

Jo's Bit

Welcome to the last GOSS of 2011.

It has been a big year and an exciting one but I for one are going to be happy to have a couple of days off over Christmas.

Computers have been the bane of my life at present and hopefully next week I will have my emails back on line and not having to do them remotely. I lost a hard drive at home and then as soon as we moved into the new building the hard drive on my computer in there chucked a wobbly. And in between the web site went down and I haven't had the time to fix it. Maybe December might be easier.

I want to thank all the members who have adjusted to our move without too much fight. We knew that it would not suit everyone and as much as we would have liked to stay within spitting distance of both hospital that was not an option - money wise and site wise.

It has taken me a couple of months to get used to it as I now have so much space I don't know where to put things but that is changing very quickly.

Thank you to all the members and their families who sold tickets in our annual raffle. It was great to see that the majority of prizes were won by actual members. Unfortunately if I haven't rung you then you missed out on a prize.

To all the people who have offered to volunteer I will shortly be sending out an Volunteers application form and if you do not get one before the new year or if you want one, then give me a call and I will send one out to you.

I hope that you all have a great Christmas break and are able to share the festivities with your family and friends and I look forward to seeing you in the new year.



Joanne
25/11/11

Geelong Ostomy Inc. COMMITTEE OF MANAGEMENT 2011 - 2012

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
	Flo Mc Callum
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



Another year has almost gone, Christmas is just around the corner, and what have we been able to achieve? I trust, as you look back over the last 12 months, you are able to say that you, the members, have each been served well by your Ostomy Association and all the volunteers throughout 2011. We have endeavoured to give you good service and keep you up with events as they have happened. Sometimes things beyond our control cause hiccups, but we have done our utmost to continue to give you quality service.

As you know, this year we acquired a new name. We also purchased land and had a new building erected in Grovedale. To some people it has seemed to be an unsatisfactory decision by the committee. As you also know, we were very quickly outgrowing the building we were in. After much investigation, the only option was to relocate, and the best way was to erect a building that suited our requirements for the future. The only property available at a price we could justify was either at Lara or Grovedale. The area of Grovedale was chosen because it was the area closest to the majority of our ostomates and easy accessible to the property was available. We trust you will enjoy the continued service from the new premises.

I would like to thank all our volunteers for their excellent work, sometimes under great difficulties. Their continued efforts are greatly appreciated. Without their efforts, Geelong Ostomy could not function as it does. Jo and Kel, thank you both for your mighty work through the year. They are the heart and soul of our association. Another person who deserves a special vote of thanks is Bob May. He has been a tower of strength during the construction of our new premises. I think his wife must have thought him a stranger in the home sometimes. He seemed to always be doing things to facilitate the building. Thanks to our management committee and building committee members for their support as well.

As the year ends, it is my wish that each member will enjoy the blessings of Christmas, a joyous and prosperous New Year, good health, and a desire to make other people's lives more pleasant with your smile.

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.

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	Mondat 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 places **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 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.



Getting Away

Picture yourself on a cool, sunny day, standing on the top deck of a huge cruise ship in Glacier Bay, Alaska. The deep water in the long, narrow fjord is dead-calm. The ship glides slowly and silently towards the end of the fjord, towards the face of Margerie Glacier, one of the massive rivers of ice moving slowly down the mountains into the sea.

People from all over the world travel to Alaska in the short northern summer tourist season, and marvel at the beauty of nature. As we approach the glacier we glide past lumps of white ice in the blue water. At first they are just fragments, then some are as big as a washing machine, or a fridge, occasionally bigger than a car... and that's only the ice above water level.



People move about quietly on the decks of the ship, but most are just standing near the railing, staring at the wall of jagged ice, to see if any might break off and crash noisily into the sea. Unluckily, it doesn't happen for us today. Your eye is also drawn up the glacier, as it curves into the mountains, some between 10,000 and 15,000 feet above sea level. All are covered in patches of ice and snow, and stand out against the blue sky. Most people are rugged up in jackets, scarves and beanies, some have gloves, but the sun still warms us in the absence of any breeze. It's just a perfect way to spend a day in a unique environment.

If, as an ostomate, you are in good health, and you have the opportunity, there is nothing to prevent you from travelling overseas. I know several of our GO members who have been abroad this year. But of course, you don't have to go overseas to see amazing scenery. Australia, indeed Victoria, has some of the most beautiful country in the world. Get out there and see it. Places like the Grampians, the Great Ocean Road, the Shipwreck Coast, Phillip Island, and places along the Murray River, are all great spots for a short visit or a longer, relaxed holiday. Even a picnic outing to Anakie Gorge or Anglesea or somewhere even closer can give your body and mind a real lift.

CG

DONATIONS & FUND RAISING

Thank you to all the members who have and continue to give us donations towards the new building. We still need to raise a bit more money to complete the project so any donation is appreciated.

On that note we need to thank Bendigo Bank, Lions Clubs and Rotary Clubs for their support in helping us to raise funds. They are all running different events etc so if you see a BBQ or Competition, or event run by these generous people have a go at what ever they are offering as in the long run it will help you.



Also THANKS to Bob May who has had the task of being our spokes person on many Breakfast and Evening meetings and he has done an incredible job with the building and getting us into the beautiful new headquarters.

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

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 is doing it fine again, his health is back to 100% and even though he is always going to be on his special diet he is thriving.

Because of his special diet, he doesn't get a variety of meats and textures, so it is essential that he has his teeth checked and cleaned. Well that was done this week and I am still trying to get off the floor!!!

\$294 to have his teeth cleaned - yes I know he had to be sedated but that is a lot of toothpaste!!!

Mum says now he can bite me with clean teeth so stop complaining!!

When he thinks that it is time to me to get up - he comes up to me and licks my nose and then bites it (very lightly) but it is not the nicest way to wake up - that is for sure. Doesn't do it to Kelly and maybe that is because Kelly feeds him and I don't or I don't scream loud enough!!!

Below is a picture of Thomas at the old premises before we did up the garden. He sure did own that place and was king of the domain there as he is now at our home!!



ARE YOU OVER ORDERING !!

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

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



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

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

ARE YOU UNDER ORDERING !!

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

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

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



WE have arrived!! And what a wonderful relief it is. 8 weeks on and I am still trying to find out where to put things as we have so much more room now that we do not have to stack everything on top of each other. This building will be suitable for at least the next 20 years if not more as there is plenty of room to grow and also the layout can be changed to suit any changes in the future that is needed.

Pack out days are now a joy- as instead of 10 people being stuck in one small room we now have space and air to breath again. It is still a work in progress as we identify the little things that need to be done and we get the gardens organised etc, but over all it is wonderful and a pleasure to be in.

Special Thanks to Bob May who was the project manager and oversaw virtually all of the building.

Once we are settled in we are hoping to have an open day - so keep an eye out for the notice in your parcels.

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.

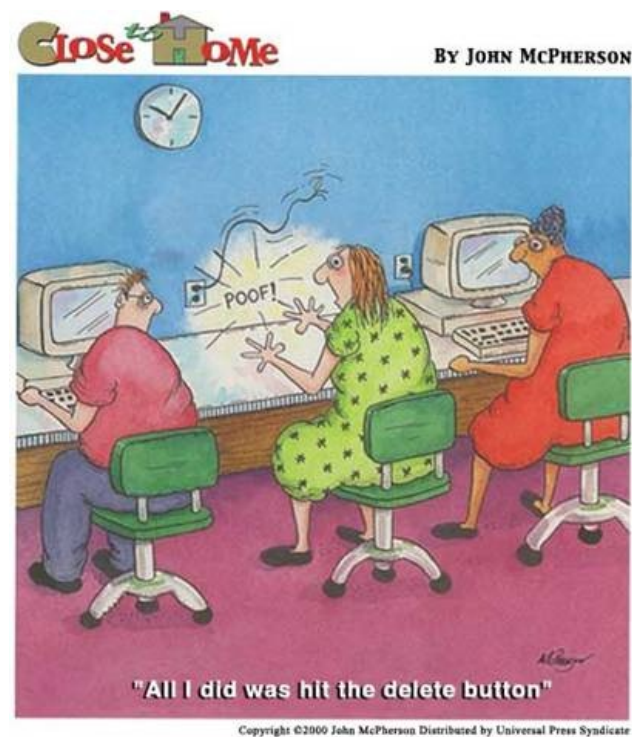


Rules for Certificates for Additional Stoma Supplies

- ✓ 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!!



This is what Joanne's life is like at present - ruled by her computers!!!



- ★ 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.

PARAPROSDOKIANS

Paraprosdokians are "Figures of speech in which the latter part of a sentence or phrase is surprising or unexpected; frequently used in a humorous situation.

"Where there's a will, I want to be in it," is a type of paraprosdokian.

1. Do not argue with an idiot. He will drag you down to his level and beat you with experience.
2. The last thing I want to do is hurt you. But it's still on my list.
3. Light travels faster than sound. This is why some people appear bright until you hear them speak.
4. If I agreed with you, we'd both be wrong.
5. We never really grow up, we only learn how to act in public.
6. War does not determine who is right - only who is left.
7. Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
8. Evening news is where they begin with 'Good Evening,' and then proceed to tell you why it isn't.
9. When you steal ideas from one person is plagiarism. To steal from many is research.
10. A bus station is where a bus stops. A train station is where a train stops. On my desk, I have a work station.
11. I thought I wanted a career. Turns out I just wanted pay-checks.
12. Whenever I fill out an application, in the part that says, 'In case of emergency, notify:' I put 'DOCTOR.'
13. I didn't say it was your fault, I said I was blaming you.
14. Women will never be equal to men until they can walk down the street with a bald head and a beer gut, and still think they are sexy.
15. Behind every successful man is his woman. Behind the fall of a successful man is usually another woman.
16. A clear conscience is the sign of a bad memory.
17. I asked God for a bike, but I know God doesn't work that way. So I stole a bike and asked for forgiveness.



18. You do not need a parachute to skydive. You only need a parachute to skydive twice.
19. Money can't buy happiness, but it sure makes misery easier to live with.
20. There's a fine line between cuddling and holding someone down so they can't get away.
21. I used to be indecisive. Now I'm not so sure.
22. You're never too old to learn something stupid.
23. To be sure of hitting the target, shoot first and call whatever you hit the target.
24. Nostalgia isn't what it used to be.
25. Change is inevitable, except from a vending machine.
26. Going to church doesn't make you a Christian any more than standing in a garage makes you a car.
27. A diplomat is someone who tells you to go to hell in such a way that you look forward to the trip.
28. Hospitality is making your guests feel at home even when you wish they were.
29. I always take life with a grain of salt. Plus a slice of lemon, and a shot of tequila.
30. When tempted to fight fire with fire, remember that the Fire Department usually uses water.



And last, but not least,
The early bird may get the worm, but the second mouse gets the cheese.



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.

A Little Beam Of Laughter

A man and a woman who had never met before, but who were both married to other people, found themselves assigned to the same sleeping room on a trans-continental train.

Though initially embarrassed and uneasy over sharing a room, they were both very tired and fell asleep quickly, he in the upper berth and she in the lower.

At 1:00 AM, the man leaned down and gently woke the woman saying, 'Ma'am, I'm sorry to bother you, but would you be willing to reach into the closet to get me a second blanket? I'm awfully cold.'

'I have a better idea,' she replied 'Just for tonight, let's pretend that we're married.'

'Wow! That's a great idea!', he exclaimed.

'Good,' she replied. 'Get your own bloody blanket.'

After a moment of silence,he farted.



Two skeletons used by the professor of anatomy found themselves stowed away in a dusty closet. After several weeks of boredom one turned to the other and asked, "What are we doing shut up in here anyway?" "Got me," admitted his companion. "If we had any guts we'd bust out of here."



- * 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 the members who congratulated us on the new building and to MR LS who gave us a beautiful flowering plant on our first day.

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

Do You Live In the Western District?

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

They would love to see you there.

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

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

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



More Little Beams Of Laughter

Manure... An interesting fact

Manure: In the 16th and 17th centuries, everything had to be transported by ship and it was also before commercial fertilizer's invention, so large shipments of manure were common

It was shipped dry, because in dry form it weighed a lot less than when wet, but once water (at sea) hit it, it not only became heavier, but the process of fermentation began again, of which a by product is methane gas. As the stuff was stored below decks in bundles you can see what could (and did) happen.



Methane began to build up below decks and the first time someone came below at night with a lantern, BOOOOM!

Several ships were destroyed in this manner before it was determined just what was happening

After that, the bundles of manure were always stamped with the term "Ship High In Transit" on them, which meant for the sailors to stow it high enough off the lower decks so that any water that came into the hold would not touch this volatile cargo and start the production of methane.

Thus evolved the term " S.H.I.T " , (Ship High In Transport) which has come down through the centuries and is in use to this very day.

You probably did not know the true history of this word.

Neither did I.

I had always thought it was a golf term !

FOOD for PLEASURE

CHEESY CHICKEN BAKE

Ingredients

4 Chicken breast fillets	1 tablespoon oil
420gm can creamy chicken soup	1 bunch spring onions, chopped
1 crushed garlic clove	1 tablespoon grated Parmesan
125gm reduced fat mozzarella sliced	

Method

1. Preheat the oven to 190.
2. Heat the oil in a pan and lightly brown the chicken breasts all over.
3. Transfer to a ovenproof dish.
4. Mix the soup with the spring onions, garlic and pour over the chicken breasts.
5. Top with the sliced mozzarella and parmesan.
6. Bake for 25 minutes until golden and bubbling and the chicken is cooked.

PRAWN PATE

Ingredients

250gm cooked peeled prawns	125gm full fat cream cheese
75gm butter softened	1 tablespoon fresh chives, snipped
½ lemon, Zest & juice	Pinch cayenne pepper
salt & freshly ground black pepper	Toasted pitta breads to serve

Method

1. Reserve a few prawns to garnish, then place the remainder in a food processor with the cream cheese, butter and lemon, chives and cayenne pepper.
2. Process until the prawns are roughly chopped and blended with the other ingredients.
3. Spoon into small serving bowls.
4. Garnish with reserved prawns, cover and chill for 2 hours or until firm.
5. Serve with toasted pitta breads and lemon wedges.



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
Blueys (NEW ITEM) - 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.

Our Yearly Dementia Test

only 4 questions

It's that time of year for us to take our annual senior citizen test.

Exercise of the brain is as important as exercise of the muscles. As we grow older, it's important to keep mentally alert. If you don't use it, you lose it! Below is a very private way to gauge how your memory compares to the last test. Some may think it is too easy but the ones with memory problems may have difficulty.

Take the test presented here to determine if you're losing it or not. OK, relax, clear your mind and begin.



1. What do you put in a toaster?
2. Say 'silk' five times. Now spell 'silk.' What do cows drink?
3. If a red house is made from red bricks and a blue house is made from blue bricks and a pink house is made from pink bricks and a black house is made from black bricks, what is a green house made from?
4. Without using a calculator - You are driving a bus from Melbourne to Geelong.. In Melbourne , **17** people get on the bus.
In Footscray , **6** people get off the bus and **9** people get on.
In Laverton , **2** people get off and **4** get on.
In Hoppers Crossing , **11** people get off and **16** people get on.
In Werribee , **3** people get off and **5** people get on.
In Lara, **6** people get off and **3** get on.
You then arrive at Geelong ..
Without going back to review, how old is the bus driver?

Answer 1: 'bread.' If you said 'toast' give up now and do something else.. Try not to hurt yourself. If you said, bread, go to Question 2.

Answer 2: Cows drink water. If you said 'milk,' don't attempt the next question. Your brain is over-stressed and may even overheat. Content yourself with reading more appropriate literature such as Auto World. However, if you said 'water', proceed to question 3.

Answer 3: Greenhouses are made from glass. If you said 'green bricks,' why are you still reading these??? If you said 'glass,' go on to Question 4.

Answer4: Oh, for crying out loud! Don't you remember your own age? It was YOU driving the bus!!

If you pass this along to your friends, pray they do better than you.
PS: 95% of people fail most of the questions!!