

## Jo's Bit

The financial year is over and we have had a big year with 175 new members joining us over the last 12 months. This has brought our active membership to just over 800. So your 14 volunteers do a wonderful service to all members. This averages out to 57 members per volunteer who donates their time and effort for nil pay. Yes that's right no one in the association is paid a wage. They are wonderful aren't they!!

This issue has all the regular information that is need for members to make their and our lives easier. It is here to help new members and to help remind those of us who are having trouble remembering.

Convatec has a day that they are advertising for you as members to attend if you are interested - see inside for more details.

This issue also introduces you briefly to all your volunteers who do a wonderful job of keeping your association running smoothly.

The Annual general meeting is coming up soon - see inside for the details. Another Open Day is planned for this year - more info inside also.

Also in this issue is a copy of ACSA 's Charter of Responsible Use - Please read.

The recipes this issue come from the GO cookbook and are two of the popular recipes in this book which is well worth the \$10 that it costs. Lots of easy and simply recipes, with lots of old favourites.

Until the next issue,,  
Joanne  
14/7/13

Quiz Answers from page 32.

- |   |                     |                                    |
|---|---------------------|------------------------------------|
| 1. France                                 | 2. Nanosecond       | 3. Star in a Reasonably-Priced Car |
| 4. Milking a cow                          | 5. Latitude         | 6. Tonto                           |
| 7. Wonderful Tonight                      | 8. Guinness         | 9. Fly                             |
| 10. A sock                                | 11. False           | 12. Roger                          |
| 13. Name, occupation & specialist subject | 14. The distributor |                                    |
| 15. The Laughing Cavalier                 |                     |                                    |

## President's Pen



Winter is here, or haven't you noticed. It's the time of year when we find it hard to get out of bed in the morning and gives us a good excuse to stay home instead of going out. Another way of keeping warm is to go to the local shopping centre and use their heating system. By doing this, you are getting the benefit of some of the money you have spent there in previous visits.



While you are trying to keep warm, have a thought for the volunteers who serve you at Geelong Ostomy. Sometimes they must feel as if members think they are just there for their good looks. Really they do a mighty job that we appreciate but sometimes fail to show our appreciation. Next time you pick up your order, let them know how much you rely on, and appreciate, their efforts.

I am not able to recommend a method of keeping exposed skin warm when changing appliances. Maybe we should try to convince the manufacturers to address this problem. (Only joking, we don't want to upset them just as they are doing so well with the appliances they are producing.)

I'm beginning to think that Jo is a part of the furniture. She is always working on something for ostomates, either chasing up appliances that haven't arrived, or dealing with unhappy clients. She is now getting some help from Marion, which makes life a bit easier. Without their efforts the show would operate in a very different manner. We all owe them a big vote of thanks.

I think that's enough 'hot air' from me for this time, but I trust you are all getting on well with life and being thankful for all the benefits we enjoy.

Remember, if we smile, the world smiles with us (except for those who have forgotten how to), be a grump and you are a grump alone.

Best wishes till next time.

Ian Combridge.

## FAREWELL TO A TRUSTED & LOVED FRIEND

It is with great sadness that I inform you all of the passing of our past treasurer, Mr Laurie Bensted.

Laurie was a Life Member of GO, and will be sadly missed.

His dedication and service to the association was outstanding and he did so in a great gentlemanly manner.

He was our Treasurer for over 21 years and in that time along with the late Les Allen put in place the fantastic working practices that we use today, which has contributed greatly in our ability to be able to reside in this great new building.

He was also our delegate to the ACSA conferences for many years.



Although he retired a few years ago, Laurie still came and saw us until his health made to too hard for him to do so. Our thoughts go to his 9 children and 30 + grandchildren who he adored.

## CONGRATULATIONS TO LIFE MEMBER

Our congratulations were extended to our Life Member Mr Ian Macrae who in May celebrated his 100<sup>th</sup> birthday.

Ian was Treasurer before Laurie and was on the Management Committee as Vice President for many years.

He is true gentleman and up and till 2011 he still caught the bus into the old rooms - unfortunately eye sight became and issue for him.



## 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

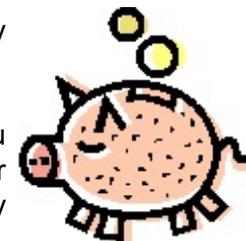
A/C No. : 102191087

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.***

## ANNUAL GENERAL MEETING

Wed 18<sup>th</sup> September 2013

1.30 pm

Ostomy Rooms

In accordance with the Geelong Ostomy Incorporated rules, notice is hereby given that one (1) resolution will be put forward to be voted on at the Annual General Meeting to be held on Wednesday 18<sup>th</sup> September 2013, at 1.30 pm, in the rooms at 6 Lewalan Street, Grovedale.

**Resolution** - Submitted by the Management Committee

***“That the Rules of the association be accepted as per presented. “***

Rationale: Due to major changes in the Association Incorporation Act, we have had to update our rules. These rules are based on the Model Rules as set out by the Act and have been altered to suit our purposes.

Copies of these proposed rules are available in the rooms for any member who wishes to obtain a copy prior to the meeting.

### Agenda of the AGM:

1. Confirm minutes of previous AGM
2. Receive Reports
3. Elect members of Management Committee
4. Vote on above resolution
5. Set Fees
6. General business

Nomination forms for Management Committee are available from Joanne

**ALL GOInc MEMBERS ARE WELCOME TO  
ATTEND THE AGM  
& LIGHT AFTERNOON TEA WILL BE SERVED**



## ***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	<del>Monday 7<sup>th</sup> January</del>	<del>Wednesday 9<sup>th</sup> January</del>
February	<del>Wednesday 6<sup>th</sup> February</del>	<del>Friday 8<sup>th</sup> February</del>
March	<del>Wednesday 6<sup>th</sup> March</del>	<del>Friday 8<sup>th</sup> March</del>
April	<del>Friday 5<sup>th</sup> April</del>	<del>Monday 8<sup>th</sup> April</del>
May	<del>Monday 6<sup>th</sup> May</del>	<del>Wednesday 8<sup>th</sup> May</del>
June	<del>Wednesday 5<sup>th</sup> June</del>	<del>Wednesday 12<sup>th</sup> June</del>
July	<del>Friday 5<sup>th</sup> July</del>	<del>Monday 8<sup>th</sup> July</del>
August	<del>Monday 5<sup>th</sup> August</del>	<del>Friday 9<sup>th</sup> August</del>
September	<del>Wednesday 4<sup>h</sup> September</del>	<del>Monday 9<sup>th</sup> September</del>
October	<del>Friday 4<sup>th</sup> October</del>	<del>Monday 7<sup>th</sup> October</del>
November	<del>Monday 4<sup>th</sup> November</del>	<del>Monday 11<sup>th</sup> November</del>
December	<del>Wednesday 4<sup>h</sup> December</del>	<del>Monday 9<sup>th</sup> December</del>

### **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*

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

**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.



My friend thinks he's smart, he said onions are the only food that make you cry.

So I threw a coconut at his face.



# 2013 OPEN DAY

## Saturday 12<sup>th</sup> of October

### 11.00 am to 2.00 pm

Keep this day free and come along and join us for a free sausage sizzle.

Supplier trade displays will be there so come along and meet you company reps

Come and have a look around the workings of your association.

The Annual Raffle will also be drawn on this day at 1.00 pm so come along and see if you have won something.



## ORDERING BY E-MAIL

Orders can be placed sending an email which lists your order and the month you require it for at [goinc@geelongostomy.com.au](mailto:goinc@geelongostomy.com.au)  
Joanne also 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 e-mail Joanne at [goinc@geelongostomy.com.au](mailto:goinc@geelongostomy.com.au)  
After sending placing your order, If you do not get a reply with in 3 working days, then either ring the rooms or try again. Joanne will always send an acknowledgment that she has received your order

## 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 "Order on line" page and then click on the appropriate boxes etc



If you do not get a reply with in 3 working days, after placing your order this way, then either ring the rooms or try again. Joanne will always send an acknowledgment that she has received your 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) .:



# Stef's Scuttlebutt

Trouble Shooting Stomas

How many times a day do you change your stoma pouch ?

How many times do you study the pouch before you fold it and piff it into the bin ? If I asked you to describe or draw me a picture of the back of your pouch, could you do that ?

The weather changes from day to day. It is very noticeable. We change also, but we do not notice small changes. Some of us are inclined to peer into the mirror at our reflection looking for changes. We usually find a new wrinkle or pimple – the price of age.

Our skin is the largest organ of our body. That little piece around our stoma is very special. As we age our skin loses its elasticity, its ability to stretch. We need to peel our pouch off gently, especially the last two inches.

Our body shape can change also. We are always reminded how we should look. Thin, lean and tall – what a load of bunkum! How utterly boring would our society be if we all looked the same.

Sometimes we have accidents with our pouch changing. Some people more than others! Why ? Usually we can determine the reason. Sometimes we cannot. It can become too hard. Most of us can fix our own leaks and issues. We know we can always call our friendly STN's, have a chat, and arrange for a visit.

It can also be the manufacturer's fault and not our own.

Back to my second question. Have a look at the back of your pouch after you GENTLY remove it. Study it, burn the image in your mind. This is normal for you, and no one else.

A few golden rules:

1. Peel your pouch off gently.
2. Know what the back of your pouch looks like.
3. Have your stoma checked by an STN every 2 years.

## 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**



Bringing the  
ostomy community  
closer together

STEPS is a new, educational offering from ConvaTec, helping to bring the ostomy community closer together by providing a platform for Ostomy Associations to interact and share information, training and support.

Morning tea and lunch provided. Space is limited, so to secure your place, please contact the ConvaTec Customer Interaction Centre: [connection.au@convatec.com](mailto:connection.au@convatec.com) or call 1800 335 276

## Living with an Ostomy

**Date:** Saturday, 16th November 2013

**Time:** 10.00am - 2.00pm

**Venue:** Geelong Ostomy Association  
6 Lewalan Street  
Grovedale VIC 3216

ConvaTec (Australia) Pty Limited. ABN 70 131 232 570.  
Unipark Monash, Building 2, Ground Floor,  
195 Wellington Road, Clayton VIC 3168 Australia.  
PO Box 63, Mulgrave, VIC 3170.  
Phone: (03) 9239 2700 Facsimile: (03) 9239 2743.

[www.convatec.com.au](http://www.convatec.com.au)



## 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!!

## OUR VOLUNTEERS

I thought that I might introduce you to the volunteers that serve you at the reception counter and who pack out all your 800 parcels. I asked them all 3 questions and their replies are below as well as a bit of info on each of them.

- ☺ **Brenda E.** Brenda lives in Point Lonsdale and she is 79. She loves caravanning, knitting and her family. She is the longest continuous serving volunteer that we have.  
**Reason for volunteering at GO?** To help others and give back support to other ostomates.  
**Do you have anything you would like to say to the members?** Smile and we will smile back. We are there to help you but also we are there to support you but not to be your underling. Respect goes both ways
- ☺ **Brenda L.** Brenda is 85 and lives in St Leonards with her 94 yo husband. She comes in most Fridays and also packs out parcels on packout day. Family is very important to Brenda.  
**Reason for volunteering at GO?** To give back everything that had been given to her. She enjoys it and meeting and talking to the members.  
**Do you have anything you would like to say to the members?** Thank you to everyone who treats me and the volunteers well.
- ☺ **Colin.** Colin is 67 and resides in Grovedale. He volunteered at Narana Aboriginal Cultural Centre for 10 years doing maintenance and outdoor work while also volunteering at GO. He has now decided that he is old enough now to just have one job, which is fairly time consuming, particularly around packout times. He likes to travel and has done so with his wife around Australia and overseas.  
**Reason for volunteering at GO?** I am happy to be part of the team that keeps local ostomates supplied with their "essentials". The organisation at "national" and "local" levels is huge, and the people on both sides of the counter are friendly.  
**Do you have anything you would like to say to the members?** Please become familiar with your monthly needs as an ostomate, and your responsibilities as a member of GO. All the information you need is regularly printed in this magazine "the GOSS". Read it, and all will be well.

- ☺ **Fay.** From Geelong West, Fay is 74 and proud of it! She is dedicated to her family and also the Lyons club. She can not guess the number of sausages she has cooked with her involvement in the Lyons but it would have to be in the 10's of thousands. She loves to meet people.  
**Reason for volunteering at GO?** Because I am grateful that I has a successful operation and to let others know that it is not the worst thing that can happen to you.  
**Do you have anything you would like to say to the members?** Be happy.
- ☺ **Lynne.** Lynne is a part-time Aged Care worker who is 60 and lives in Leopold. She has 4 grandkids, 3 boys and 1 girl who are a large part of her life and she also enjoys reading, gardening and T.V..  
**Reason for volunteering at GO?** To help out in the community and to meet other ostomates.  
**Do you have anything you would like to say to the members?** "Smile" we're all alive, don't be grumpy and you're not the only one to have a stoma - all the volunteers do!
- ☺ **Margaret.** Margaret is 68 and lives in Newcomb. Her interests outside of GO are her grandchildren, football "Go Cats", and going out for coffee or cocktails.  
**Reason for volunteering at GO?** To help get the association started (Margaret was one of the original volunteers and had a break for a couple of years and then has come back to volunteering with us again). To help the association and members.  
**Do you have anything you would like to say to the members?** Thank you to the 90% of members who are courteous and to those who give us biscuits and lollies.
- ☺ **Marion.** Marion lives in Grovedale and enjoys looking after her grandson. She says that she likes to give orders and instructions to her family and friends!! Her favourite interest is to help out Tabcorp, as she quite enjoys the Pokies.  
**Reason for volunteering at GO?** Helping people that are the same as me, as best that I can, within privacy rules. Privacy is a big part of GO which many members are not aware of. Not everyone is comfortable with others knowing that they have a stoma.  
**Do you have anything you would like to say to the members?** Be cool!! We are there to help you as best as we can but you also need to realize that you are only 1 of 800, so some of the things you expect us to do for you is improbable. You are responsible for you.

- ☺ **Max.** Belmont is where 68yo Max lives but he is originally from Colac. He has huge investment in lawn bowls as greens keeper was his job before retiring, as well as playing. He particularly enjoys the Pennant Competition. Max is also an avid AFL footy fan and a long term member of the Geelong Football Club - love those new lights. He also enjoys spending time in the garden.  
**Reason for volunteering at GO?** To help in the distribution of supplies to those in a similar position as me.  
**Do you have anything you would like to say to the members?** Please remember that the government of this country supplies our needs for a minimal cost to you. There are countries that provide no support for ostomates. Those members who give their time to man the counter at Geelong Ostomy are there to help you.
- ☺ **Michelle.** Michelle lives in Highton and has one big obsession - her dog "Chilli", oh! and may be her husband. Michelle still works 4 days a week and comes in on her day off to volunteer, which we really appreciate.  
**Reason for volunteering at GO?** Time to give something back to the association that has helped me for the last 20 years. Had a day each week where I don't work, so put that time to good use at GO.  
**Do you have anything you would like to say to the members?** Thanks for coming in with a smile and a sense of humour. Makes my volunteering experience more enjoyable. Also - get your orders in early! Don't blame us if you forget to order! The pay here is miserable (*ed: I have decided since Michelle complained that I would double her pay - now what is 2 x \$0 =????*)
- ☺ **Peter:** Peter travels in from Torquay to volunteer. He is a 69yo retired school teacher and the past president of the Anglesea Golf Club - so you could guess that one of his interests is Golf. Family is very important to Peter, they come before golf, and so is travelling. He is also Geelong Football Club Member.  
**Reason for volunteering at GO?** To help and to put back something to the association. To help when and where required.  
**Do you have anything you would like to say to the members?** Don't be afraid to ask anyone if you have any queries and are looking for support. We can direct you in the right direction which is mostly to your Stomal Therapy Nurse.



☺ **Roger.** Roger is 69 and lives on Highton. He is a retired mechanical engineer and is a member of the Geelong South Barwon Lyons club and this is practically a full time involvement.

**Reason for volunteering at GO?** Knew that GO was looking for volunteers and as I also knew Colin who was volunteering, I decided to put me name down to volunteer where I can.

**Do you have anything you would like to say to the members?** Volunteering is a satisfying way of helping your community and in this case the Geelong Ostomy community.

☺ **Ron.** Ron is 70 and travels from Lovely Banks to volunteer with us. He has recently retired after 50 years in the Finance and insurance industry. Operated is own business from 1999 til 2013. His interests are ballroom dancing, golf and his grandchildren in London.

**Reason for volunteering at GO?** Since retiring I know had time to give something back to GO.

**Do you have anything you would like to say to the members?** I enjoy helping you all out and helping people with there orders where it is packing, answering the phone or over the counter.

☺ **Stewart.** Stewart travels all the way from Ballarat and enjoys his time with us. He is 73 and enjoys caravanning and genealogy. He also volunteers at Vision Australia helping the blind and those with partial sight.

**Reason for volunteering at GO?** After 10 years of receiving my appliances from GO, I decided it was time to help out. It is great to think my one day a week goes to help the members of GO.

**Do you have anything you would like to say to the members?** I you are able, it is great to help out at GO, apart from helping with packing and serving across the counter at Grovedale these is a wonderful social aspect to the day at GO. Give it a GO and see if you enjoy it ,there is no pressure to be a volunteer - just an enjoyable half day.



☺ **Joanne.** I will be 53 in August (birthday presents are welcome!!) And I live in Whittington with Thomas the cat. I was gifted with my stoma in 1985 at age 25 so I have had my stoma more than half my life. I have been the Administrator at GO since 2000 when Les Allen retired. I took over a very well organised association which was set up well by my peers. I enjoy craft work, crocheting, knitting, polymer clay, fragrance etc.

**Reason for volunteering at GO?** I was asked by a previous STN tp help the association out as they needed someone with computer knowledge and some younger blood. It was a god send for me as well as for the association as it gave me something to focus on and I was giving something back. It was a huge shock to the system to absorb all the knowledge of the Stoma Appliance Scheme but I have enjoyed it immensely and it makes me feel proud of my volunteers and the job that they do to service the members of GO.

**Do you have anything you would like to say to the members?** You have a terrific team of volunteers and STN's who are available for your support.

Respect - works both ways

Smile - and the volunteers will smile back.

Thank you - saying thank you goes a long way to making the volunteers feel that they are appreciated which then bounced back to you.

Remember that you are responsible for you stoma, not the volunteers and not your STN. Certificates for extra supplies are your responsibility to obtain and renew and to place on your order. Don't rely on your STN to order the extras for you.

If you need to speak to me don't hesitate to ask for me.



At the Irish wedding reception, the D.J. yelled...

"Would all married men please stand next to the one person who has made your life worth living."

The bartender was almost crushed to death, but is expected to survive.



## ACSA Charter of Responsible Use

As a stakeholder in the Stoma Appliance Scheme, the Australian Council of Stoma Associations (ACSA) is committed to working towards the long term sustainability of the scheme for the benefit of current and future Australians who require Commonwealth Government subsidised stoma products to assist in the management of their stoma.

The objective of this Charter is to recognise the role that all Australian registrants of the Stoma Appliance Scheme play in the sustainability of the scheme and to define the principles of responsible use promoted by ACSA to all users of scheme listed products.

**Principle 1:** Only order those products which have been identified through careful review of personal use as being required and only order in quantities commensurate to individual use.

Rationale: Many of the monthly allowances of scheme listed products are very generous and in excess of a normal usage requirements. Placing an order each month for the maximum monthly quantity of every product used in stoma management could result in product excess and wastage as unused product reaches its "best before" date.

**Principle 2:** Keep an adequate but not excessive stock reserve on hand

Rationale: 1 to 2 months of emergency reserve is an adequate supply to be kept on hand. A reserve supply equal to more than 2 month standard supply is excessive (with the exception of holiday supply)

**Principle 3:** Only order ancillary items following referral by a qualified Stomal Therapy Nurse or registered Medical Practitioner

Rationale: Not every product listed on the Stoma Appliance Scheme is suitable for use by all persons and some products may compromise the effectiveness of others. The advice of your STN or registered Medical Practitioner is essential before adding additional products to your stoma care regime.

**Principle 4:** Only use products for the purpose of managing and maintaining your stoma

Rationale: Using products for a purpose other than that intended can result in product churn (eg: using a colostomy pouch to cover an ileostomy, using skin conditioning cream for a purpose other than stoma management)

**Principle 5:** Don't expect the taxpayer to fund personal choice

Rationale: An "Application for Additional Stoma Supply" (Medicare 4050) request is to be used when a STN or registered Medical Practitioner has assessed (following review) that a genuine need exists for a quantity of supplies which exceed the standard allowance for that product. Additional supplies required for any other reason may be purchased through an association.

## 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.

# 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

A man had just boarded and settled into his seat next to the window on the plane when another man sat down in the aisle seat and put his Black Labrador in the middle seat next to the man.



The first man looked very quizzically at the dog and asked why the dog was allowed on the plane.

The second man explained that he was from the Police Drugs Enforcement Agency and that the dog was a 'sniffing dog'.

'His name is Sniffer and he's the best there is. I'll show you once we get airborne, when I put him to work.'

The plane took off, and once it has levelled out, the Policeman said, 'Watch this.' He told Sniffer to 'search'.

Sniffer jumped down, walked along the aisle, and finally sat very purposefully next to a woman for several seconds.

Sniffer then returned to his seat and put one paw on the policeman's arm.

The Policeman said, 'Good boy', and he turned to the man and said, 'That woman is in possession of marijuana, I'm making a note of her seat number and the authorities will apprehend her when we land.'

'Gee, that's pretty good,' replied the first man.

Once again, the Policeman sent Sniffer to search the aisles.

The Lab sniffed about, sat down beside a man for a few seconds, returned to its seat, and this time he placed two paws on the agent's arm.

The Policeman said, 'Two paws mean that man is carrying cocaine, so again, I'm making a note of his seat number for the police.'

'I like it!' said his seat mate.

The Policeman then told Sniffer to 'search' again.

Sniffer walked up and down the aisles for a little while, sat down for a moment, and then came racing back to the agent, jumped into the middle seat and proceeded to defecate all over the place.

The first man was really disgusted by this behaviour and couldn't figure out how or why a well-trained dog would behave like that.

So he asked the Policeman, 'What's going on?'

The Policeman nervously replied, 'He's just found a bomb.'



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 members who paid their membership on time.
- ✓ Thank you to those members who also gave a donation when paying their membership - these donations will go towards finishing the new build. ie front nature strip is to be done after the warehouses opposite us are built.
- ✓ 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.

# 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

Couple in their nineties are both having problems remembering things. During a check-up, the doctor tells them that they're physically okay, but they might want to start writing things down to help them remember ..

Later that night, while watching TV, the old man gets up from his chair.

'Want anything while I'm in the kitchen?' he asks.

'Will you get me a bowl of ice cream?'

'Sure.'

'Don't you think you should write it down so you can remember it?' she asks.

'No, I can remember it.'

'Well, I'd like some strawberries on top, too. Maybe you should write it down, so as not to forget it?'

He says, 'I can remember that. You want a bowl of ice cream with strawberries.'

'I'd also like whipped cream. I'm certain you'll forget that, write it down?' she asks.

Irritated, he says, 'I don't need to write it down, I can remember it! Ice cream with strawberries and whipped cream - I got it, for goodness sake!'

Then he toddles into the kitchen. After about 20 minutes, the old man returns from the kitchen and hands his wife a plate of bacon and eggs. She stares at the plate for a moment.

'Where's my toast?'



An elderly couple had dinner at another couple's house, and after eating, the wives left the table and went into the kitchen.

The two gentlemen were talking, and one said, 'Last night we went out to a new restaurant and it was really great. I would recommend it very highly.'

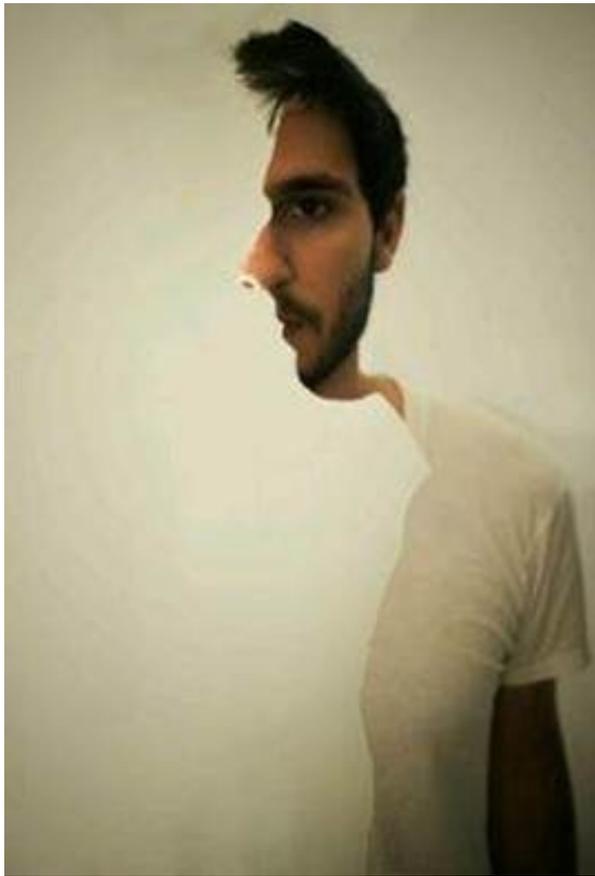
The other man said, 'What is the name of the restaurant?'

The first man thought and thought and finally said, 'What's the name of that flower you give to someone you love? You know, the one that's red and has thorns.'

'Do you mean a rose?'

'Yes, that's the one,' replied the man. He then turned towards the kitchen and yelled, 'Rose, what's the name of that restaurant we went to last night?'





### The Right Side of The Brain

If you see the picture exactly as it is, you are using the Left side.

When you stare, you will see the figure shift; and you will be using your Right brain.

You can switch back and forth.

Stare to go to Right brain (it sort of trances you out or puts you in an altered NON THINKING state).

Begin thinking and reasoning about it, and you will move back out of the altered state into Left brain thinking: very cool.

You will enjoy this if you are using the Right side of your brain.

Stare at the picture, and you will see this man turn his face.

## The Quiz

1. What country owns the Mona Lisa?
2. What is the name given to a billionth of a second?
3. What is the name of the Top Gear segment where a celebrity attempts their top speed around a test track?
4. If you were busy in 'vaccimulgence', what would you be doing?
5. What are the imaginary lines which encircle the Earth parallel to the Equator called?
6. What word means 'fool' or 'idiot' in Spanish & Italian, and was the name of a famous side kick?
7. Which Eric Clapton song is about a bloated rock star who gets so drunk at a party his wife has to drive him home and undress him?
8. What product is advertised with the slogan 'Not everything in black and white makes sense'?
9. What F word can go before the word 'over' and after the word 'bar'?
10. Apart from hats and footwear, what was the only other item of clothing the Red Hot Chilli Peppers wore on the cover of their EP 'The Abbey Road'?
11. True or false; Ben Nevis is named after a Scottish hermit who is alleged to have owned the mountain in days gone by.
12. Who always received and understands messages by radio?
13. What three questions, and in what order, are Mastermind contestants first asked?
14. What component connects the ignition coil to the spark plugs in an older car?
15. What famous painting by Franz Hais in 1642, is in the Wallace Collection in London?