

Jo's Bit

Welcome to the latest edition of the GOSS. Easter is over and the weather has turned cold but we are ready to fire as the Cats have one their first game for the season (same as my Pies!)

Membership renewals have been sent out and some of you have already started to pay - thank you very very much.

I must be feeling a bit old at present as I found that I was drifting to wards articles and ideas about aging for this edition of GOSS and I hope you enjoy what has been printed.

I have also reprinted an article from 2003, which is still very much appropriate for today 9 years on. We do need to look after our stomas as they are apart of us and a vital part.

Laminating is unfortunately not available at this time as Kelly who is the only one who knows how to do it properly has retired from volunteering after 15 years - and we have yet to learn how to use the machine.

I would like to take this opportunity to thank Kelly for the great job he has done in the last 15 years as he has been our strong gopher and fix it all man and he is missed. He is now spending a bit of time doing what he likes and hopefully one day when he has refreshed his batteries he will come back to help us again.

Also on the thank you note it is with pleasure that I thank all the volunteers who do a great job and sometimes under difficult situations (when stock isn't delivered on time, and members get stroppy with them, etc) and I really appreciate they devotion to GOInc

Joanne
11/4/12

Page 32 quiz answers: 1. Richard Burton 2. Edie Adams 3. Lucy and new baby
4. The Lennon Sisters 5. Carlo Ponti 6. Milton Berle 7. Tupelo, Mississippi
8. Marlon Brando 9. Doris Kappelhoff 10. Lana Turner

Geelong Ostomy Inc.
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2011 - 2012

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Netta Coleman	Brenda Little
Sam Reid	Marion Taylor

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



As you know, this is our first issue for the year of 2012. The year of 2011 brought quite a few changes to Geelong Ostomy. First, there was the name change. We are now Geelong Ostomy Incorporated, no longer Geelong Ostomy Association. Then there was the sale of 100 Little Myers St. and the erection of the new building at 6 Lewalan St., Grovedale, which was followed shortly after by the resignations of our Treasurer, Bob May, and Kelly, Jo's right hand man. That threw a lot of extra load on other members of the staff, but we are struggling through. By the way, would any of our readers feel inclined to volunteer their help in any way? We are always seeking extra help with staffing and assembling orders, etc.

I feel that, sometimes, we, as ostomates on the receiving end of the association, seem to think that our orders come to Geelong Ostomy ready packed to be put on the shelves for us to collect. That's not the way it works. From the time we submit our order each month there is a continuous process till we obtain the 'bag' containing our order.

When we submit our order it is processed by volunteers and prepared for the arrival of the appliances from the suppliers. All the appliances (there are hundreds of different ones) are delivered to the office in bulk, and are then sorted and assembled by our fantastic team of volunteers (not an easy job). The assembled items are then checked, re-checked, packed and placed on the shelves with our name on, for us to collect, or the items are prepared for posting.

Sounds simple, doesn't it? Well we have another problem. We need extra volunteers to help sort and pack the orders. It requires about 4-5 hours, once or twice a month. If you are able to assist us, please speak to Jo.

Wait there's more!!! If you are able to help us, you'll be helping yourself and others. What a wonderful opportunity to get to know other volunteers, lighten their load (they're getting older and gradually wearing out, don't let them know I said that!!!) and be able to see the rest of the new building.

Till next time,

Ian Combridge.



Postage & Cash Sales Payment

Your postage account and your cash sales (**cash sales for linen and 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

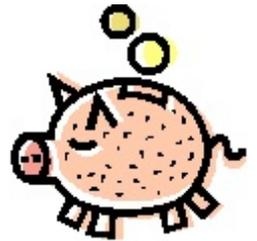
A/C No. : 102191087

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 2012

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	Friday 6 th January	Monday 9 th January
February	Monday 6 th February	Wednesday 8 th February
March	Monday 5 th March	Friday 9 th March
April	Wednesday 4 th April	Wednesday 11 th April
May	Friday 4 th May	Wednesday 9 th May
June	Monday 4 th June	Friday 8 th June
July	Wednesday 4 th July	Monday 9 th July
August	Monday 6 th August	Wednesday 8 th August
September	Wednesday 5 th September	Monday 10 th September
October	Friday 5 th October	Monday 8 th October
November	Monday 5 th November	Friday 9 th November
December	Wednesday 5 th December	Monday 10 th December

2012 PUBLIC HOLIDAYS - days we will be closed

New Years Day - Monday 2nd January
 Labour Day - Monday 11th March
 Good Friday - Friday 6th April
 Easter Monday - Monday 9th April
 Anzac Day - Wednesday 25th April
 Queens Birthday - Monday 11th June
 Boxing Day - Wednesday 26th December

CLOSING DATES for ORDERS 2012

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 27th of each month, so orders need to be placed **BEFORE** 2.30 pm on these dates. **Be aware of holidays & place your orders early.**

PLEASE do the right thing and order on time (earlier is preferable)!.
REMEMBER: Late orders placed could incur a special deliver fee.

2012

last dates for placing orders

January orders close on	Friday	16 th	December
February orders close on	Friday	27 th	January
March orders close on	Friday	24 th	February
April orders close on	Monday	26 th	March
May orders close on	Monday	23 rd	April
June orders close on	Friday	25 th	May
July orders close on	Wednesday	27 th	June
August orders close on	Friday	27 th	July
September orders close on	Monday	27 th	August
October orders close on	Wednesday	26 th	September
November orders close on	Friday	26 th	October
December orders close on	Monday	26 th	November
January 2013 orders close on	Monday	17 th	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.



DONATIONS & FUND RAISING

Thank you to all the members who have and continue to give us donations and supported the raffles for the new building. We still need to raise a bit more money to complete payment of the project so any donation is still very much appreciated.

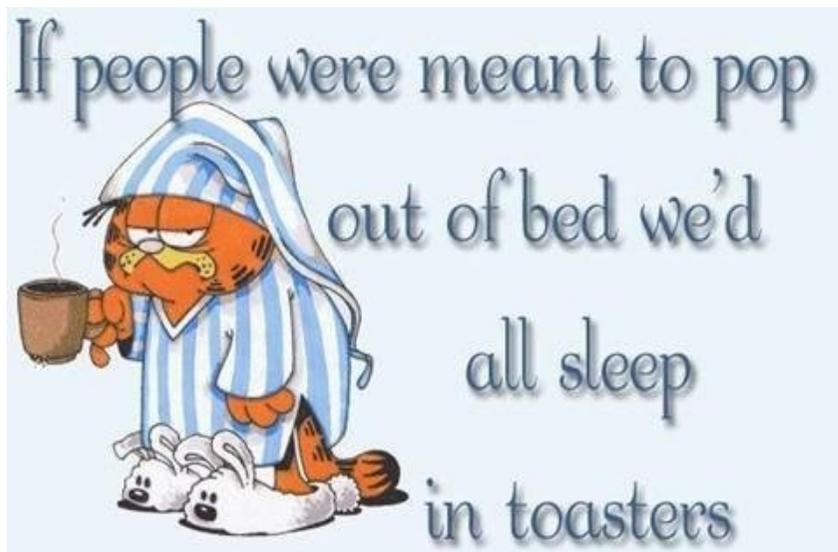
On that note we need to thank the Geelong Community Foundation, Bendigo Bank, Lions Clubs and Rotary Clubs for their support in helping us to raise funds. They have raised an terrific amount for us which has helped dramatically reduce the final amount need to finalise the final payment.

At the beginning of our fundraising we were extremely thankful to receive a \$10,000 grant from the Geelong Community Foundation, which was a great way to kick start our building project. Our sincere thanks go to this wonderful group.

Special thanks to the Lions Club of Hamlyn Heights who donated to us a fantastic cheque of \$10,000 which was the proceeds from their annual Magic Show.



And a very special thanks to the Branches of Bendigo Bank who in total raised for us \$30,000. This was a truly magnificent effort and very much appreciated by the members and Executive of GO Inc. They were so friendly and eager to help us out and were amazed at the wonderfully job that your volunteers do for you, the members, especially in the old cramped Little Myers Street rooms, where all the branch manager visited, on a pack out day, to see what they were raising the money for.



EASY TOWEL

Easy Towel is our newest cash sale item and it is a great little thing.

It is the size of 4 x 50c stacked on top of each other.
When you add water to it, it grows out to a 30 x 60 cm towel.

It is the ideal thing to have in the glovebox or your bag for when you have the need for a towel. Nearly everybody now carries a bottle of water with them so it is so convenient to use.

My mum used one to clean up a spill in the lounge and she has since washed it the washing machine and uses it now for a dish cloth. It has been through the machine 4 times and still is going strong - and this is from a product that is 100% paper.

It could also be used when you get in a situation with your stoma that needs a towel.

Easy towel has many uses and I believe that once you have tried it you will be hooked.

There is 10 in a roll and the cost is \$2.50 (which is only 25c each)

They are now available at the front counter or for post people they can be sent out in your order like the other cash sale items.



ORDERING BY E-MAIL

Orders can be placed by e-mail at goainc@ncable.net.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 goainc@ncable.net.au

ORDERING VIA THE INTERNET

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 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.

Thomas The Cat

Well, Thomas has been lock out of my bedroom of a night time now.

Last issue I told you how he would wake me up by licking and biting me nose, well it became a thing that every morning at 3.30 he would do it and if I objected to much he would fight and scratch me - so now when I go to bed I have to close the door.

The first few nights that it happened, he sat out side the door and howled and belted the door to get in. But now he just ignores it. **BUT** one night I had to get up and go to the shower as we sometimes do and when I finally got back to bed, about 4.00 am, I forgot to close the door and yep you guessed it!! Within 20 minutes Thomas was in the room on the bed and trying to play with my nose!!! I have not forgotten to close the door again, I can reassure you all.

Unfortunately I do not have a recent photo of Thomas but I thought that I would put one here of him ruling the shelving at Myers Street.



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 bought 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 months holiday per calendar year.

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

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!!

Granny Looks Back

(stuff my mother told me)

Sourced from www.suddenllysenior.com by Carolyn Kaiser

The other day I found, to my horror, my mother's words pouring from my mouth. I was dealing with an obstinate grandchild who had decided he wasn't dirty enough to take a bath. Suddenly, I became my dearly departed mother and repeated those fatal words, "Look at the back of your neck. It's filthy." Great advice in case the kid turns out to be a contortionist and wants to join the circus.

In the process of my own children's childhood, these words fairly dripped from my lips, despite the fact that I vowed never, ever to sound like my mother.

For example, a lesson on stamina: "You will sit there until you finish your string beans, even if it takes all night." The result? I always wore out before the kid did. Truth is, I can't remember one of our four sons ever finishing anything he decided he didn't like.

On the weather: "Your room looks like a tornado hit it." Yeah, well he liked it that way. It is far simpler to resist entering the child's room unless it's on fire.

On fashion: "You're not leaving the house dressed like that!" If a parent or grandparent *really* hates the outfit, the other kids will love it. That's the law. Hair styles follow this same set of rules, the bolder the color, the more accepted by the other kids. (We have a green haired grandson at this writing.)

On religion: "You'd better pray that grape juice comes out of the carpet." Moving furniture or Oxyclean is the solution, not prayer and incantations.

On logic: "Because I said so, that's why." Now just who would trust a dumb old woman who obviously has forgotten how it is to be young to make the rules?

"If I told you once, I told you a thousand times." Get a clue, no one's counting but me. Repetition is not all it's cracked up to be.

Timing: My own grownup kids can remember the phrase "If you're going to kill each other, do it outside. I just finished cleaning the house." In fact, I heard my daughter-in-law say it just this summer at our family reunion. If she'd waited a few minutes, the kids would have forgotten what they were fighting about and find another way to annoy us.

Music appreciation: "Turn down that damned music." The grandkids can't hear me, they're all deaf from the noise.



And my personal favorite, "Always wear clean underwear, so if you're in an accident and they have to cut your underwear off, you won't be embarrassed."



Did it never occur to any of us that if a kid was in such a terrible state that someone else had to remove his underwear, he wouldn't be in any condition to be embarrassed?

Here's one that never works: "Wait till your grandfather comes home." The grandkids know the old man is a pushover. He thinks whatever terrible thing they do is just plain cute. Not that I'm any better. After all, we see the grandkids only occasionally, just often enough to spoil them rotten.

"Stop that, or your eyes will stay that way."

"Don't run with scissors."

"Eat your carrots so you don't go blind."

"Always give someone else the biggest slice of cake."

"Remember you are her sister and really love her."

"Because I said so, and I'm the grandmother here."

"Just wait till you have grandkids of your own, then you'll understand what I mean."

We grew up, and older, taking along all those tired old bits of "Mom Wisdom."

Now how do you think that happened?

Could it be DNA? That these phrases were ingrained in our hearts and minds as a result of genetics? Did the Neanderthals warn their offspring to quit teasing the mastodons or their fathers would deal harshly with them when he got back to the cave?

Or did we simply become our parents, despite our vows to never do so? And are we all really dumb enough to think these things really work and that the kids are listening?

We got through those years, while not unscathed, at least with a semblance of sanity. And here we are now, using those same old tired worn cliches on our grandchildren, as if they will suddenly have some meaning and will actually work in this day and age.

Worse, we are creating yet another generation of people who will utter the same time-worn scolds that our mothers used a hundred years ago, back when we were young.



- ★ request membership application forms
- ★ read and download GOA annual Reports
- ★ download back issues of GOAN
- ★ download brochures like "Food Glorious Food"
- ★ place your monthly order online
- ★ link to other resources like ACSA, Company web sites etc

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.

Membership Renewal

By now your membership renewal forms will have been sent out to you. And these need to be paid by the **30th 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 30th 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.

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 pouches (30 in box) is \$82, one box of drainable pouches (30 in a box) is \$159 and one box of urostomy pouches (10 in box) is \$45. If you have a convexity product then the cost is even higher.

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

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

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 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.

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.

TLC - YOUR STOMA NEEDS IT TOO!

Taken from www.evansville.net February 2002

Most ostomy patients would agree that there is no substitute for TLC. That is one of the reasons that the specialty of ST nursing exists. It ensures that nurses with a special sense of caring and with special education are taking care of the ostomy patient's needs. Once you are discharged, remember that your stoma needs TLC also. A few pointers might be helpful. Generally speaking, it is good to set aside a time for giving priority to stoma care. It might be during your morning shower, after breakfast, or at bedtime. It's important to make it fit into your routine. Don't change your schedule for the stoma. Make it change for you.

Having a regular time for pouch changing, etc. helps put some order into your schedule. It will also ensure that leakage or other problems can be kept to a minimum. If you know that your pouch always leaks on the fourth morning for instance, then begin changing it on the third night, if that time is convenient.



Don't be rough with your stoma. It's not unusual for it to bleed a little when washed. Just be careful not to be too brisk with the washcloth or whatever you use, as that might cause excessive irritation.

Eat a well-balanced diet; following special instructions from your physician, dietician, STN, etc. Drink sufficient water and fluids unless you are medically restricted. Persons with ileostomies and colostomies should chew their food very well. Avoid eating too many hard to digest and gaseous foods at one meal. Urostomy patients need to be sure to have sufficient fluids, unless told otherwise by the doctor, as fluids help prevent infections.



Ostomates can usually shower with the pouch off or on unless instructed otherwise. Water will not hurt the stoma.

Peristomal skin especially needs TLC. A properly fitting pouch, changed regularly, usually accomplishes this. Never tape the pouch if it is leaking. Change it!! If you have frequent leakage and have to change too often, call your STN to make an appointment for re-evaluation. Perhaps another type of pouch would be better suited, or perhaps your stoma and peristomal skin need re-assessment. There might be some new products that will work for you.

Don't hesitate to make an appointment.

Reprinted from GOAN July 2003

VOLUNTEERS STILL NEEDED CAN YOU HELP?

Thank you to the members who responded to the last call for 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. Especially on the emergency call in register.

We are training our new volunteers so as to take the pressure off the volunteers who have been doing every week for so long (because in Myers Street we had no room for extra staff) and as we get new volunteers trained then we will be able to rotate the members every two weeks or so.

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



Humourous quotes on getting on a bit

“ How do you know which pills to take?”

“ Doesn't make any difference. Whatever they fix, I got.”

Oscar Madison & Felix Ungar, The Odd Couple II

I exercise every morning without fail. Up, down! Up, down! And then the other eyelid.

Phyllis Diller

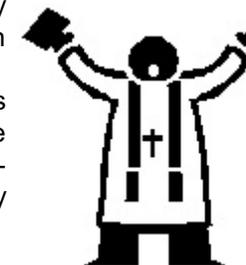
Old Age is not for sissies.

Bette Davis

A Little Beam Of Laughter

Selling Bibles

A pastor concluded that his church was getting into very serious financial troubles. While checking the church storeroom, he discovered several cartons of new bibles that had never been opened and distributed. So at his Sunday sermon, he asked for three volunteers from the congregation who would be willing to sell the bibles door-to-door for \$10 each to raise the desperately needed money for the church.



Jack, Paul and Louie all raised their hands to volunteer for the task.

The minister knew that Jack and Paul earned their living as salesmen and were likely capable of selling some bibles.. But he had serious doubts about Louie who was a local farmer, who had always kept to himself because he was embarrassed by his speech impediment. Poor Louie stuttered badly. But, NOT WANTING TO discourage Louie, the minister decided to let him try anyway.

He sent the three of them away with the back seat of their cars stacked with bibles. He asked them to meet with him and report the results of their door-to-door selling efforts the following Sunday.

Anxious to find out how successful they were, the minister immediately asked Jack, 'Well, Jack, how did you make out selling our bibles last week?' Proudly handing the reverend an envelope, Jack replied, 'Using my sales prowess, I was able to sell 20 bibles, and here's the \$200 I collected on behalf of the church.' 'Fine job, Jack!' The minister said, vigorously shaking his hand... 'You are indeed a fine salesman and the Church is indebted to you.'

Turning to Paul, 'And Paul, how many bibles did you sell for the Church last week?' Paul, smiling and sticking out his chest, confidently replied, 'I am a professional salesman I sold 28 bibles on behalf of the church, and here's \$280 I collected.' The minister responded, 'That's absolutely splendid, Paul. You are truly a professional salesman and the church is indebted to you.'

Apprehensively, the minister turned to Louie and said, 'And Louie, did you manage to sell any bibles last week?' Louie silently offered the minister a large envelope. The minister opened it and counted the contents. 'What is this?' the minister exclaimed.

'Louie, there's \$3200 in here! Are you suggesting that you sold 320 bibles for the church, door to door, in just one week?'

Louie just nodded.

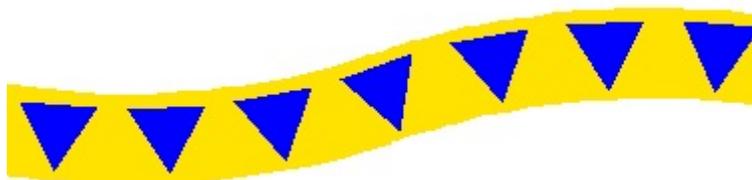
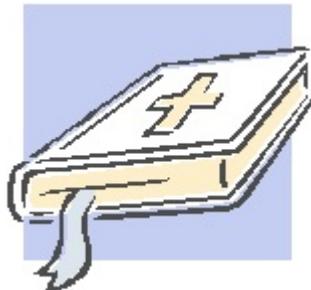
'That's impossible!' both Jack and Paul said in unison. 'We are professional salesmen, yet you claim to have sold 10 times as many bibles as we could.' 'Yes, this does seem unlikely,' the minister! agreed. 'I think you'd better explain how you managed to accomplish this, Louie.'

Louie shrugged.. 'I-I-I re-re-really do-do-don't kn-kn-know f-f-f-for sh-sh-sh-sure,' he stammered.

Impatiently, Peter interrupted. 'For crying out loud, Louie, just tell us what you said to them when they answered the door!'

'A-a-a-all I-I-I s-s-said wa-wa-was,' Louis replied, 'W-w-w-would y-y-y-you I-I-I-I-I-like t-t-to b-b-b-buy th-th-th-this b-b-b-b-bible f-f-for t-t-ten b-b-b-bucks ---o-o-o-or---wo-wo-would yo-you j-j-j-just I-like m-m-me t-t-to st-st-stand h-h-here and r-r-r-r-r-read it t-to y-y-you??'

Remember when the funniest jokes were the clean ones? They still are!



A meek little old lady of 86 was being attended to by two nurses in the aged care facility.



As she clung to the safety bars, her face lit up: "Never thought I'd take up pole-dancing at my age!!" she giggled and shimmied.

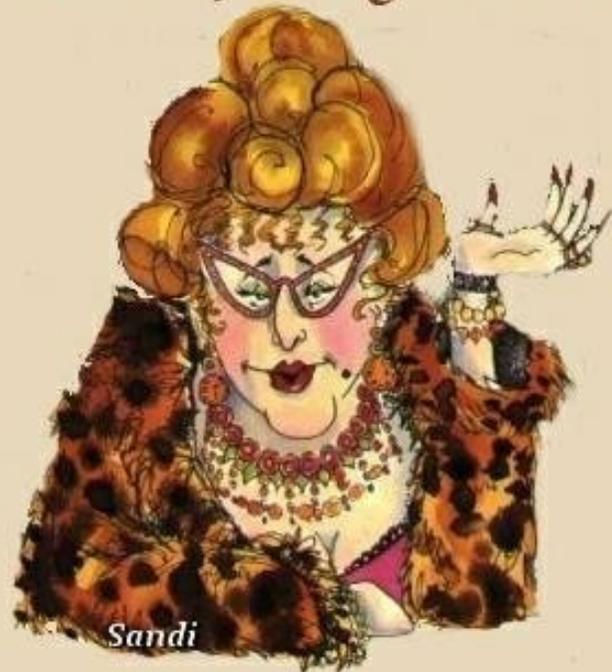
Sent in by B.C.



- * 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! WELL DONE !!!!
- * A big thank you to all who bought tickets in the TV and Grocery Raffle - it raised \$300. Thank you. For privacy reasons the winners can not be knamed but they have been informed . The TV was won by Mr.J.H. and the bag of groceries by Mr.G.A.

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.

" We have only one regret at our age"



Sandi

*- and that's all the sins
we didn't commit."*

Pearls of Wisdom!

When we recall the past, we usually find that it is the simplest things - not the great occasions - that in retrospect give off the greatest glory of happiness.

Bob Hope

When you're 50 you start thinking about things you haven't thought about before. I used to think getting old was about vanity - but actually it's about losing people you love. Getting wrinkles is trivial.

Joyce Carol Oates

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

To commemorate her 70th birthday, actress/vocalist, Julie Andrews made a special appearance at Manhattan's Radio City Music Hall for the benefit of the AARP.

One of the musical numbers she performed was 'My Favourite Things' from the legendary movie 'Sound Of Music'. Here are the lyrics she used:



(Sing It!) - If you sing it, its especially hysterical!!!

Botox and nose drops and needles for knitting,
Walkers and handrails and new dental fittings,
Bundles of magazines tied up in string,
These are a few of my favourite things.

Cadillacs and cataracts, hearing aids and glasses,
Polident and Fixodent and false teeth in glasses,
Pacemakers, golf carts and porches with swings,
These are a few of my favourite things.

When the pipes leak, When the bones creak,
When the knees go bad,
I simply remember my favourite things,
And then I don't feel so bad.

Hot tea and crumpets and corn pads for bunions,
No spicy hot food or food cooked with onions,
Bathrobes and heating pads and hot meals they bring,
These are a few of my favourite things...

Back pain, confused brains and no need for sinnin',
Thin bones and fractures and hair that is thinnin',
And we won't mention our short shrunken frames,
When we remember our favourite things.

When the joints ache, When the hips break,
When the eyes grow dim,
Then I remember the great life I've had,
And then I don't feel so bad.

Ms. Andrews received a standing ovation from the crowd that lasted over four minutes and repeated encores. Please share Ms. Andrews' clever wit and humour with others who would appreciate it

FOOD for PLEASURE

Minced Beef Quiche

250g minced beef	1 medium onion, diced
1 tablespoon oil	½ teaspoon salt
½ teaspoon dried oregano	½ teaspoon garlic powder (or fresh garlic)
¼ teaspoon ground pepper	3 eggs
½ cup milk	½ cup mayonnaise
1 cup grated cheddar cheese	1 cup grated swiss cheese
1 sheet puff pastry	

1. Cook beef and onion in oil until onion is soft and beef browned. Add seasonings.
2. Beat eggs, milk and mayonnaise together in a bowl then stir into meat mixture.
3. Line a lightly greased 23cm pie plate with the sheet of pastry. Pour in mince mixture.
4. Bake uncovered at 190°C for 40-45 mins or until golden. Rest for 5 minutes before cutting.

NB Other ingredients can be added to suit taste, eg. Bacon, mushrooms, grated zucchini, grated carrot etc.



Minced Beef Mignons

200g low-fat minced beef	2 cloves garlic, finely chopped
1 spring onion, finely chopped	4 slices bacon, cut in half lengthways
2 tablespoons pizza sauce (or any sauce)	

1. Combine all ingredients, except bacon, together thoroughly.
2. Press mince mix into balls about 2 tablespoons in size.
3. Roll a bacon strip around each ball and secure with a toothpick.
4. Press down slightly to flatten.
5. Place on a lined baking tray and bake at 200°C for 20-25 minutes.
6. Remove toothpicks and enjoy.

CASH SALE ITEMS

Deodorisers:	
Orange or Lime or lemon Power - 100% natural	\$3.50
Floral Air Freshener	\$3.00
Ozium Aerosol Spray Purse size	\$12.50
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 (NEW ITEM)	\$2.50
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
Rediwipes wet wipes	\$4.50
Latex Disposable Gloves - 100 per box	\$6.00
Curved Scissors	\$8.50
Night Drainage Bag Stands	
Metal	\$25.00
Plastic	\$8.50
Belly Bands - all sizes	\$10.00
Wheat Heat Bags	\$10.00

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.

STARS IN OUR EYES QUIZ

Sorced - www.suddenlysenior.com

- Elizabeth Taylor is as famous for her many marriages as she is for her film career. Which of these men was NOT married to Elizabeth during the Fifties?
A. Michael Wilding B. Eddie Fisher C. Richard Burton
- What was the name of Ernie Kovac's wife, a star in her own right?
A. Edie Adams B. Debbie Reynolds C. Jayne Meadows
- Whose image appeared on the first cover of TV Guide?
A. Jack Webb B. Lucille Ball and new baby C. David and Ricky Nelson
- Singing siblings, Kathy, Diane, Peggy and Janet were known as:
A. The McGuire Sisters B. The Lennon Sisters C. The Andrews Sisters
- What is the name of the film producer Sophia Loren married in 1958?
A. Billy Wilder B. Federico Fellini C. Carlo Ponti
- He's called Mr. Television. Can you name him?
A. Ed Sullivan B. Walter Cronkite C. Milton Berle
- Where was Elvis Presley born?
A. Tupelo, Tennessee B. Tupelo, Mississippi C. Tupelo, Alabama
- He is famous for screeching "Stellaaaaaa."
A. Marlon Brando B. James Dean C. Montgomery Clift
- What is Doris Day's given name?
A. Doris Parsons B. Doris Hopper C. Doris Kappelhoff
- Old Blue Eyes married several times. Which lady was NEVER married to Frank Sinatra?
A. Mia Farrow B. Ava Gardner C. Lana Turner

