

Jo's Bit

July is nearly over and it is time to start thinking about Christmas and those warmer months to come!!

I hope you are all enjoying our first real winter for many, many a year - and it is not only in Victoria. Speaking to my Mum, in Cairns, on Saturday night and she had on PJ's, dressing gown, slippers and a knitted rug wrapped around herself as she watched TV - not her usual attire I am assured.

Things are moving along fast now with the new building so watch your letter boxes and parcels for information about dates etc for when we move.

I am waiting now for our new phones numbers and once I get them I will be able to let you know so that you can start changing your phones books etc.

Bob May our treasurer has been run off his feet trying to co-ordinate all the trades people and he has done a terrific job - we would not be at the stage that we are now without his huge input - I hope he has signed his name in the concrete!!

Keep well and I will see you all in the new premises.

Joanne
25/7/11

Geelong Ostomy Inc. **COMMITTEE OF MANAGEMENT** **2010 - 2011**

PRESIDENT:	Ian Combridge
VICE PRESIDENT:	Kelly Holmes
SECRETARY:	Joanne Holmes
ASSISTANT SECRETARY:	Marion Taylor
TREASURER:	Bob May
ASSISTANT TREASURER:	Vacant
SOCIAL SECRETARY:	Brenda Ebbels
COMMITTEE MEMBER:	Rhoda Lynch
	Elleray Combridge
	Margaret Dickson
	Patricia Hamilton
ADMINISTRATOR/ APPLIANCE OFFICER:	Joanne Holmes

LIFE MEMBERS

Audrey Daniels (Sr.) (the late)	Glyneth Cooper (Sr.)(the late)
Patricia Wood (Sr.)	Eric Hassold (the late)
Eileen Dessent (the late)	Ian Macrae
Les Allen (the late)	Hazel Drew (the late)
Brenda Ebbels	Margaret Dickson
Laurie Bensted	George Burrell
Tony Palamara (the late)	Joanne Holmes
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



Would you believe another year is over half gone?

What has the past 6 months brought into your life? I trust you have experienced strength for each day, your health has been good and you can still wake up each morning to each new day. How blessed we are in these things. Have you ever thought about the wonderful country we live in? We have clean water on tap, electricity 24 hours a day, and we have comfortable transport, shops that sell almost anything you wish to buy. On top of all this we have the Stoma Appliance Scheme. In many countries none of these things are at the people's fingertips.

Our appliance scheme is one of the best, if not the best, in the world. In many countries the patients have their operations and then are left to their own devices. Can you imagine having to do for yourself and not being able to avail yourself of any appliances.

Next time you feel sorry for yourself, think of those who are much less fortunate, then smile, because we are 'LUCKY'.

By the way, did you know that you can have a say in how Geelong Ostomy Inc. Operates. Well you can! The Annual General Meeting is to be held on August 15th. And this means you are able to elect those who run the show. If you would like to nominate someone for a position, or even nominate for one yourself, have a talk to Jo in the office.



This is another privilege we have in this country,

Till next time,
Give yourself a pat on the back because YOU are a part of this "LUCKY COUNTRY"

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.

PICK UP DATES 2011

Orders will be available for **Pick-up** at **100 Lt Myers 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 their order until the later dates listed.

Month	APPLIANCE COMPANY: Salts, Conratec., Coleplast, Dansac, Hollister	APPLIANCE COMPANY: Braun, Pelican, Welland, Omnigon, Eakin
September	Monday 5 th September	Friday 9 th September

Orders will be available for **Pick-up** at **6 Lewalan Street, Grovedale**, any Monday, Wednesday or Friday, 9.30am 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 their order until the later date listed.

October	Wednes. 7 th October	Monday 10 th October
November	Friday 4 th November	Wednes. 9 th November
December	Monday 5 th December	Friday 9 th December

2011 PUBLIC HOLIDAYS - days we will be closed

New Years Day - Monday 3rd January
 Australia Day - Wednesday 26th January
 Labour Day - Monday 14th March
 Good Friday - Friday 22nd April
 Easter Monday - Monday 25th April
 Queens Birthday - Monday 14th June
 Boxing Day - Monday 26th December

CLOSING DATES for ORDERS 2011

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.

2011

Friday	17 th December '10	for January	Orders
Monday	24 th of January	for February	Orders
Friday	25 th of February	for March	Orders
Friday	25 th of March	for April	Orders
Wednesday	27 th of April	for May	Orders
Friday	27 th of May	for June	Orders
Monday	27 th of June	for July	Orders
Wednesday	27 th of July	for August	Orders
Friday	26 th of August	for September	Orders
Monday	26 th of September	for October	Orders
Wednesday	26 th of October	for November	Orders
Friday	25 th of November	for December	Orders
Friday	16 th of December	for January 2012	Orders

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.



FOOD FOR MEMORY

There are many foods that you can eat that help your memory and they fall into different categories. A well balanced diet is desired with as many of the following veggies and fruits as you can take

Cruciferous (mustard family) vegetables:

Broccoli, Brussels sprouts, cabbage, cauliflower, radish and bok choy.

Leafy green vegetables:

Spinach, collard and mustard greens, kale and swiss chard.

Vegetables with a phytochemical anthocyanin:

Berries (all varieties), cherries, black currents, eggplant, red black & purple grapes, plums, rhubarb, red onion, red apples, red/purple cabbage, and red beets.

Vegetables with phytochemical quercetin:

Onions (red, yellow, white), kale, leeks, cherry tomato, broccoli, blueberries, black currents, elderberries, apricots, apple with skin (red delicious) and red, purple and black grapes.

Folic Acid can also help your memory.

Some of the best foods for folic acid include fortified whole-grain breakfast cereals, lentils, black-eyed peas, soybeans, spinach, green peas, artichokes, broccoli, wheat germ, beets and oranges.



POSTAGE COSTS INCREASES

Due to increases in our Australia Post contract and packaging items we have had to increase the postage payable from the 1st of October 2011.

All orders to be posted out from and including October orders will now be:

\$12 for Victoria and **\$14** for interstate orders.

New order forms will be released in September with this increase indicated on it.

You can help us and help yourselves save some money by paying for postage in blocks of 3, 6 or 12 months. Every cheque or money order costs you or us money to cash in or use - which only feeds the banks and post office.

(The last increase was July 2009)



DONATIONS ARE TAX DEDUCTABLE

Yes, in case you are not aware - any donation made to GO over \$2 is Tax Deductable.

So save your receipts and if you have to do a tax return don't forget to claim for your donations to us.

We thank all members who have given us a donation

Looking after Your Brain

Water:

Due to improper circulation of blood, our brain does not receive sufficient amounts of nutrients. Insufficient supply of nutrients and fluids to the brain disturbs regular functioning of the body. Lack of water worsens the condition and thus it is essential to consume adequate amounts of water. Consuming nutritional diet will provide ample of nutrients, vitamins and minerals to the brain cells. Include plenty of fresh green leafy vegetables and fruits as they are loaded with vitamins and nutrients. They are low content of calories and good source of antioxidants. Antioxidants help in flushing out all toxic substance from the body. They also improve the immune system; hence it is healthy to consume fruits and veggies.

Drink plenty of water, as lack of water will cause dehydration. Due to improper supply of water, many cells die. Water nourishes the brain cells and keeps them healthy to perform regular tasks. Drinking water will help in flushing out dead cells from the body. Apart from water, you can even rely on herbs for memory that will improve concentration levels. Herbs are the natural healers and enhancers. Certain herbs can be supportive in stimulating the brain cells and encouraging brain function. These herbs for memory improvement have been effective from centuries to cure diseases.. This assures to heal and improve the memory system of the brain. The intake of these herbs for memory will also help in proper functioning of brain. Our brain is very sensitive, complex organ that requires to be nourished so that it functions properly.

Ginkgo Biloba:

A Chinese and Japanese herb ginkgo biloba is a unique species of tree. Consuming ginkgo biloba in the form of infusion will improve alertness and memory.

Rosemary:

one of the popular herbs for culinary purpose rosemary helps in improving brain function. The intake of this herb develops concentration and memory.



As with all herbal supplements - please check with you doctor to see if it suitable with your other medications

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 (Stoned) Cat

Yes! You have read that right! Thomas has become our little zoned out cat.

He stopped eating and was losing weight so the vet did a range of tests etc (\$1000 later) and could not find anything wrong other than a sore area where the tail meets the spine.

So the vet gave us drops for the pain which every time Kelly got out the syringe for it, Thomas would come running and lick the medicine off the syringe (No needle!!) That was fine and although he ate a little better it didn't get him eating enough so the vet gave him some tablets to increase his activity.

Well, as with all things with Thomas this had the opposite effect. He became our little stoned cat where he sat for 2 days, staring into space and not sleeping at all. He didn't get the munchies though!!

Finally the vet has changed him to a different food and he is starting to eat again and put on weight once more. It was like he was depressed with his food and therefore not interested in eating which is the only explanation that we have for this episode of drama.

Thomas in his favourite toy - a cardboard box!!!



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 your 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

Our Solution to the Future Needs of GO

PART 5



Well the drawings of the new building are in the hands of the builders and as of the 21st of March your Management Committee has decided to go ahead with the quote received and placed the first deposit.

We have decided to go with a local building firm who used local tradespeople and they can start immediately which means slab work, plumbing, ordering the tilt slab walls (which can not be started until late May and then have to set for 4 weeks). Unfortunately we had a big delay in getting the plans back from the engineers (Expected December but received in February) so this has put us further down the delayed track. We are now looking at the end of September for completion if everything else goes to plan.

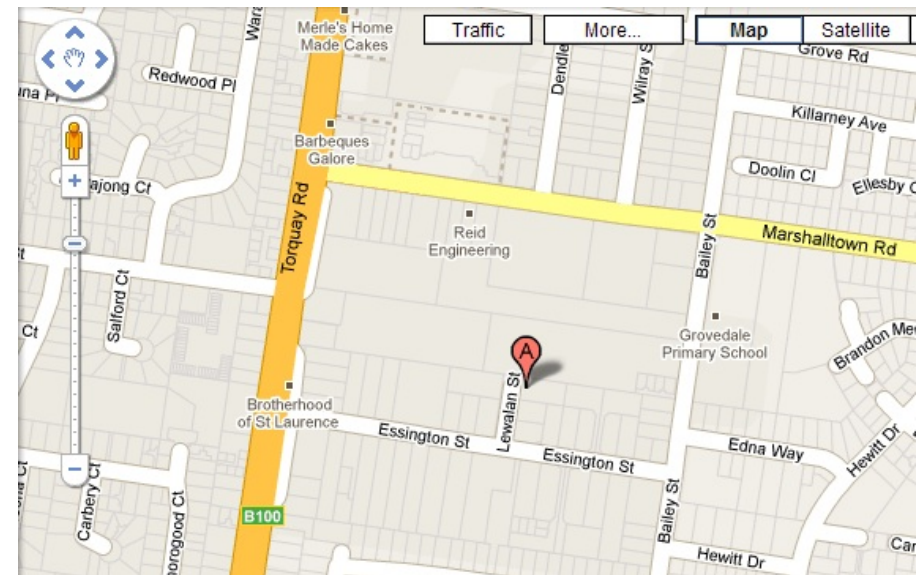
Bob our Treasurer has done a very very lot of work to get us to this stage and he is continuing to search for additional funds, but reaching out to groups, clubs, councils etc for donations and grants. If you belong to such

a group that you believe might be open to a donation, please contact Bob May, so that he can get the appropriate details and make an official request.

Every dollar we receive is greatly appreciated.

News is at hand as to who some of our new neighbours will be. The building completed on the corner will be Dowell Windows. And on the opposite corner and the next block along in Essington Street is going to be the future home of Kerr's Hire (who at present have a site in Torquay Road). In the latest edition of the property Guide in the Addy I saw that the block of land next to us in Lewalan Street has now been sold.

On your next Wednesday drive take a drive out to Grovedale and start to familiarise yourself with the location and how to get there. It is quite easy. And while there maybe visit the Aldi store or stop and have a "Twister" at KFC in Torquay Road.



FUND RAISING & DONATIONS TO BUILDING FUND

Members have been very gracious in their kindness in donating to our building fund and we really, really appreciate all those donations.

We have just run a cookie drive and we sold 333 packets of biscuits which raised us \$333 plus a few members gave us donations in lieu of buying cookie and just extra which amounted to another \$291 which means that we have raised another \$600.

The list of items that we will eventually need in the new premises seems endless but moving from our small building to the larger premises will ensure that even though we have some furnishing, shelving etc these will not be enough for what we need. It is not efficient enough now for our needs in the small location little mind in the new space.

We will need:

Shelving
5 toilets (instead of the one we have now!!)
5 basins
5 toilet roll holders
More toilet rolls (for all the extra toilets)
New front counter
Desks
Office chairs
Trolleys
Fork Lift
Plants/ Garden stones/ soil

Just to name a few things!

So any donation whether it is \$1 or \$1000 is and will be greatly appreciated.



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!!

- ★ 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.

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.**

Letter to Editor

My name is Fred Niemann and since 2000 I have a stoma and live with it with out any trouble in the first year I would visit the STN quite often to get advise but with time there was no need any more and as often stated they are busy so why bother them.

But after 10 years with a stoma, I done a very stupid thing I had hazel nuts 2 stubbies and a whiskey and as a results I became constipated so bad I had to go to Geelong emergency hospital I have never experienced pain like it! This was at 1800 hours on the 20.12.2010.

The nurses where wonderful and knew the pain I had and gave me an injection and the pain was gone with in minutes I was taken to x ray and the lovely Irish doctor informed me I had a large blocked intestine and I had to remind for some time this was at 20 hour. At 10.00 hour a huge doctor from Botswana look at me and ask how I felt I told him no more pain so he said well go home, but put his hand on my stomach a bit to hard and I told him in a certain manner I was constipated for the lat 24 hours and did not like his way of treatment he then decided to keep me for the night.

I had by this time needles with a drip and oxygen up my nose and spend a restless night nursing looking after me, comes morning I ask the nurse to inform the stoma nurse in the hospital as my stoma bag was empty but on for a long time and we know what that means, she said she would inform the doctor must be the rule! The Chinese doctor informs me I would have to stay a another 24 hours as I had a lot of poo in me, not a very professional statement. I requested him to inform the stoma nurse but he declined and said if I wanted to change the bag to do it myself mind you with needles connected to a trolley machine and oxygen pipe in my nose.

So I started massaging with my left hand the effected area and after a short time later bingo what a relieve so I called the nurse to remove the needles and inform the doctor I was leaving.

The treatment in the hospital was excellent I have no complain but have the feeling that doctors could not be bother with poo I actually call it stool but be assured it will never happened again I will never eat nuts and have the phonenumber of the stoma nurse in my little emergency case and will not even ask for the STN just phone up and they be there.

I am not a doctor but have been trained for emergencies for 50 years at sea and feel I can make this observation if the doctors don't like to be bothered with shit then should leaved it to the expert.

Captain Friedrich Karl Paul Niemann retired

Ileostomy: Dealing with a Food Blockage

Adapted from www.mountnittany.org/wellness-library/healthsheets

After an ileostomy, it may be harder to digest foods that are high in fiber, such as raw vegetables, popcorn, and nuts. Eaten in large amounts, these foods can clump together. Then they get stuck in the small intestine, causing a **blockage**. You need to know the signs of a blockage and what to do if you have one.

Signs of a Blockage

A blockage can be an emergency. That's because you can become dehydrated quickly. The intestine can also rupture. Most likely you'll never have a blockage. But you need to know the signs just in case you do.

- At first, you may have an almost constant spurting of very watery stool. Your intestine is taking water from your body to try to get rid of the blockage.
- You may feel bloated or have cramping. The stool may have a strong odor. The stoma and/or the skin around the stoma may swell.
- If the blockage remains, the flow of stool will stop totally. Then you'll have increased pain, often leading to nausea and vomiting.

What to Do

You can try one or more of the following:

- Put on a pouch with a slightly larger opening.
- Gently massage your abdomen with the palms of your hands.
- Lie on your back. Pull your knees to your chest and rock from side to side.
- Take a hot bath for 15–20 minutes, or place a warm hot pack around the stoma area. Be careful that it is not too hot as it could burn your stoma and surrounding skin.
- **Do not** eat any solid food, but continue to drink fluids in small amounts.
- **Do not** take any laxatives or stool softeners. They cause your body to lose more water.

When to Call Your Doctor:

Call your doctor or Stomal nurse, or go to the nearest hospital emergency room if:

- A blockage lasts more than 2–3 hours.
- You start to vomit.

Ways to Help Prevent a Blockage

Sometimes a blockage occurs no matter what you do. But you can help prevent a blockage.

- Drink at least 8–12 cups (2 Litres) of fluids, such as water or juice, each day.
- Chew your food slowly and thoroughly.
- Eat only small amounts of foods that are high in fiber or cellulose. These include raw vegetables, unpeeled fresh fruits, bamboo shoots, bean sprouts, cabbage, celery, coconut, corn, mushrooms, pea pods, dried fruits, nuts, seeds, popcorn, and hot dogs and other meats in casings.
- Go easy on bran and other high-fiber grains, such as granola.



"THEY MUST HAVE MISUNDERSTOOD
AT THE SURGERY. ITS MY HUSBAND WHO
HAS THE BLOCKAGE!"

A Little Beam Of Laughter

The old man placed order for one hamburger, French fries and a drink.

He unwrapped the plain hamburger and carefully cut it in half, placing one half in front of his wife.

He then carefully counted out the French fries, dividing them into two piles and neatly placed one pile in front of his wife.

He took a sip of the drink, his wife took a sip and then set the cup down between them. As he began to eat his few bites of hamburger, the people around them were looking over and whispering.

Obviously they were thinking, 'That poor old couple - all they can afford is one meal for the two of them.'

As the man began to eat his fries a young man came to the table and politely offered to buy another meal for the old couple. The old man said, they were just fine - they were used to sharing everything.

People closer to the table noticed the little old lady hadn't eaten a bite. She sat there watching her husband eat and occasionally taking turns sipping the drink.

Again, the young man came over and begged them to let him buy another meal for them. This time the old woman said 'No, thank you, we are used to sharing everything.'

Finally, as the old man finished and was wiping his face neatly with the napkin, the young man again came over to the little old lady who had yet to eat a single bite of food and asked 'What is it you are waiting for?'

She answered.... The teeth.



- * 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 !!!!

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.



FOOD for PLEASURE

Printed with permission from James Reeson
“Alive and Cooking” Gem 90 9.30 am weekdays www.aliveandcooking.com.au

Savoury Chicken Pastries (Makes 18)

Ingredients

1 pre-roasted chicken breast
3 sheets of puff pastry
1 handful each of basil, curly parsley and dill, finely chopped
4 tbsp Fountain mustard sauce
100g grated cheddar cheese
1 salad onion, finely chopped



Method

Chop the chicken breast into 1 cm squares and mix in a bowl with the herbs, onion, cheese, mustard sauce and any pan juices from the roasted chicken.

Line a baking tray with baking paper and pre-heat the oven to 200°C.

Cut the pastry into three, then in half (to give you 6 small strips).

Place 1 heaped tbsp of mixture into the centre of each pastry strip.

Fold the edges of the pastry over to form a small package the turn onto its end and squash down to form an open topped pastry.

Bake at 200°C for 15-20 minutes or until golden and oozing cheese.

Notes: I make these into sausage rolls for simplicity. Also try substituting 2 tablespoons of each of BBQ Sauce & Tomato Sauce instead of the Mustard Sauce! Yum!!

For something different substitute tuna for the chicken.

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

Mattress Protectors:

Disposable	- large single	\$3.00
Washable	- Queen size	\$6.00
Washable	- Double size	\$6.00
Washable	- Single size	\$6.00

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 (NEW PRICE) \$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.