



President's Pen

If you are reading this, you can be thankful for having survived another year, well, it's almost gone and Christmas is on top of us again. Have you noticed how the shops are selling items for Christmas earlier each year? If they keep doing it, we will be having the next years' Christmas's gifts advertised this year! That's how it seems, anyhow.

Not only are they pushing us to buy gifts earlier, but the price range is getting higher and higher each year. I think the joy of making gifts for friends and family has become a lost custom, and the joy of receiving such a gift has become a disappointment. Now we hear of 10 year olds wanting a computer of their own (that is if they don't already have one) and they all seem to have a mobile phone stuck to their ear. It seems the days of children playing 'Cowboys and Indians' is a lost art. We don't see girls playing with dolls and proudly wheeling them around the street. Not only has the pleasure of such actions gone, but the children would have to have an adult with them all the time for protection, that is if the adult can be trusted.

I'm sorry if it seems that I am raving on, but I don't like the things I read in the papers about children being kidnapped or molested. Even some of the parents cause problems for their own children. Once upon a time it was safe for children to go and play in the park or visit a friends' house in safety. What has happened to the joy of childhood?

My memories of Christmas are pleasant. Gifts made with my own mother's hands, toys made by my dad, some much needed clothes (even hand-me-downs, all pressed nicely to look new), maybe a book or two, a few small trinkets, a plate of fruit and lollies and then, to top it all off, a family Christmas dinner, which each member of the family had done something to help prepare. My jobs, as the baby of the family, were to fill the wood box for the fire in the wood stove and run some messages for those last minute things that are always missing.

That's what Christmas is all about. We meet with others and remember, and maybe share, memories of the wonderful Christmases gone by. I feel sorry for the younger generations. What will they remember? Will those memories be pleasant or sad? I wonder.....!!!!



What ever your Christmas celebration consists of, I trust you will have a wonderful time and enjoy some pondering on the wonder of Christmas. I trust that each of us enjoy the festive season in such a way that it will give pleasant memories for future years, and may we have the opportunity to share our memories with others.

Wishing you all a joyous Christmas and a wonderful New Year.

Ian Combridge.



Farewell to a Life Member

It is with great sadness that I inform you all of the passing of our Life Member, Ian Macrae, who we celebrated last issue his 100th Birthday.

Ian was our past Treasurer before Laurie Bensted, and he was Vice President many times.

He was a true, gentle gentleman, who I have only ever once heard say something about not liking a person, and this was after many months of provocation. He always had a kind word and always thanked us for the great job that we did.

He was a Scotsman who loved his home land and his adopted home, and loved walking, and was seen up until a couple of years ago walking around town and Highton.

He will be greatly missed by all.



Jo's Bit

Well another year is nearly over and it has been a lot better year than 2012 for a lot of people, me included.

In this issue I have given you a brief low down on some facts and figures of the Stoma Appliance Scheme, which is by which you get your lovely free pouches. We are so lucky to have this scheme in Australia and we must endeavour to do our utmost to not over abuse it and keep it sustainable for as long as we can.

Our web page has been finally fixed by one of the volunteers, Stewart, who has done a great job and has now got the online ordering back on track.

Stefan has just returned from a walking holiday in France and Spain and hopefully next issue we will have a article from him about this trip.

Your volunteers continue to do a magnificent job, for you all and I am sure that you will all give them a smile and wish them a Merry Christmas and a Happy New Year.

Joanne
10/11/13

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Quiz Answers from page 32.

1. Boxing
2. Niagara Falls .. The rim is worn down about two and a half feet each year because of the millions of gallons of water that rush over it every minute.
3. Asparagus and rhubarb
4. Strawberry
5. It grew inside the bottle. The bottles are placed over pear buds when they are small, and are wired in place on the tree. The bottle is left in place for the entire growing season. When the pears are ripe, they are snipped off at the stems.
6. Dwarf, dwell and dwindle
7. Period, comma, colon, semicolon, dash, hyphen, apostrophe, question mark, exclamation point, quotation mark, brackets, parenthesis, braces, and ellipses
8. Lettuce.
9. Shoes, socks, sandals, sneakers, slippers, skis, skates, snowshoes, stockings, stilts

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

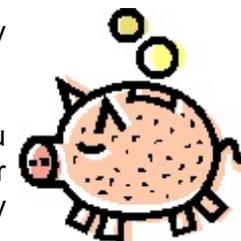
A/C No. : 102191087

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 2014

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	APPLIANCE COMPANY: Salts, Convatec., Coloplast, Dansac, Hollister	APPLIANCE COMPANY: Braun, Pelican, Welland, Omnigon, Eakin
January	Monday 6 th January	Wednesday 8 th January
February	Wednesday 5 th February	Friday 7 th February
March	Wednesday 5 th March	Friday 7 th March
April	Friday 4 th April	Monday 7 th April
May	Monday 5 th May	Wednesday 7 th May
June	Wednesday 4 th June	Friday 6 th June
July	Friday 4 th July	Monday 7 th July
August	Monday 4 th August	Friday 8 th August
September	Friday 5 th September	Monday 8 th September
October	Monday 6 th October	Monday 6 th October
November	Wednesday 5 th November	Monday 10 th November
December	Friday 5 th December	Monday 8 th December

2014 PUBLIC HOLIDAYS - days we will be closed

Australia Day - Monday 27th January
 Labour Day - Monday 10th March
 Good Friday - Friday 18th April
 Easter Monday - Monday 21st April
 Anzac Day - Friday 25th April
 Queens Birthday - Monday 9th June
 Christmas Break - Friday 26th December

CLOSING DATES for ORDERS 2014

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

PLEASE NOTE!! ALL orders need to be placed **BEFORE** 2.30 pm on these dates. **Be aware that holidays do effect when we have to order your supplies to get them to you as close to the 4th of the month as possible. So please place your orders early.**

REMEMBER: Late orders placed could incur a special deliver fee

2014

last dates for placing orders

PLEASE NOTE the earlier dates for some months due to holidays and the calendar. This is to allow enough time to receive your supplies by the 4th.

January orders close on	Wednesday	18 th December '13
February orders close on	Friday	24 th January
March orders close on	Monday	24 th February
April orders close on	Wednesday	26 th March
May orders close on	Wednesday	23 rd April
June orders close on	Monday	26 th May
July orders close on	Wednesday	25 th June
August orders close on	Friday	25 th July
September orders close on	Monday	25 th August
October orders close on	Wednesday	24 th September
November orders close on	Monday	27 th October
December orders close on	Monday	24 th November

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

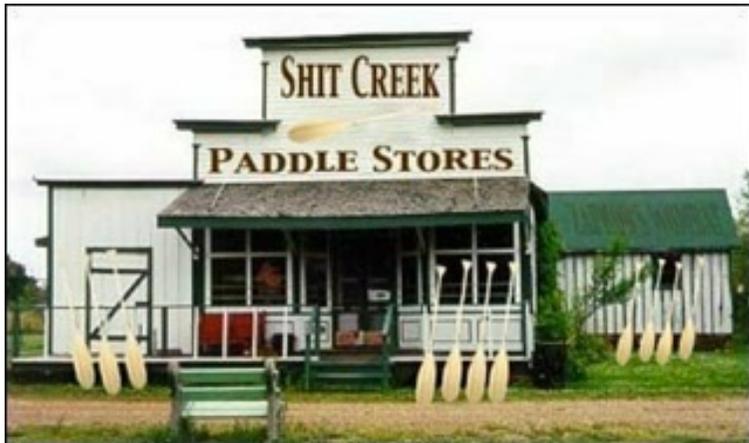
The rules for placing notices on this board are:

- ★ that it must not be offensive,
- ★ is limited to A4 size, and
- ★ must be removed when sold or finished.



I Found It !!

& you thought there was no such place



GOinc WEBSITE

Over the last few months you may have noticed there has been changes taken place on the Geelong Ostomy web site.

Located at www.geelongostomy.com.au

This site is designed to help you and other members of "GOINC" with information and the various forms needed to help maintain a relatively normal life.

There is a new online ordering form that allows you to order your monthly appliance requirements hopefully with a minimum of effort. Numerous articles on help dealing with being an Ostomate, links to the supply companies should you need information on the appliances you are using etc.

The site also offers news on the "day to day" operations that are needed to ensure your needs are met, i.e. recent early closure of January orders caused by Xmas closures at the supply companies etc.

Over the coming weeks it is hoped to implement a "forum" page where you can air your concerns and perhaps simple solutions to some of the problems of being an ostomate, along with any amusing situations you have found yourself in.

As web sites like ours have become targets of abuse, the forum will not be open to anybody viewing to make entries, but will have a single person to moderate the articles that are put on the site and anonymity of the contributors will be maintained at all times.

If you would like to contribute an article or constructive criticism with regard to the site please contact the "Webmaster" via the e-mail link of the front page of the web site

Stewart Masters
Webmaster@geelongostomy.com.au

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
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
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

updated web site now up and running

Orders are now able to be placed via our web site
www.geelongostomy.com.au

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

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



Your Stoma Appliance Scheme

Some facts and Figures

As an ostomate a lot of people think that they are alone and not many people know what they are going through etc. Unfortunately this is not correct as there are over 40,000 ostomates in Australia. In fact the Government spent over \$83 million on over 800,000 individual items for these 40,000 ostomates in the 2012/2013 financial year.

COSTS & USAGE

Your association serviced 913 of these 40,000 during the last financial year. Our monthly claim with the government is about \$165,000, multiply that by 12 months and we come up with \$1,980,000, or close enough to \$2 mill.

So far in November up to the 8th of the month we have served 631 members at a cost of \$166,152. Your volunteers have packed out 3403 individual items up to this date. 876 of these are pharmaceutical items and support garments that will be under government review next. These items are a big drain on the scheme.

So far in November there has been 27 support garments released at an average cost of \$60 each that is a lot of money spent especially if they are not used once they are received. We have distributed 127 solvent items, 104 protector items, 118 deodorants, 315 cleansers, and 118 adhesive barriers (boomerangs or moons).

These are over used and often over ordered. If you are not using you wipes and deodorants please do not order them. If you are unsure of the proper use of a product then please ask a volunteer what they are use for or your STN who should have recommend that you use the product initially. Many of these products can interfere with the adhesion of your pouch, and cause pouch failure if not used properly.



AMOUNTS ALLOWED

Although you are allowed up to a maximum of a product you DO NOT have to take that amount each month. Many members only order every 2 months it all depends on your stoma and your output.

The following are the monthly allowance for each group. If you have a mixture of closed and drainable then you can have a combination that adds up to a whole allowance ie 10 drainable and 60 closed or 30 closed and 20 drainable. But this also depends on the box contents of the products as many drainable pouches come on boxes of 30 which can not be broken up.

1 piece systems

Drainable pouches

Flat	30 per months
Convex	30 per month

Closed pouches

Flat	90 per month
Convex	60 per month

Urostomy pouches

Flat	30 permonth
Convex	30 per month

2 piece systems

Clip Wafers

Flat	30 per month
Convex	20 per month
Extended wear	20 per month

Adhesive wafers

Flat	30 per month
Convex	20 per month
Clip closed pouches	90 per month
Adhesive closed pouches	90 per month
Clip drainable pouches	60 per month
Adhesive drainable pouches	30 per month
Clip urostomy pouches	60 per month
Adhesive urostomy pouches	60 per month

There are other limitations on other pouches that are used for special situations but the above is the average ostomates allowance.

Support garments are allocated on a yearly basis from January to December and no certificated for additional items is allowed.

The rule of thumb is that you are allowed 6 units of support garments per year, with some items being 1 unit and some being 2 units. This is not 6 units for each product but a combination of 6 units adding all support garments together. So if you get 6 units of one product that wipes your annual usage out for any other support garment.

Support Belts

3 per year 2 units each

Support waist bands

3 per year 2 units each

Support pants

6 per year 1 unit each



So you can have as an example, 1 belt, (2 units) + 1 waistband (2 units) + 2 support pants (2 x 1 unit) which equals 6 units..

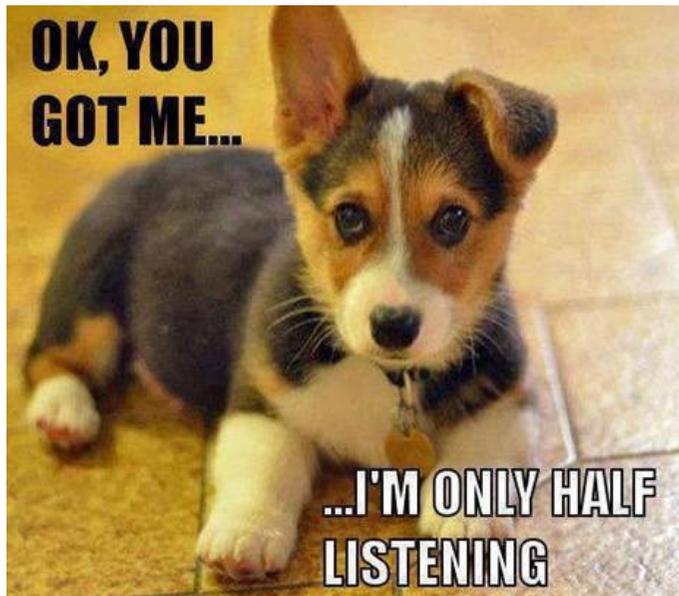
As a general rule you can have one box of remover wipes and 1 box of protective wipes each month. If you need more than this then the chances are that you are not using them correctly and you should see your STN.

Your volunteers who have had their stomas for many years do not use any of these products, a face washer or disposable cloth and water which does the trick for them. You just have to make sure you dry the area well before placing on a new pouch. (an interesting conversation over a cuppa is whether the volunteers shower bag on or naked!! It's about 50/50)

Beware when ordering your next order - do you really need everything or can you miss this month? By not over ordering you are helping to make the Stoma Appliance Scheme sustainable.



If you really want to be happy, nobody can stop you!



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!!

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 OVER or UNDER ORDER
KEEP ONE MONTH'S SUPPLY IN RESERVE**



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.



PERSONAL BRA FITTING AND LINGERIE STYLING SESSIONS

Get fashion fabulous with a personal bra fitting and unlock the secret to a versatile wardrobe! The Intimo range offers modern essentials you can shape and style with loose and tight fitting clothing, which is perfect for ladies with an ostomy. Intimo also has high and low waisted briefs that feature both light and tight tummy control and matching bras. I am an Intimo Consultant and a fellow Ostomate and understand how important the right briefs and clothes are to everyday comfort and privacy and how rare it is to own a bra that matches our briefs. So get the girls around for a fun night of styling or arrange a private fitting.

BEAUTIFUL LINGERIE AND LOUNGEWEAR IN SIZES 30A-46G
AND 6-24

Book an Intimo Styling Session Today!

Karen McKenzie

Karen.mckenzie@intimo.com.au

Intimo.com.au



BOOK TITLES FROM GO MEMBER

PAUL KENNY

“Fight for a future”

A 25 year story of living with a rare form of Crohn's Disease
(90 pages, B/W, Illustrated 'B5') \$14.50

“A Privileged Perch”

A personal look at the end of an era on the Railway's of Victoria
1980—2010
(105 pages, B/W, illustrated 'B5') \$19.50

“Trains, Troops & Tourists”

The complete story of the
Geelong to Queenscliff Railway 1879—Present
(130 pages, B/W, Illustrated 'A4') \$25.00
Includes maps and track diagrams

Prices include domestic postage
To view synopsis and to order, visit
www.kennybooks.yolasite.com
Cheque, Postal Order,

PayPal



FOR THE LOVERS OF WORDS

- * A boiled egg is hard to beat
- * Police were called to a day care centre where a two year old was resisting a rest
- * A will is a dead giveaway
- * You are stuck with your debt if you can't budge it
- * Did you hear about the fellow whose whole left side was cut off? He's all right now
- * When she saw her first strands of grey hair. She thought she'd dye
- * A bicycle can't stand alone; it is too tired
- * When a clock is hungry it goes back four seconds
- * To write with a broken pencil is pointless
- * A thief who stole a calendar got twelve months
- * With her marriage, she got a new name and a dress
- * Acupuncture; a jab well done
- * Show me a piano falling down a mine shaft, and I'll show you A-flat miner
- * The man who fell onto an upholstery machine was fully recovered
- * A calendar's days are numbered
- * Those who get too big for their britches, will get exposed in the end
- * I wondered why the baseball kept getting bigger. Then it hit me
- * No matter how much you push the envelope ,it'll still be stationery
- * She was only a whiskey maker, but he loved her still
- * When cannibals ate a missionary, they got a taste of religion



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.

Your Association

The following is an excerpt from Joanne's annual report to the AGM

Our current membership as at 16th September 2013 is 802 (19 of these are dual or triple stomas). Our membership can be broken down to 23% Full memberships, 72% Concession memberships and 5% are Veterans. At the end of the financial year our membership stood at 799 members with 18 of these being dual and triple stoma members. This also includes 7 life members and 35 Veteran Affairs members.

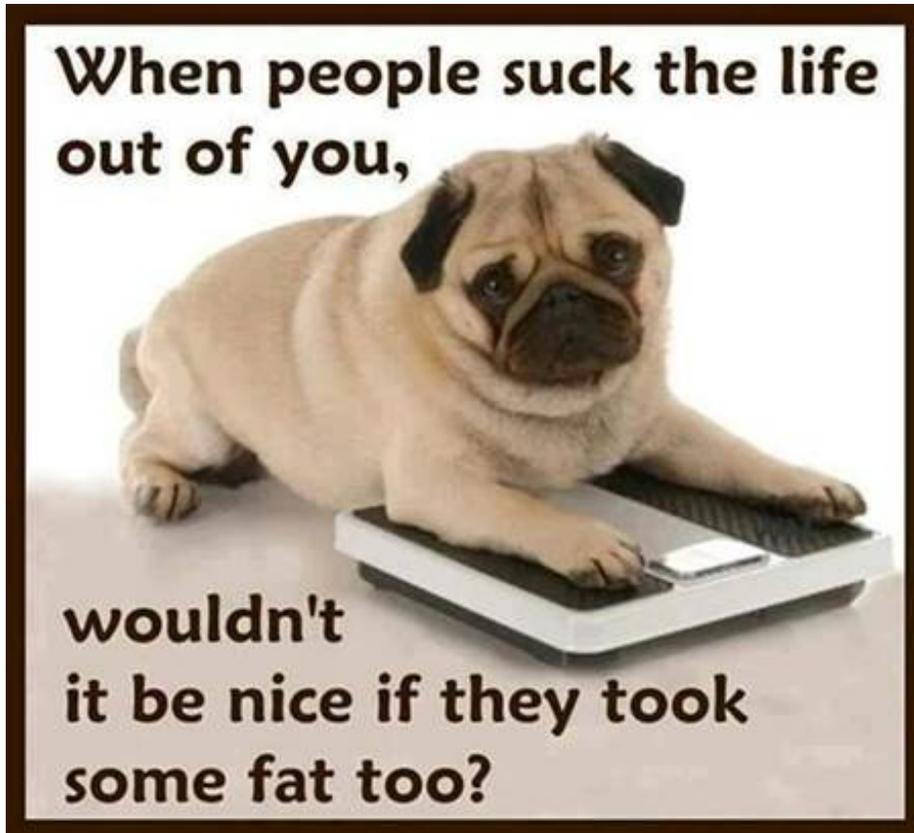
We had 278 ileostomates, 408 colostomates and 110 urostomates (plus 3 fistulas). Of these 563 were permanent stomas, 141 temporary stomas and 105 not sure.

Below is a table of the breakup of members at the end of the financial year. From this table to the we can see that we have 408 female members and 391 male members, and the ladies have once again maintained their lead over the men in the totals, for the 6th time since 2003 but the males have come very close this year.

In the last financial year (1/7/12 - 30/6/13), we had 175 new members and saw 135 members leave via different methods which made our grow 40 overall.

Members in Age Groups and Categories

Age group	Males		Females		Total	
	12/13	11/12	12/13	11/12	12/13	11/12
0 - 6	0	0	0	0	0	0
6 - 19	2	1	0	1	2	2
20 - 29	3	2	9	8	12	10
30 - 39	15	13	16	15	31	28
40 - 49	31	32	33	28	64	60
50 - 59	54	43	50	45	104	88
60 -69	76	73	87	86	163	159
70 -79	114	104	93	98	207	202
80 -89	75	82	101	96	176	178
90 +	21	15	19	17	40	32
Totals	391	365	408	394	799	759



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

And THAT is when the fight started.....

When our lawn mower broke and wouldn't run, my wife kept hinting to me that I should get it fixed. But, somehow I always had something else to take care of first, the shed, the boat, making beer. There was always something more important to me. Finally she thought of a clever way to make her point. When I arrived home one day, I found her seated in the tall grass, busily snipping away with a tiny pair of sewing scissors. I watched silently for a short time and then went into the house. I was gone only a minute, and when I came out again I handed her a toothbrush. I said "When you finish cutting the grass, you might as well sweep the driveway."

And that is when the fight started.....

My wife was hinting about what she wanted got our upcoming anniversary. She said, "I want something shiny that goes from 0 to 150 in about 3 seconds."

I bought her a bathroom scale.

And that is when the fight started.....

Saturday morning I got up early, quietly dressed, made my lunch, slipped quietly into the garage. I hooked up the boat to the van, and proceeded to drive out of the garage into torrential downpour. The wind was blowing 50 kmph, so I reversed back into the garage, turned on the radio, and discovered that the weather would be bad all day. I went back into the house, quietly undressed, and slipped back into bed. I cuddled up to my wife's back, now with a different anticipation, and whispered, "The weather out there is terrible." My loving wife of 5 years replied, "And, can you believe my stupid husband is out fishing in that?"

And that is when the fight started.....

I rear-ended a car this morning...the start of a REALLY bad day!
The driver got out of the other car, and he was a DWARF!!
He looked up at me and said 'I am NOT Happy!'
So I said, 'Well, which one ARE you then?'



And that is when the fight started.....

One year, I decided to buy my mother-in-law a cemetery plot as a Christmas gift...The next year, I didn't buy her a gift. When she asked me why, I replied, "Well, you still haven't used the gift I bought you last year!"

And that is when the fight started.....



- ☺ 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 and families who contributed to the annual raffle by buying tickets. We raised enough money to pay for the security system and to pay for the monitoring for the next 12 months. So a big thank you.
- ☺ Thank you to those members who gave a donation as well as or instead of buying tickets in the raffle. This all has contributed to the security of the premises.
- ☺ Thank you to the Volunteers who do a wonderful job packing out the 750+ parcels each month. In November's packout they packed 3358 items in 2 days. You are troopers! 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.



There are four people named Everybody, Somebody, Anybody and Nobody. There was an important job to be done and Everybody was asked to do it. Everybody was sure Somebody would do it. Anybody could have done it, but Nobody did it. Somebody got angry about that, because it was Everybody's job. Everybody thought Anybody could do it, but Nobody realised that Everybody wouldn't do it. It ended up that Everybody blamed Somebody for what Anybody could have done, and Nobody did it

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.



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 .:



More Little Beams Of Laughter

A woman was out bushwalking when she came across a friendly wombat on the side of the road.

She picked it up and took it to the police station.

“What should I do with this?” she asked the policeman.

“Take him to the zoo,” he replied.

The next morning the policeman saw the woman with the wombat again.

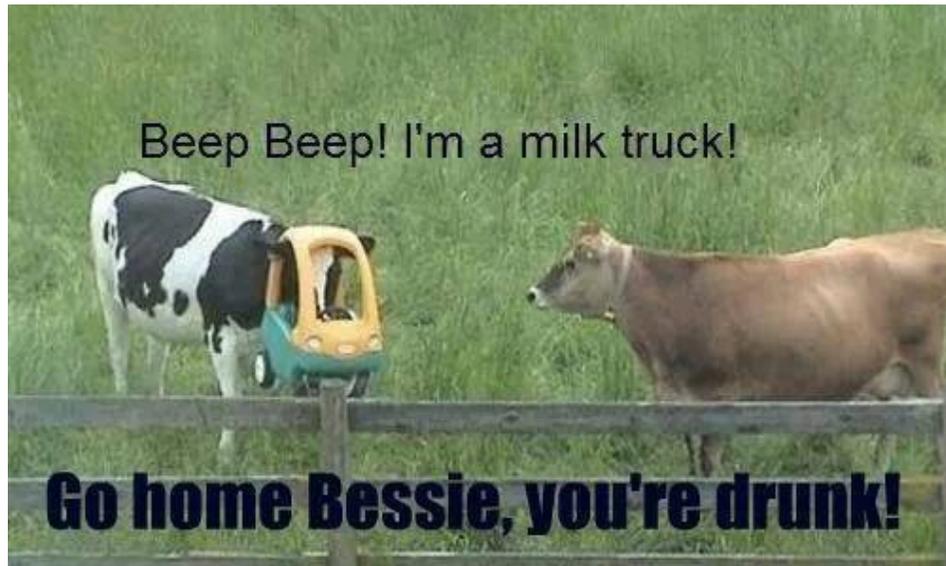
“I thought I told you to take it to the zoo?”

“I did, and this afternoon we’re going to the movies.”



Two guys were drinking in a bar. One says “Did you know lions have sex 10 to 15 times a night?”

“Aw shit,” says his friend “ and I just joined Rotary”



FOOD for PLEASURE



Lynne's Hedgehog.

Ingredients

250 gms butter 2 eggs, beaten
2 cups sifted icing sugar 4 tablespoons cocoa
6 tablespoons coconut 200/220gms cadbury milk chocolate
1 ½ pkts homebrand scotch finger biscuits , crushed

Method

1. Line lamington tray with baking paper [make sure there's enough to lift slice out]
2. Melt butter in large saucepan, allow to cool a few minutes then add icing sugar and mix.
3. Stir in eggs, then cocoa and coconut. Then stir in biscuits.
4. Spread into tray and put in fridge to firm.
5. Melt chocolate and then spread over hedgehog and return to fridge. Cut into pieces when set . ENJOY!



Chicken Balls

Ingredients

300gms chicken mince 2 slices of bread, crumbed (not dried)
1 egg 1/3 cup parmesan cheese, finely grated
1 lemon , zest finely grated ½ onion, finely chopped
1 cloved garlic, finely chopped 500mls chicken stock

Method

1. Mix all ingredients together except for the chicken stock.
2. Roll mixture in balls. It is up to you what size.
3. Place chicken stock into a saucepan and bring to a slow simmer.
4. Add chicken balls gently into stock and place a lid on saucepan.
5. Gently poach balls for about 12 minutes (depending on ball size), or until tender and cooked through. If you need to turn after 5 minutes.

Serving

These balls can be used lots of ways. Eg. old meat, with gravy, or as we do in pasta. If using with pasta - cook the pasta in the chicken stock that the balls have cooked in. We then make a simple tomato based cream sauce using sour cream and tomato paste mixed together with a dash of paprika, Or you could use a bottle of pasta sauce.

This recipe can be also made with mince steak ans substitute the lemon zest for some Italian herbs, or black sauce or tomato paste - the combinations are endless.

CASH SALE ITEMS

Deodorisers:

Potpourri, Orange or Lime or lemon Power - 100% natural	\$3.50
Ozium	\$12.50

Tapes:

Micropore	- 25mm (1 inch)	\$1.10
	- 50mm (2 inch)	\$2.20
Hyperfix		\$18.50
Mefix		\$10.50

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

Disposable mattress protector	- large single	\$3.00
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Blueys	- 10 in packet	\$2.50
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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	\$20.00
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 Quiz

This is a quiz for people who know everything!
These are not trick questions. They are straight questions with straight answers..

1. Name the one sport in which neither the spectators nor the participants know the score or the leader until the contest ends.
2. What famous North American landmark is constantly moving backward?
3. Of all vegetables, only two can live to produce on their own for several growing seasons. All other vegetables must be replanted every year. What are the only two perennial vegetables?
4. What fruit has its seeds on the outside?
5. In many liquor stores, you can buy pear brandy, with a real pear inside the bottle. The pear is whole and ripe, and the bottle is genuine; it hasn't been cut in any way. How did the pear get inside the bottle?
6. Only three words in standard English begin with the letters 'dw' and they are all common words. Name two of them.
7. There are 14 punctuation marks in English grammar. Can you name at least half of them?
8. Name the only vegetable or fruit that is never sold frozen, canned, processed, cooked, or in any other form except fresh.
9. Name 6 or more things that you can wear on your feet beginning with the letter 'S.'

