advance - so if your stoma has settled down and you order the same thing each month this might be the way for you to manage your orders and postage.

If for some reason you have orders placed in advance and you need to change them, that is no problem, as that can be done with a phone call or by sending in a new order.

**Please remember that we will not post out orders etc. without payment first.**

## PICK UP DATES 2013

Orders will be available for **Pick-up at 6 Lewalan Street**, any Monday, Wednesday or Friday, 9.30 am to 2.30 pm, **on and after these dates** of the month ordered for.

**PLEASE NOTE:** Members ordering Braun, Welland, Pelican appliances, Eakin seals and Omnigon Support garments will **not** be able to pick up **any part of their order** until the later dates listed.

Month	<b>APPLIANCE COMPANY:</b> Salts, Convatec,, Coloplast, Dansac, Hollister	<b>APPLIANCE COMPANY:</b> Braun, Pelican ,Welland, Omnigon, Eakin
January	Monday 7 <sup>th</sup> January	Wednesday 9 <sup>th</sup> January
February	Wednesday 6 <sup>th</sup> February	Friday 8 <sup>th</sup> February
March	Wednesday 6 <sup>th</sup> March	Friday 8 <sup>th</sup> March
April	Friday 5 <sup>th</sup> April	Monday 8 <sup>th</sup> April
May	Monday 6 <sup>th</sup> May	Wednesday 8 <sup>th</sup> May
June	Wednesday 5 <sup>th</sup> June	Wednesday 12 <sup>th</sup> June
July	Friday 5 <sup>th</sup> July	Monday 8 <sup>th</sup> July
August	Monday 5 <sup>th</sup> August	Friday 9 <sup>th</sup> August
September	Wednesday 4 <sup>th</sup> September	Monday 9 <sup>th</sup> September
October	Friday 4 <sup>th</sup> October	Monday 7 <sup>th</sup> October
November	Monday 4 <sup>th</sup> November	Monday 11 <sup>th</sup> November
December	Wednesday 4 <sup>th</sup> December	Monday 9 <sup>th</sup> December

### 2013 PUBLIC HOLIDAYS - days we will be closed

~~Australia Day - Monday 28<sup>th</sup> January~~

~~Labour Day - Monday 11<sup>th</sup> March~~

Good Friday - Friday 29<sup>th</sup> March

Easter Monday - Monday 1<sup>st</sup> April

Queens Birthday - Monday 10<sup>th</sup> June

Christmas Break - Wednesday 25<sup>th</sup> December & Friday 27<sup>th</sup> December

# CLOSING DATES for ORDERS 2013

These are the dates that all orders close for your supplies.

**PLEASE NOTE!!** These are the last days we are open before or on the 27<sup>th</sup> of each month, so **ALL** orders need to be placed **BEFORE** 2.30 pm on these dates. **Be aware of holidays do effect when we have to order your supplies to get them to you as close to the 4<sup>th</sup> of the month as possible. So please place your orders early.**

**REMEMBER:** Late orders placed could incur a special deliver fee

**2013**

*last dates for placing orders*

January orders close on	Monday	17 <sup>th</sup> December '12
February orders close on	Friday	25 <sup>th</sup> January
March orders close on	Monday	25 <sup>th</sup> February
April orders close on	Friday	22 <sup>nd</sup> March
May orders close on	Friday	26 <sup>th</sup> April
June orders close on	Monday	27 <sup>th</sup> May
July orders close on	Wednesday	26 <sup>th</sup> June
August orders close on	Friday	26 <sup>th</sup> July
September orders close on	Monday	26 <sup>th</sup> August
October orders close on	Wednesday	25 <sup>th</sup> September
November orders close on	Friday	25 <sup>th</sup> October
December orders close on	Monday	26 <sup>th</sup> November
January '13 orders close on	Wednesday	18 <sup>th</sup> December

**REMEMBER:** if posting in your order. please allow at least 5 days - because Australia Post is not the most reliable and you also have to take into account weekends and distance.



## The Board

We now have a notice board in the foyer (beside the glass doors).

This is available for members to advertise anything that they might have of interest to their fellow members. Whether it is a piano to sell or a Trivia night

The rules for placing notices on this board are:

- ★ that it must not be offensive,
- ★ is limited to A5 size (½ of a A4 sheet), and
- ★ must be removed when sold or finished.



IF WE WATCHED COOKING SHOWS  
THE WAY GUYS WATCH SPORTS

# Membership Renewal

By now your membership renewal forms will have been sent out to you. And these need to be paid by the **30<sup>th</sup> of June** and **early payment is appreciated**. Don't forget late payment will add a penalty of \$20 to your membership.

It is important that you read both sides of the renewal form as it has relevant information about paying this account.

If paying by Bank Deposit -please REMEMBER to place you name as the reference.

If you are having difficulty paying your membership renewal please see Joanne (as early as possible and not on the 30<sup>th</sup> of June, please!!!) and she can work out a payment plan for you.



Don't forget that we in Australia are extremely lucky with our Stoma Appliance scheme and at a cost of approximately \$1 per week we are very well looked after.

## QUICK LOOK AT YOUR VALUE FOR MONEY

If you are interested in the cost of your goods then when you sign for your parcel check out the bottom of the government form you are signing and the cost of the goods in your parcel is printed there. For an example:

One box of closed flat pouches (30 in box) is \$82, & convex closed pouches (10 in box) is \$45.

One box of flat drainable pouches (30 in a box) is \$140 & convex drainable pouches (10 in box) is \$64.

One box of flat urostomy pouches (10 in box) is \$45 & convex urostomy pouches (10 in box) is \$64.

Seals (donuts) are \$136 for 30.

A box of wipes whether it is remover or barrier is over \$30 per box

So for most members the cost of their products is over \$200 per month which is \$2400 per year. Therefore for your \$1 per week you get very good value and service.

## ORDERING BY E-MAIL

Orders can be placed by e-mail [goinc@geelongostomy.com.au](mailto:goinc@geelongostomy.com.au) Joanne has available for those who wish to do this, a "Microsoft Word" file that she can send to you. It is the same as the ordinary order form except that you type in the info and then send it to the above e-mail address as an attachment.

If you want a copy of the "Microsoft Word" file then just ring or e-mail Joanne at [goinc@geelongostomy.com.au](mailto:goinc@geelongostomy.com.au)

## ORDERING VIA THE INTERNET

Orders are now able to be placed via our web site [www.geelongostomy.com.au](http://www.geelongostomy.com.au).

The same rules apply as for posting, hand delivering, fax and e-mail (Especially regarding the times & dates!!)



Go to the "Orders" page and then click on "To E-mail an order please click [here](#)."

Please note that this has changed and you will be directed to an e-mail sending box, in which you will have to type your name and what you want to order.



Young Ostomates United is a not-for-profit organization that provides support and friendship to those with an ostomy from the ages of birth to 40 years.

We provide support to YOU through friendship, liaising with professionals and providing support pre and post surgery.

Y.O.U Inc. has recent started a support group in the Greater Geelong area with two successful meetings so far. To date we have met some lovely people and have shared many experiences. With this we want to extend our support and ask for anyone who would like to join us in a catch up to come along to one of our meetings and meet some wonderful people and have a cuppa and a chat. Currently we are catching up once a month thanks to the Geelong Ostomy Association and spend a few hours getting to know one another and having a good time.

For information on the next meeting please contact Karen as below

If you have any questions please call Karen on 0452 513 191 or email at [ksant@live.com.au](mailto:ksant@live.com.au) .:



## VOLUNTEERS STILL NEEDED CAN YOU HELP?

We still need to build up our data bank of volunteers especially people for pack out and for filling in when our regulars are ill or on holidays.

We need people who can work from 9.30 am to 3.30 pm, Monday, Wednesday and Friday.

**For on the emergency call in register.**

If you feel that you could help out please contact Joanne for an volunteers application form.



## HOW CAN OSTOMY SURGERY AFFECT YOU?

Sourced from [WWW.ostomy.evansville.net](http://WWW.ostomy.evansville.net)

Each person is unique and deals with the circumstances surrounding ostomy surgery in a different way. You need to analyze your situation to determine how to best live with your illness. Because having ostomy surgery affects different people in a number of ways, you may experience some or many of the following concerns:

- ✓ Interference with daily activities;
- ✓ Interference with physical functioning;
- ✓ Changes in lifestyle and/or personality;
- ✓ Emotional reactions such as depression, anger, anxiety, helplessness, or guilt;
- ✓ Changes in relationships with family members;
- ✓ Alteration in your social life;
- ✓ Interference with your sleep;
- ✓ Feeling that you have less control.



What can you do?

Your ultimate goal is to take charge and live a happier life, despite having an ostomy. Here are a few strategies that can help you better handle your ostomy and improve your overall health, happiness and productivity.

1. Be a person— not a patient. Make this the foundation of your thinking. You are a person who has had ostomy surgery, not an ill person. The only time you are a patient is when you are in the doctor's office or the hospital. The way you see yourself living with an ostomy is an essential part of coping successfully.
2. Understanding the unique way that your ostomy affects you and your life. Identify the ways that your ostomy causes problems for you.
  - Are you experiencing any problems with the pouch system, leaking, odor, skin breakdown?
  - How does having an ostomy affect others around you?
  - Does it limit your activities?

There are many other factors that may affect you.

You'll want to identify them and determine how you're going to deal with them.

3. Set overall goals for improving your life. You'll find that your efforts can include many of the following:
  - Improving your ability to cope with a situation;
  - Setting reasonable, realistic and achievable goals;
  - Aiming to control your life; Improving day-to-day functioning;
  - Improving your perspective on any problems you may be facing;
  - Being more assertive and taking an active part in your healthcare (including dealing with medical personnel);
  - Accepting and improving your ability to deal with the emotional consequences of your ostomy;
  - Increasing your ability to handle negative emotions;
  - Focusing more on your strengths and diminishing the impact of weaknesses or limitations of having an ostomy;
  - Doing things that you like and spending less time on things you dislike;
  - Enhancing positive relationships;
  - Improving participation in your social network;
  - Improving your life satisfaction and quality of life.
4. Pinpoint what you need to help improve your life. Think about all the difficulties you have living with an ostomy. Write these down on the left side of a folded piece of paper. On the right side, next to each item, write down things you can do to improve each one. Note as many alternatives that you can. Ask others for additional ideas, especially if you are not sure what to do about certain things. Keep adding to your list and plan how you will use these ideas to improve your life.
5. Anticipate the negative. There are negative things that can happen during life with an ostomy, but some of these things could happen if you didn't have an ostomy! The more you anticipate and prepare, the better you will cope. Isn't this true of us all—ostomy or not?



## ARE YOU OVER ORDERING !!

Over ordering is a problem that all members must be aware of and be responsible for.

Over ordered and returned stock can not be reused as per government regulations and is a total waste!!



We are extremely lucky in Australia in that all you need to pay for your stomal needs is your membership fees and over ordering puts the Stoma Appliance Scheme in jeopardy!!

**PLEASE DO NOT OVER ORDER - ONE MONTH'S SUPPLY IN RESERVE IS ENOUGH**

## ARE YOU UNDER ORDERING !!

Although over ordering is a major problem so is under ordering. Running your self short does not help yourself, the association or even the STN's - you need to keep one months supply in reserve to cover for emergency events, like gastro, faulty product, going on holidays, etc.

One major problem that the STN's have brought to our attention is that members are going to them to get holiday issues or certificates for holidays - but leaving it until a couple of days before they leave!!!

Everyone plans their holidays and your stoma care should be an essential part of that holiday planning. If you are going to be away for an extended time, then you need to see you STN to discuss an ordering plan with them. Also remember that the Government only allows one month's holiday per calendar year.

**PLEASE DO NOT UNDER ORDER -  
KEEP ONE MONTH'S SUPPLY IN RESERVE**

## 10 WAYS HAPPY PEOPLE CHOOSE HAPPINESS

adapted from [www.marcandangel.com](http://www.marcandangel.com)

Happiness is a choice. For every minute you are angry or irritated, you lose 60 seconds of happiness. Be happy. Be yourself. If others don't like it, then let them be. Life isn't about pleasing everybody.

If you have the courage to admit when you're scared, the ability to laugh even as you cry, the nerve to speak up, even if your voice is shaking, the confidence to ask for help when you need it, and the wisdom to take it when it's offered, then you have everything you need to get yourself to a happier state of mind.

Begin today by taking responsibility for your own contentment. Here are ten ways to choose happiness:

1. **Choose to be the best YOU can be.** – Give it your all in everything you do, commit to your goals, and don't compare yourself to anyone else. John Wooden once said, "Success and happiness is peace of mind, which is a direct result of self-satisfaction in knowing you made the effort to do your best to become the best that you are capable of becoming." Never try to be better than anyone else, but never stop trying to be the best you can be. If you feel called to compare yourself to someone, compare yourself to an earlier version of yourself.
2. **Choose to be around the right people.** – Spend time with nice people who are smart, driven and likeminded. Relationships should help you, not hurt you. Surround yourself with people who reflect the person you want to be. Choose friends who you are proud to know, people you admire, who love and respect you – people who make your day a little brighter simply by being in it. Life is too short to spend time with people who suck the happiness out of you. When you free yourself from negative people, you free yourself to be YOU – and being YOU is the only way to truly live.
3. **Choose to focus on what you have, not on what you haven't.** – When you appreciate what you have, what you have appreciates in value. Being grateful for the goodness that is already evident in your life will bring you a deeper sense of happiness. And that's without having to go out and buy or acquire anything new. It makes sense. You will have a hard time ever being happy if you aren't thankful for what you already have.



4. **Choose a good attitude.** – What often screws us up the most in life is the picture in our head of how it's supposed to be. And the reason so many of us give up is because we tend to look at how far we still have to go, instead of how far we have come. Remember, life is a journey, not a destination. This moment, like every moment, is a priceless gift and an opportunity. Be positive, smile, and make it count. Pretend today is going to be great. Do so, and it will be. Research shows that although we think that we act because of the way we feel, in fact, we often feel because of the way we act. A great attitude always leads to great experiences.
5. **Choose to smile more often.** – A smile is a choice, not a miracle. Don't wait for people to smile. Show them how. A genuine smile makes you and everyone around you feel better. The simple act of smiling sends a message to your brain that you're happy. And when you're happy, your body pumps out all kinds of feel-good endorphins. This reaction has been studied since the 1980's and has been proven a number of times. Bottom line: Smiling actually makes you happier.
6. **Choose to take care of your body.** – Taking care of your body is crucial to being the happiest person you can be. If you don't have your physical energy in good shape, then your mental energy (your focus), your emotional energy (your feelings), and your spiritual energy (your purpose) will all be negatively affected. Recent studies conducted on people who were clinically depressed showed that consistent exercise significantly raises happiness levels in the near-term. Not only that, six months later, the people who had continued to exercise were less likely to relapse into depression because they had a higher sense of self-accomplishment and self-worth.
7. **Choose honesty.** – Start being honest with yourself and everyone else. Don't cheat. Be faithful. Be kind. Do the right thing! It is a less complicated way to live. Integrity is the essence of everything successful. When you break the rules of integrity you invite serious complications into your life. Keep life simple and enjoyable by doing what you know in your heart is right. Don't get involved with drama that doesn't affect you.
8. **Choose to help others when you're able.** – Care about people. In life, you get what you put in. When you make a positive impact in someone else's life, you also make a positive impact in your own life. Do something that's greater than you – something that helps someone else to be happy or to suffer less.



9. **Choose to let go when you know you should.** – Sometimes you have to be strong for yourself. Love is worth fighting for, but you can't be the only one fighting. People need to fight for you too. If they don't, you eventually have to move on and realize that what you gave them was more than they were willing to give you. Some relationships and situations just can't be fixed. If you try to force them back together, things will only get worse. Holding on is being brave, but letting go and moving on is often what makes us stronger and happier.
10. **Choose to embrace the next step in your life.** – You can hold on to the past, or you can create your own happiness today. Never let success get to your head and never let failure get to your heart. Every day is a new beginning and a new ending. Embrace it, make the best of it, smile, and keep looking straight ahead. And don't forget, a smile doesn't always mean a person is happy right now; sometimes it simply means they are strong enough to face their problems going forward.

And remember, your mind is your private sanctuary; do not allow the negative beliefs of others to occupy it. Your skin is your barrier; do not allow others to get under it. Take control of your boundaries and what you allow yourself to absorb from others.

Never let someone's opinion become your reality. Never sacrifice who you are because someone else has a problem with it. Love who you are inside and out. No one else has the power to make you feel small unless you give them that power. You are the only one who can create your happiness.

The choice is yours. Choose happiness.



## CERTIFICATES FOR ADDITIONAL STOMA SUPPLIES

The Government has set a limit as to what you are entitled to monthly and annually, and unfortunately without an up-to-date Certificate for Additional Stoma Supplies, you can not get over this amount and no amount of debating will alter this fact. These Certificates are forwarded on to the Government and checked against our claim for you.

Certificates for additional supplies **does not** apply for any support garment.

These Certificates SHOULD be signed by your Stomal Therapy Nurse - as they can ascertain why you need additional supplies. (as it could be just an inappropriate pouch is being used) - Your Doctor, while very knowledgeable, is not trained in Stomal Therapy and does not know all the tricks of the trade that your STN does and could be doing the wrong thing (unintentionally) for you.

If you do get a medical certificate for extra supplies then it is **YOUR** responsibility, not your STN's, to ensure that it is added to your next order. Your STN has enough to do with out having to remember to contact us about Medical Certificates.



### **Rules for Certificates for Additional Stoma Supplies**

- ✓ Having a certificate does not mean you automatically get the extra - you need to ask for it on your order form.
- ✓ Your certificate only lasts for up to 6 months - depending on what your STN has asked for.
- ✓ You are responsible for having your certificate renewed if needed.
- ✓ You can not get another type of product with your certificate - they can only be used for the product as stipulated on it.
- ✓ You can only get up to the amount as stipulated on the certificate.
- ✓ You are responsible for handing in your certificate and not your STN and for the ordering of your extra appliances regarding the certificate.
- ✓ You CANNOT get a certificate for extra supplies because you don't want to come or pay postage for every month. They are only for members who need above the government allowance each month, and who order each month!!

## NEED TO SEE YOUR STN ?

It is **essential** that you ring and make an appointment with your very, very busy Stomal Therapy Nurse.

Please do not just drop in and expect to be seen, as these wonderful nurses have many other duties as well as seeing their out-patients.

It is just like your GP, You cannot just walk in and expect to see your GP without an appointment.

It is also good manners to actually wait until your appointment time before attending the out-patients clinics - as your STN has allotted the scheduled time to see you around their other duties and by turning up early you are causing other problems elsewhere.

If you are early - have a cuppa in the café or in town.

## **TAKING OWNERSHIP OF YOUR STOMA & ITS CARE**

One of the most frustrating problems that your STN's have, is your lack of information about your stoma and the product that you use, especially when you ring them up or see them after a long time.

The information that you should always have on hand is:

- ✓ What type of stoma? Colostomy, ileostomy, urostomy.
- ✓ Are you using a closed pouch or a pouch that you can drain?
- ✓ Are you using a 1 piece or 2 piece system of pouching?
- ✓ What is the brand of product that you are using and the code of the product? ( this info can be found on the end of the box of pouches)

If quoting from a magazine bring it with you or have it with you on the phone so that you can quote the page numbers etc.

# Big Mud Puddles and Sunny Yellow Dandelions

Author Unknown

When I look at a patch of dandelions, I see a bunch of weeds that are going to take over my yard.

My kids see flowers for Mom and blowing white fluff you can wish on.

When I look at an old drunk and he smiles at me, I see a smelly, dirty person who probably wants money and I look away.

My kids see someone smiling at them and they smile back.

When I hear music I love, I know I can't carry a tune and don't have much rhythm so I sit self-consciously and listen.

My kids feel the beat and move to it. They sing out the words. If they don't know them, they make up their own.

When I feel wind on my face, I brace myself against it. I feel it messing up my hair and pulling me back when I walk.

My kids close their eyes, spread their arms and fly with it, until they fall to the ground laughing.

When I see a mud puddle I step around it. I see muddy shoes and dirty carpets. My kids sit in it. They see dams to build, rivers to cross, and worms to play with.

I wonder if we are given kids to teach or to learn from?

No wonder God loves the little children!

Enjoy the little things in life, for one day you may look back and realize they were the big things.

I wish you Big Mud Puddles and Sunny Yellow Dandelions!!!

"Life is not measured by the number of breaths we take but by the moments that take our breath away."



*This was printed in the GOAN in March 2003 and 10 years on it is still true*

# TEMPORARY STOMAS

Do you have a Temporary Stoma? Have you been given a date for your reversal? Do you no longer need our services?

If you can answer YES to the last two questions we need your help please. Firstly if you have been given a date for your reversal it is important that you see your STN before going to hospital for that procedure. There are always a few questions that need to be answered and few tips that can be given to help you return to your *no stoma* status.

Also please let us know AFTER you have been reversed so that we can adjust our records etc. Doing so before your reversal could be a bit too early because for some reason your surgery might be postponed (Your Surgeon may break a finger playing Hockey the night before, or even get the flu, you never can tell!)

## DISABILITY TOILET CARDS

There is now available, a card for members to show that they are entitled to use the Disabled Toilets.

New members are sent these with their welcome letter.

Other members please place your name on the list at the reception counter and one will be sent out to you. They are of a business card size and should fit in your wallet or purse comfortably and are laminated.

Also if you misplace your card just contact us for another one.

These cards are already helping our members who use the disabled toilets and were being challenged by people who do not know what you have under your clothes.



## GOING TO HOSPITAL OR TO SEE THE STN ?

If you are going to hospital for a procedure or going to see the Stomal Therapy nurse it is very important that you take with you at least one change of appliance. Any procedure that requires you to have your appliance removed requires another one to be put back on - so think about it and bring a change.

Any Hospital stay whether a day stay or a week stay - you need to take adequate supplies with you. Make sure to you tell family or friends where your supplies are at home in case you have to go to hospital in a hurry. Hospitals do not stock your supplies and they **are not required** to supply you them after your initial surgery.

Make arrangements with Family/Friends or ring us if you are in hospital and need to place your monthly order.

Be prepared and ALWAYS carry a spare change anyway even if not going to hospital because things happen sometimes and it is always best to be prepared.



**PLEASE BE RESPONSIBLE FOR YOUR OWN APPLIANCE NEEDS - IT IS UNFAIR TO RELY ON THE STN's WHEN YOU ARE CAPABLE.**

### **GOING TO HAVE A COLONOSCOPY?**

You will probably need a different pouch to wear during the preparation for the procedure. This will be a drainable pouch.

If you have not been given some of these pouches or if you have any questions about the procedure preparation, please contact your stomal therapy nurse or Joanne.

## A Little Beam Of Laughter

### FIRST TIME SEX

A girl asks her boyfriend to come over Friday night to meet, and have a dinner with her parents.

Since this is such a big event, the girl announces to her boyfriend that after dinner, she would like to go out and make love for the first time.

The boy is ecstatic, but he has never had sex before, so he takes a trip to the pharmacist to get some condoms.. He tells the pharmacist it's his first time and the pharmacist helps the boy for about an hour. He tells the boy everything there is to know about condoms and sex.



At the register, the pharmacist asks the boy how many condoms he'd like to buy, a 3-pack, 10-pack, or family pack.

The boy insists on the family pack because he thinks he will be rather busy, it being his first time and all.

That night, the boy shows up at the girl's parents house and meets his girlfriend at the door.

"Oh, I'm so excited for you to meet my parents, come on in!"

The boy goes inside and is taken to the dinner table where the girl's parents are seated. The boy quickly offers to say grace and bows his head. A minute passes, and the boy is still deep in prayer, with his head down.

10 minutes pass, and still no movement from the boy.

Finally, after 20 minutes with his head down, the girlfriend leans over and whispers to the boyfriend, 'I had no idea you were this religious.'

The boy turns, and whispers back,

'I had no idea your father was a pharmacist!'



A big thank you to the members who continue to contribute to the Volunteers morning tea supplies - they really appreciate your thoughtfulness.

- ✓ Thank you to the Volunteers who do a wonderful job of looking after the 600 members who attend the rooms each month! And who post out 150 parcels each month! WELL DONE !!!!

PLEASE NOTE: According to food and safety regulations we can not accept food items that have been opened or past their use by date - so to those members who like to share their lollies etc, thank you for thinking of us BUT we can not accept open or out of date food items.



**OMG, I'm rich!  
Silver in the hair,  
Gold in the teeth,  
Crystals in the kidney,  
Sugar in the blood,  
Lead in the butt,  
Iron in the arteries,  
and an inexhaustible  
supply of natural gas!**

*I never thought I would  
accumulate such wealth!*

POSTED BY THE  
FIGHT LIKE A GIRL CLUB™

-Unknown Author

## Do You Live In the Western District?

There is a "Supporters and Survivors" Group that meets each Tuesday at 1.00 pm in the Neighbourhood House in Colac.

They would love to see you there.

One of your fellow ostomates, Faye, is one of the organisers and she would love to have some fellow ostomates come to this support group and join in the fellowship.

For more information either attend next Tuesday or phone Faye on 5231 6522 (if you get an answering machine leave a message as she will get back to you ASAP)

This is a terrific idea so go along and make some new friends.



# More Little Beams Of Laughter

I think it is just terrible and disgusting how everyone has treated Lance Armstrong, especially after what he achieved winning 7 Tour de France races on drugs. When I was on drugs, I couldn't even find my bike..!



Roger 85, married Jenny, a lovely 25 year old .

Since her new husband is so old, Jenny decides that after their wedding she and Roger should have separate bedrooms, because she is concerned that her new but aged husband may over-exert himself if they spend the entire night together.

After the wedding festivities Jenny prepares herself for bed and the expected knock on the door. Sure enough the knock comes, the door opens and there is Roger, 85 year old groom, ready for action. They unite as one. All goes well, Roger takes leave of his bride, and she prepares to go to sleep.

After a few minutes, Jenny hears another knock on her bedroom door, and it's Roger, Again he is ready for more 'action'. Somewhat surprised, Jenny consents for more coupling. When the newlyweds are done, Roger kisses his bride, bids her a fond good night and leaves.

She is set to go to sleep again, but, aha, you guessed it - Roger is back again, rapping on the door and is as fresh as a 25 year- old, ready for more 'action'. And, once more they enjoy each other.

But as Roger gets set to leave again, his young bride says to him, 'I am thoroughly impressed that at your age you can perform so well and so often. I have been with guys less than a third of your age who were only good once. You are truly a great lover, Roger.'

Roger, somewhat embarrassed, turns to Jenny and says: 'You mean I was here already?'

The moral of the story: Don't be afraid of getting old, Alzheimer's has its advantages.

PS.. Have I printed this already?

# FOOD for PLEASURE

## Bocconcini Stuffed Meatballs

### Ingredients

500g minced beef	1 finely diced Spanish onion
½ tsp smoked paprika	½ tsp ground white pepper
Grated zest of 1 lemon	1 tbsp stock powder
2 tbsp Worcester sauce	4 tsp tomato paste
1 tin of chopped tomatoes	500 ml water

Bocconcini Cheese

### Method

1. In a large bowl combine all ingredients (except the Bocconcini cheese) massage well until all combined.
2. Then shape into meatballs around a Bocconcini cheese ball, making sure the cheese is fully covered by meat.
3. Grill each meatball on a hot BBQ plate for 3-5 minutes on each side and serve immediately. {or place on an oven tray and cook at 180° for 15 minutes or until cooked}



## Pesto Chicken Swirls

### Ingredients

1 chicken breast	4 tbsp pesto	3 sheets puff pastry
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### Method

1. Slice the chicken breast into long thin strips and place in a bowl with pesto. Mix well so all the chicken is well coated in pesto.
2. Cut each piece of pastry into 3cm wide strips.
3. Place one piece of chicken at the end of your pastry and roll up, pinching the end together.
4. Repeat until all of your chicken is rolled up into the pastry.
5. Place a piece of baking paper onto a baking tray and place swirls onto tray, leaving a gap between each swirl as they will expand.
6. Bake in hot oven 180°C, for 15 minutes or until golden crispy.

# CASH SALE ITEMS

## Deodorisers:

Orange or Lime or lemon Power - 100% natural	\$3.50
Floral Air Freshener	\$3.00

## Tapes:

Micropore - 25mm (1 inch)	\$1.10
- 50mm (2 inch)	\$2.20
Hyperfix	\$18.50

## Disposable Washers:

Mastercloths - 50 per box	\$5.50
Adept Cloths - 70 per box	\$6.50
Easy Towel - 10 per pack	\$2.50
Rediwipes wet wipes	\$4.50

## Mattress Protectors:

Disposable - large single	\$3.00
Washable - Double size	\$6.00
Blueys - 10 in packet	\$2.50

Nappy Bags - 100 per box	\$2.25
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Latex Disposable Gloves - 100 per box	\$6.00
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Curved Scissors	\$8.50
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## Night Drainage Bag Stands

Metal	\$25.00
Plastic	\$8.50

Belly Bands - all sizes	\$10.00
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Wheat Heat Bags	\$10.00
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Eakin Paste	\$23.00
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**Don't forget there is no returns on Cash Sale items, especially the Belly Bands, so make sure that you get the correct size or only buy one at a time to make sure they are what you require.**

# The EINSTEIN FACTOR Quiz

1. In which city was rock band U2 formed?
2. How many white stars are there on the Eureka flag?
3. Who was the 2002 winner of the Wimbledon men's singles title?
4. Rumoured to have been intoxicated, who memorably uttered the words 'freakin' genius' as part of a speech in 2004?
5. The publisher of *The Spectator*, Kimberley Quinn, had a 3 year affair with British Home Secretary David who?
6. At Athens 2004, which shooter was aiming for a 3<sup>rd</sup> successive gold medal in the trap?
7. Which 20<sup>th</sup> century classic novel ends with the words, 'He loved big brother'?
8. In November 2004, Mark Latham claimed that which Labor MP was waging a jihad against him?
9. Which 1957 movie classic stars Henry Ford as juror no. 8?
10. Which landlocked Southeast Asian country hosted the 2004 ASEAN Summit?
11. The world's first human heart transplant was performed by Christiaan Barnard in which country?
12. heather Locklear and Pamela Anderson have both been married to which member of Motley Crue?
13. Which sensory organ is affected by the contagious bacterial disease trachoma?
14. What was the occupation of all the women killed by Jack the Ripper?
15. Ray Williams was the founder and CEO of which failed Australian insurance company?
16. By what nickname do we best know World War I's most celebrated German fighter pilot?
17. Which Australian director was nominated for a 2004 Oscar?
18. According to a 1970 theory. A grandson of which monarch was Jack the Ripper?
19. What does the C stand for in a job applicant's CV?
20. According to a song made famous by World War I, it's a long way to where?