

## Jo's Bit

Welcome to the last GOSS for 2012. I personally can not wait for 2013 to come to bear as 2012 has been a bit of a struggle for me health wise.

So on that note I need to apologies for not getting out an issue for July. Due to ill health I never got it finished in time to be printed so I have made this issue 4 pages longer to make up for the loss and added 2 more recipes that I hope you will enjoy.

I would like to also take this time to thank all the volunteers who picked up that baton when I was ill and carried on extremely well with me ringing in from hospital etc. Your volunteers are a credit to you all and you should take the opportunity to thank them when you see them, as with every one at GO they all volunteer their time and help for free.

I would like to thank your volunteers in no specific order: Brenda E, Brenda L. Colin, Bob, Ron, Max, Margaret, Lynne, Stewart, Peter, Fay, Roger, Michelle, and Marion.

Two members have contributed letters to this issue which I hope you find interesting.

I hope you all have a safe and Happy Christmas and New Year.

Joanne  
5/11/12



Page 31 quiz answers: 1) Blue, Indigo and Violet 2) Romeo 3) The Union Flag 4) Yen 5) Winnie the Pooh stories 6) 12 – Apollo 11, 12, 14, 15, 16, 17 – between 1969 and 1972 7) Giraffe 8) Jesse Owens 9) Kermit the Frog 10) Groovy 11) Ba'ath Party 12) Big Ben 13) Q 14) Hogwarts 15) Aardvark 16) Lee Harvey Oswald 17) Yellow and Black 18) Angela Rippon 19) George Orwell (1984) 20) Piccadilly Circus 21) Robin Hood, Prince of Thieves in 1991 22) Colour – 'Toll of the Sea' in 1922, Sound – 'The Jazz Player' in 1927 23) George Harrison 24) Melbourne, Australia 25) Tony Blackburn 26) Jupiter 27) John Milton 28) The Mayflower 29) 7 (I V L X C D M) 30) A Helicopter Bonus: 3795m

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### 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



Here we are almost at the end of the year 2012, in fact, just a few weeks from Christmas. Hasn't time flown? I hope it hasn't been a 'drag' for you. As I look back over the last twelve months it seems that my days are just not long enough to fit in all the things I need to do. Sometimes I feel like screaming, 'Stop the world, I want to get off'. Have you ever felt that way? I think we all do at some time in our life. I reckon that's how Joanne has felt a number of times throughout the last twelve months, with all the massive changes that have taken place in the operation of Geelong Ostomy Inc. She has enough problems dealing with health issues, without the added responsibilities she has performed just to keep the place running. How can we ever thank her for the wonderful job she does? Words just don't seem enough. Thanks heaps Jo. You are the heart of the operation and we trust you are feeling fulfilled in the performance of all the duties you have undertaken to keep us afloat.

By the way, Joanne is not the only one who deserves our thanks. There are all those volunteers who work so well behind the scenes. Each person involved has problems of their own, yet they continue to perform their allotted tasks happily and efficiently. In my opinion, they are grossly overworked. They are a mixed 'mob', but they work together very efficiently. Some have even taken on extra tasks while Jo has been battling health problems. I would like to offer my sincere thanks to each one who stepped up to the mark and filled the gap in our time of special need. Maybe some even found they could do things they didn't think possible. Without the efforts of all our volunteers there would be no Geelong Ostomy and who knows where we would have to go to obtain our supplies. We should be very thankful to them all, maybe even give them a word of thanks next time we get our order.

Another New Year is coming up soon and that's an opportunity for you to consider how you could help in the operation of the business (I guess you could call it that). There is always room for more volunteers to assist in the preparation of orders, serving at the counter or one of the many other tasks needing to be performed to 'keep the ship afloat'. If you would like to become a member of the volunteer team, talk to Jo.

As I bring this article to an end, I hope you are looking forward to the Festive season and have other people with whom you can share the blessings that you will experience.

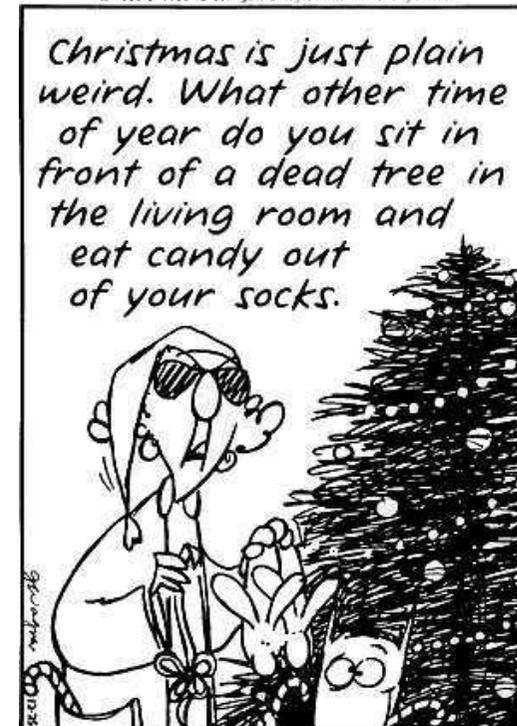
I trust you will have good health and happiness both now, at Christmas time and in the New Year. These are two of the greatest blessings we are able to receive, and happiness is one thing we are able to share. Let us all aim to try to bring happiness and love into the lives of those around us and help to make this world a better place for us having lived in it.

Till next time,

Ian Combridge.



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## Postage & Cash Sales Payment

Your postage account and your cash sales (**cash sales for postage orders only**) & future memberships can be now paid by direct deposit. You need to make sure you have your name in the reference area, so that we know who has paid us.

The bank details are:

A/c Name : Geelong Ostomy Inc.

BSB No. : 633000

A/C No. : 102191087

Bank : Bendigo Bank

## Do you know that you can pay for your postage up to 12 months in advance?

This can save you money, especially if you have to pay for your cheques or if you use money orders.

It costs \$5.50 for every money order you get, so if you were to pay for 3 months postage on one money order (\$36) you would save yourself \$11.00 which is nearly another months postage!!!



We will also take up to 12 months of orders in advance - so if your stoma has settled down and you order the same thing each month this might be the way for you to manage your orders and postage.

If for some reason you have orders placed in advance and you need to change them, that is no problem, as that can be done with a phone call or by sending in a new order.

Please remember that we will not post out orders etc. without payment first.

## PICK UP DATES 2013

Orders will be available for **Pick-up at 6 Lewalan Street**, any Monday, Wednesday or Friday, 9.30 am to 2.30 pm, **on and after these dates** of the month ordered for.

**PLEASE NOTE:** Members ordering Braun, Welland, Pelican appliances, Eakin seals and Omnigon Support garments will **not** be able to pick up **any part of their order** until the later dates listed.

Month	APPLIANCE COMPANY: Salts, Convatec,, Coloplast, Dansac, Hollister	APPLIANCE COMPANY: Braun, Pelican ,Welland, Omnigon, Eakin
January	Monday 7 <sup>th</sup> January	Wednesday 9 <sup>th</sup> January
February	Wednesday 6 <sup>th</sup> February	Friday 8 <sup>th</sup> February
March	Wednesday 6 <sup>th</sup> March	Friday 8 <sup>th</sup> March
April	Friday 5 <sup>th</sup> April	Monday 8 <sup>th</sup> April
May	Monday 6 <sup>th</sup> May	Wednesday 8 <sup>th</sup> May
June	Wednesday 5 <sup>th</sup> June	Wednesday 12 <sup>th</sup> June
July	Friday 5 <sup>th</sup> July	Monday 8 <sup>th</sup> July
August	Monday 5 <sup>th</sup> August	Friday 9 <sup>th</sup> August
September	Wednesday 4 <sup>th</sup> September	Monday 9 <sup>th</sup> September
October	Friday 4 <sup>th</sup> October	Monday 7 <sup>th</sup> October
November	Monday 4 <sup>th</sup> November	Monday 11 <sup>th</sup> November
December	Wednesday 4 <sup>th</sup> December	Monday 9 <sup>th</sup> December

### 2013 PUBLIC HOLIDAYS - days we will be closed

Australia Day - Monday 28<sup>th</sup> January

Labour Day - Monday 11<sup>th</sup> March

Good Friday - Friday 29<sup>th</sup> March

Easter Monday - Monday 1<sup>st</sup> April

Queens Birthday - Monday 10<sup>th</sup> June

Christmas Break - Wednesday 25<sup>th</sup> December & Friday 27<sup>th</sup> December



# OPEN DAY

On Saturday October the 6<sup>th</sup> we had our Open Day, to thank the members for their support and to open the building to the members to see how we operate.

We also had trade displays by the companies and a free sausage sizzle.

We must give a big thank you to Stefan who gave up his Saturday to man the BBQ and cook the 160 sausages that he did.

We also need to thank all the volunteers who contributed to the day with donations and physical help, it was greatly appreciated by Joanne and the members who participated. They did a wonderful and successful job.

Thank you to the companies who attended and talked to the many members, answering their many questions.

And lastly but definitely not in the least, thank you to the members and their partners and family who attended and made the day a success.

The winner of the raffle on the day which was a travel bag full of groceries was the kind member who donated all the sliced onions for the BBQ on the day.



## ORDERING BY E-MAIL

Orders can be placed by e-mail [goinc@geelongostomy.com.au](mailto:goinc@geelongostomy.com.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 [goinc@geelongostomy.com.au](mailto:goinc@geelongostomy.com.au)

## ORDERING VIA THE INTERNET

Orders are now able to be placed via our web site [www.geelongostomy.com.au](http://www.geelongostomy.com.au).

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



Go to the "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.



Young Ostomates United is a not-for-profit organization that provides support and friendship to those with an ostomy from the ages of birth to 40 years.

We provide support to YOU through friendship, liaising with professionals and providing support pre and post surgery.

Y.O.U Inc. has recent started a support group in the Greater Geelong area with two successful meetings so far. To date we have met some lovely people and have shared many experiences. With this we want to extend our support and ask for anyone who would like to join us in a catch up to come along to one of our meetings and meet some wonderful people and have a cuppa and a chat. Currently we are catching up once a month thanks to the Geelong Ostomy Association and spend a few hours getting to know one another and having a good time.

For information on the next meeting please contact Karen as below

If you have any questions please call Karen on 0452 513 191 or email at [ksant@live.com.au](mailto:ksant@live.com.au) .:



## GO Letter

After 10 years of being an ostomate and receiving my supplies every month without fail from Geelong Ostomy. I decided to heed the call from Joanne Holmes and volunteer my services to help. To my surprise I found that the 800 plus members of Geelong Ostomy are looked after by Joanne and just 12 volunteers, Yes ! just 12 people spread over three days a week unpack the supplies from the manufacturers and check and double check as they make up the parcels you receive either by post or pick-up at Lewalan Street Grovedale. They also operate the front service counter to assist you when you pick up your supplies. If one of the rostered Volunteers is unable to attend, the load is picked up by the three remaining people or someone not rostered comes in. (Usually pack out day when hundreds of items are sorted and packed) It doesn't take a mathematician to work out how many days a year these people spend at Lewalan Street.

Joanne who's knowledge of the products, the members names and needs is staggering, organises the ordering from suppliers, reporting to the Government and generating packing slips, handles membership and a myriad of other tasks unseen by the members.

Next time you come to Lewalan Street to place an order or pick up your essential supplies ask one of the four volunteers on duty to show you around. If you don't get to Lewalan Street have a look at our Web Site, there are some pictures of what we are about. Who knows you might even be persuaded to help out occasionally.

Stewart Masters  
Ballarat



## 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.

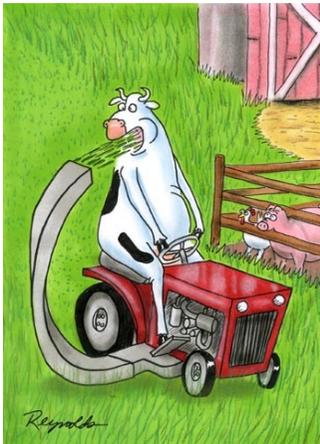
We need people who can work from 9.30 am to 3.30 pm, Monday, Wednesday and Friday. Especially on the emergency call in register.



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.

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## Stef's Scuttlebutt

### The Beatitudes

Blessed are the poor in spirit,  
for theirs is a life of freedom.

Blessed are they who mourn,  
for they shall be comforted.

Blessed are the meek,  
for they shall possess true friendship.

Blessed are they who hunger and thirst for justice,  
for they shall be called heroes.

Blessed are the merciful,  
for they shall obtain mercy.

Blessed are the pure of heart,  
for they shall have peace forever.

Blessed are the peacemakers,  
for they shall also be called heroes.

Blessed are they who suffer persecution for justice sake,  
for theirs is a life promised after death.

## **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**

## ***OPEN LETTER TO MEMBERS FROM A MEMBER***

During the middle of last year, I unexpectedly became a permanent ostomate through colo-rectal cancer. The process was rather swift from diagnosis, confirmation and surgery with a successful outcome that has been nothing short of miraculous. I must give thanks to my wife and family, GP, surgeon, stoma therapist and the team at Geelong Ostomy for their initial and continuing care.

Shortly after surgery, I was introduced to Geelong Ostomy through a package of information including the Members Information Book and an article contained in it has positively shaped my acceptance and attitude of the sudden change that has occurred in my life.

I have always held the belief that to be truly happy, you need to be comfortable with your body and love yourself – for without loving yourself, how can you love anyone else?

In recovering from the radical surgery and coming to terms with my new look and feel, I read a light hearted autobiography from a stoma's perspective – how its creation had changed it from a piece of bowel working in darkness and security, to become the outside final outlet, exposed to examination, washing, adhesives, etc. The bowel's change certainly paralleled mine – an unexpected, but life saving change. This feeling of “not my fault and not my choice”, allowed me to treat this change, not as a loss and negative experience, but as an ongoing partnership with this part of my body, which until now I had taken for granted. The situation could have been a whole lot worse.

It has been helpful for me to personalise this relationship, and he has been named Toby, for as my surgeon said, “he is to be or you are not to be!”

It might sound a little flippant, or childish, but Toby and I have a great friendship, sharing experiences, keeping each other healthy and keeping in perspective the nuances of a healthy bowel that passes wind and solids off the conveyor belt of the digestive system and not taking the day to day noises and accidents too seriously.

I am fortunate to have become an ostomate at a relatively young age (56) and have a fairly healthy lifestyle, including full time work (until the end of this year), participating with my wife in long distance road walking events and extensive travel, including a planned 7 week trip to Alaska / Canada in May next year. I will hopefully have many years ahead to share my life with Toby.



I have not written this article to blow my own trumpet, but to extend to those who may be struggling with the changes having a stoma brings, to appreciate and love their body – after all, it is the only one we get. I would also like to thank the folks at Geelong Ostomy for providing GOSS and the valuable information link that it serves.

Ken Oke



## DOES YOUR STOMA HAVE A NAME?

Mine is “Leonard” - sorry to any member called Leonard? Does yours have a name? I would be interested to see if any members have any unusual name for their stomas.

On an American Ostomy Website (2002) they had a section where ostomates e-mailed in their Stomas names and why they have called them so. My favourite one was Rygel II named after the character on the TV show “Farscape”.

(Rygel is a short, wrinkly thing totally obsessed with food and high living and he seems to demand constant attention!)



## 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!!

## A TRUE POEM

They were funny looking buildings, that were once a way of life,  
If you couldn't sprint the distance, then you really were in strife.  
They were nailed, they were wired, but were mostly falling down,  
There was one in every yard, in every house, in every town.

They were given many names, some were even funny,  
But to most of us, we knew them as the outhouse or the dunny.  
I've seen some of them all gussied up, with painted doors and all,  
But it really made no difference, they were just a port of call.

Now my old man would take a bet, he'd lay an even pound,  
That you wouldn't make the dunny with them turkeys hangin' round.  
They had so many uses, these buildings out the back,"  
You could even hide from mother, so you wouldn't get the strap.

That's why we had good cricketers, never mind the bumps,  
We used the pathway for the wicket and the dunny door for stumps.  
Now my old man would sit for hours, the smell would rot your socks,  
He read the daily back to front in that good old thunderbox.

And if by chance that nature called sometime through the night,  
You always sent the dog in first, for there was no flamin' light.  
And the dunny seemed to be the place where crawlies liked to hide,  
But never ever showed themselves until you sat inside.

There was no such thing as Sorbent, no tissues there at all,  
Just squares of well read newspaper, a hangin' on the wall.  
If you had some friendly neighbours, as neighbours sometimes are,  
You could sit and chat to them, if you left the door ajar..

When suddenly you got the urge, and down the track you fled,  
Then of course the magpies were there to peck you on your head.  
Then the time there was a wet, the rain it never stopped,  
If you had an urgent call, you ran between the drops.

The dunny man came once a week, to these buildings out the back,  
And he would leave an extra can, if you left for him a zac.  
For those of you who've no idea what I mean by a zac,  
Then you're too young to have ever had, a dunny out the back.



## NEED TO SEE YOUR STN ?

It is **essential** that you ring and make an appointment with your very, very busy Stomal Therapy Nurse.

Please do not just drop in and expect to be seen, as these wonderful nurses have many other duties as well as seeing their out-patients.

It is just like your GP, You cannot just walk in and expect to see your GP without an appointment.

It is also good manners to actually wait until your appointment time before attending the out-patients clinics - as your STN has allotted the scheduled time to see you around their other duties and by turning up early you are causing other problems elsewhere.

If you are early - have a cuppa in the café or in town.

## TAKING OWNERSHIP OF YOUR STOMA & ITS CARE

One of the most frustrating problems that your STN's have, is your lack of information about your stoma and the product that you use, especially when you ring them up or see them after a long time.

The information that you should always have on hand is:

What type of stoma? Colostomy, ileostomy, urostomy.

Are you using a closed pouch or a pouch that you can drain?

Are you using a 1 piece or 2 piece system of pouching?

What is the brand of product that you are using and the code of the product? ( this info can be found on the end of the box of pouches)

If quoting from a magazine bring it with you or have it with you on the phone so that you can quote the page numbers etc.

# MEMORY LAPSES

Sourced and adapted from: <http://evansville-ostomy.org>

Part way though a sentence your mind goes blank. You search frantically for the words, but memory fails. It can be one of the longest moments of your life. If those memory lapses seem to occur more and more often, it probably isn't what you think. Forgetfulness has been associated with mental loss due to Alzheimer's disease. But most people remain alert and able as they grow older. A minor decline in memory in healthy seniors is referred to as age-related memory loss (ARML). It's annoying, but ARML does not entirely disable memory.

## How Memory Works

Memory is not a single process. Declarative memory is a source of actual information that includes vocabulary and life events. About 1/3 of healthy older people have some difficulty with declarative memory. This is ARML. ARML doesn't interfere with other important mental functions such as reasoning, imagination, insight and abstract thinking. Non-Declarative memory allows us to recall skills and procedures. A person with dementia will have difficulty with both Non-Declarative and Declarative memory.

## When Not To Worry

People with ARML and those with diseases such as Alzheimer's or other dementias have different experiences. Normally, aging people may sometimes have trouble:

- with remembering words;
- doing daily activities on their own;
- remembering important events and conversations; and
- feeling as comfortable socially as they always have.



In contrast, people in the early stages of dementia may have trouble:

- Recalling familiar words;
- Neglect their safety, hygiene and nutrition;
- Have difficulty driving and shopping and are unable to follow directions;
- Become lost in familiar places.

If you feel that these symptoms apply to you or someone you love, consult a doctor.

## USE YOUR BRAIN

The best thing you can do for your brain is to use it. A rusty memory can be salvaged. In one study, seniors who did mentally stimulating activities such as practicing music and playing board games reduced their risk of dementia. Evidence also suggest that aerobic exercise sharpens memory skills. Even believing in your ability to remember things may have some effect. When seniors were given a memory performance test, those who believed they would do well on the test did better than those who thought they would do poorly.

NB: A good diet and plenty of fluids (Water) will also help you brain as they feed it and your body

# 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.



# 5 Awesome Uses for Aloe Vera

By Sarah Christie (www.mindbodygreen.com)

Aloe Vera is one of the most famous plants in the world, and is has been used frequently in history for its medicinal properties. Legend has it that the Aloe Vera was Cleopatra's beauty secret, is mentioned in the Bible in over a dozen passages, and now has scientific research to support its benefits. The Aloe Vera plant is easy to grow even in cold climates and many people grow it as a house plant. Aloe Vera extracts can drank as a juice, applied as a topical lotion or taken in dried extract capsules. When you are purchasing gel or juice, look at the concentration of the product to ensure its not diluted and you are buying pure Aloe Vera.

What's in Aloe Vera gel:

- Water
- 20 minerals
- 12 vitamins
- 18 amino acids
- 200 active plant compounds (phytonutrients)

**1. Makeup Remover** - Nature provides the answer to safely removing your eye makeup and gentle for the delicate skin around your eyes. Aloe is a perfect alternative to oil based removers, plus you know exactly what ingredients being applied on your skin. Refrigerated Aloe Vera Gel soaked in cotton balls also provide a great compress for tired, puffy eyes.

**2. Skin & Sunburn Soother** - Acne, eczema, and skin irritation respond well to the natural antiseptics in Aloe. Apply gel 2-3 times a day to the area until it is healed. Aloe also contains cooling properties similar to menthol which makes it a great way to sooth sunburns. It acts as a protective layer on the skin and helps replenish its moisture. When the skin is hydrated, then it will recover faster from the sunburn.

**3. Natural Shaving Gel and Aftershave** - Aloe Vera is anti-inflammatory thanks to its enzymes and with its high water content, it is very hydrating. It provides a smooth surface on your skin giving you a very close shave. Aloe also can be used as an aftershave to prevent razor burn.

**4. Wrinkle Repair** - Skin loves Vitamins C and E which are present in Aloe, helping to improve skins firmness and keep it hydrated. Combining virgin coconut oil can make a creamier way to supplement nutrients, essential fats and moisture. Aloe Vera gel penetrates skin almost four times faster than water, and its super emollient qualities help it moisturize the under layers of skin.

**5. Internal Health** - Loaded with vitamins A, B1, B2, B5, B12, C, E, Folic Acid and niacin, Aloe helps replenish vitamins and amino acids to our diets. What better way than by drinking in these vitamin benefits of Aloe Vera juice while building the body's defense system naturally against stress. Start in small amounts and check with your doctor before beginning an Aloe Vera regimen.

A great started for supplementing Aloe Vera to your diet is through juicing. Start small with these two recipes, and later you can add in more aloe.

## **Exotic Aloe Cocktail**

- |                        |                              |               |
|------------------------|------------------------------|---------------|
| 1-2 cup pineapple      | 1 carrot                     | 1 green apple |
| 2 tbsp aloe vera juice | 2-4 tbsp of water (optional) |               |

## **Aloe Vera Good Juice**

- |                           |                              |          |
|---------------------------|------------------------------|----------|
| 2 carrots                 | 2 green apples               | 1 orange |
| 2 tbsp of aloe vera juice | 2-4 tbsp of water (optional) |          |



## GOING TO HOSPITAL OR TO SEE THE STN ?

If you are going to hospital for a procedure or going to see the Stomal Therapy nurse it is very important that you take with you at least one change of appliance. Any procedure that requires you to have your appliance removed requires another one to be put back on - so think about it and bring a change.

Any Hospital stay whether a day stay or a week stay - you need to take adequate supplies with you. Make sure to you tell family or friends where your supplies are at home in case you have to go to hospital in a hurry. Hospitals do not stock your supplies and they are not required to supply you them after your initial surgery.

Make arrangements with Family/Friends or ring us if you are in hospital and need to place your monthly order.

Be prepared and ALWAYS carry a spare change anyway even if not going to hospital because things happen sometimes and it is always best to be prepared.

**PLEASE BE RESPONSIBLE FOR YOUR OWN APPLIANCE NEEDS - IT IS UNFAIR TO RELY ON THE STN'S WHEN YOU ARE CAPABLE.**



## GOING TO HAVE A COLONOSCOPY?

You will probably need a different pouch to wear during the preparation for the procedure. This will be a drainable pouch.

If you have not been given some of these pouches or if you have any questions about the procedure preparation, please contact your stomal therapy nurse or Joanne.

## A Little Beam Of Laughter

### Better than a Flu Shot!

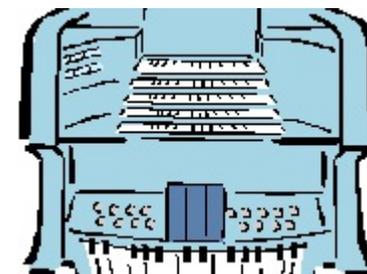
Miss Beatrice, The church organist, was in her eighties and had never been married. She was admired for her sweetness and kindness to all. One afternoon the pastor came to call on her and she showed him into her quaint sitting room. She invited him to have a seat while she prepared tea.

As he sat facing her old Hammond organ, the young minister noticed a cute glass bowl sitting on top of it. The bowl was filled with water, and in the water Floated, of all things, a condom!

When she returned with tea and scones, they began to chat. The pastor tried to stifle his curiosity about the bowl of water and its strange floater, but soon it got the better of him and he could no longer resist.

'Miss Beatrice', he said, 'I wonder if you would tell me about this?' Pointing to the bowl.

'Oh, yes,' she replied, 'Isn't it wonderful? I was walking through the park a few months ago and I found this little package on the ground. The directions said to place it on the organ, keep it wet and that it would prevent the spread of disease. Do you know I haven't had the flu All winter..'

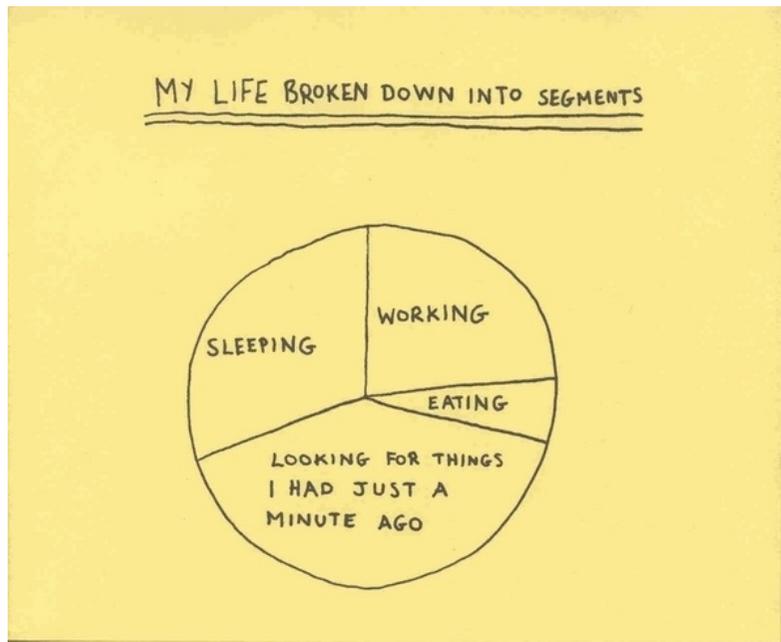




A big thank you to the members who continue to contribute to the Volunteers morning tea supplies - they really appreciate your thoughtfulness.

\* Thank you to the Volunteers who do a wonderful job of looking after the 600 members who attend the rooms each month! And who post out 150 parcels each month! WELL DONE !!!!

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



## Do You Live In the Western District?

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

They would love to see you there.

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



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

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

## More Little Beams Of Laughter

He is assigned to helping the other monks in copying the old canons and laws of the church by hand.

He notices, however, that all of the monks are copying from copies, not from the original manuscript. So, the new monk goes to the head abbot to question this, pointing out that if someone made even a small error in the first copy, it would never be picked up! In fact, that error would be continued in all of the subsequent copies.

The head monk, says, 'We have been copying from the copies for centuries, but you make a good point, my son.'

He goes down into the dark caves underneath the monastery where the original manuscripts are held as archives in a locked vault that hasn't been opened for hundreds of years.

Hours go by and nobody sees the old abbot. So, the young monk gets worried and goes down to look for him. He sees him banging his head against the wall and wailing.

"We missed the R !  
We missed the R !  
We missed the %\*#@# R !"

His forehead is all bruised and he is crying uncontrollably. The young monk asks the old abbot, 'What's wrong, father?'

With a choking voice, the old abbot replies, 'The word was..

C E L E B R A T E



## FOOD for PLEASURE

### Potato Patties

#### Ingredients:

2 cups mash potato (left overs)	1 large egg, beaten
¼ cup fresh parsley, chopped	½ cup fresh breadcrumbs
1 medium onion, finely chopped	½ cup grated tasty cheese
¼ cup canola oil	¼ cup plain flour

#### Method:

- 1 Combine potato, onion and parsley in a large bowl. Then add grated cheese
- 2 Add egg to combine, then flour and mix well.
3. Form potato mixture into golf ball sized ball, flatten slightly and then roll in breadcrumbs.
- 4 Heat oil in large frying pan .
5. Fry potato patties on both sides until golden.

Options: Add bacon finely chopped.  
Add Chilli flakes for a bit of kick.

Serve with: Salad or Vegetables and fish or meat dishes  
Serve as a party food using different dips or gravy  
Serve with Sweet chilli sauce or BBQ sauce.



### Microwave Italian Zucchini

#### Ingredients:

750g zucchini, sliced	1 tablespoon butter
1 tablespoon olive oil	2 teaspoons chopped parsley
½ teaspoon dried basil leaves	½ teaspoon dried oregano leaves
½ teaspoon salt	

#### Method:

- 1 Combine butter and oil.
  - 2 Cook zucchini in butter mixture 4 to 6 minutes, stirring half way through, then drain.
  - 3 Stir in remaining ingredients and cook until tender.
- NB. Different sized microwaves may require more or less cooking time.



# More FOOD for PLEASURE

## Chicken Spaghetti

### Ingredients:

250g spaghetti	1 tablespoon butter
1 onion, finely chopped	250g chicken, diced
125 g grated cheese	435 g can tomato soup
1 cup evaporated milk	salt and pepper, to taste
extra Cheese	

### Method:

- 1 Cook spaghetti as per packet, drain and rinse
- 2 Heat butter in a large pan, and fry chicken and onion until cooked.
- 3 Combine all ingredients in to the pan with the chicken and onion and heat thoroughly.
- 4 Serve topped with extra cheese.

Options: Other herbs and spices can be added to suit taste.  
Other cooked vegetables maybe added to add bulk and more veggie content if desired.



## Apple Bake

### Ingredients:

4 apples, peeled, cored and halved	3/4 cup sugar
1/2 cup SR flour	90g butter
1 1/2 cups cold water	



### Method:

- 1 Grease a 20 cm ovenproof pie dish.
- 2 Place apples in the dish.
3. Rub butter into the flour, add the sugar, then the water and mix lightly.
- 4 Pour batter over the apples.
5. Bak at 180° C for 35 - 40 minutes
- 6 Serve hot or cold with cream, custard or ice cream.

# CASH SALE ITEMS

### Deodorisers:

Orange or Lime or lemon Power - 100% natural	\$3.50
Floral Air Freshener	\$3.00

### 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
Rediwipes wet wipes	\$4.50

### 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
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Latex Disposable Gloves - 100 per box	\$6.00
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Curved Scissors	\$8.50
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### Night Drainage Bag Stands

Metal	\$25.00
Plastic	\$8.50

Belly Bands - all sizes	\$10.00
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Wheat Heat Bags	\$10.00
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Eakin Paste	\$21.50
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***Don't forget there is no returns on Cash Sale items, especially the Belly Bands, so make sure that you get the correct size or only buy one at a time to make sure they are what you require.***

# PUB QUIZ

1. Complete the following list of colours of the rainbow: Red, Orange, Yellow, Green.....?
2. What is the International radio code word for the letter R?
3. What is the correct name for the Union Jack?
4. What is the currency of Japan?
5. In Children's literature, in which books would you find Eeyore and Kanga?
6. How many people have walked on the moon – 6, 12 or 18?
7. What is the tallest existing mammal?
8. Who said, 'That business with Hitler didn't bother me, I didn't go there to shake hands with him anyway'?
9. Which famous TV star was made from a green coat that belonged to Jim Henson's mother?
10. What kind of love did Phil Collins have at the top of the singles chart in 1988?
11. Saddam Hussein is/was the leader of which political party?
12. What London landmark has an 11-foot long hand?
13. What is the name of the scientist who produces James Bond's gadgets?
14. Which fictional school specialises in Witchcraft and Wizardry?
15. What is the first animal listed in the Oxford English Dictionary?
16. Who allegedly fired a shot from the Texas Book Depository Building on 22 November 1963?
17. What 2 colours is Rupert the Bear's scarf?
18. Who was the first woman to read the 'Nine O'clock News' on BBC TV?
19. Who coined the phrase Big Brother is watching you?
20. In London, where would you find the statue commonly known as Eros?
21. For which film did Bryan Adams write the song '(Everything I do) I do it for you'?
22. Which came first, colour or sound movies?
23. Which Beatle was deported from Germany in 1960 because he was too young to work there?



24. Where were the 2006 Commonwealth Games held?
  25. Who was the first DJ to be heard on Radio 1?
  26. What is the fifth planet of our solar system?
  27. Which poet composed Paradise Lost?
  28. What was the name of the ship in which the Pilgrim fathers set sail in 1620?
  29. How many letters of the alphabet are used as Roman Numerals?
  30. In children's books written by the Duchess of York, who or what is Budgie?
- Bonus – What is the average depth of the sea (in metres)?

## JUST KIDDING

