

## Jo's Bit

The Queens Birthday weekend has just finished and I am finalising the last bit of this issue of GOAN.

I have left out the quiz this time and I would love some feedback as to whether you want the quiz or what other items you would like to see come or go.

The last 12 months have been a bit sad for the long time members of GOA as we have lost 4 of our Life Members in less than a year. I suppose it is a sign that time is passing and that we don't live for ever but it is still sad. They were all in their late 70's to late 80's, so after their ostomy surgery they were able to live long and healthy lives which would not have been so without their stomas. The four of them have left huge shoes to fill and will be missed.

I was speaking to another of our older members the other day and he was recovering from his 95<sup>th</sup> birthday celebrations!! I think that this is amazing - maybe it's his Scottish blood!!

The Annual General Meeting is being held in September this year, so hopefully you will be able to attend and hear our annual reports etc and join us for a cupper. This is a no pressure meeting and you will not be pressured it to taking up any tasks but it is a good opportunity to meet the people who run the association on your behalf. And I might be able to convince Kelly to make one of his famous Jelly slices (without Green Jelly!).

Keep well and continue to smile and say hello to me as you pass.

Joanne  
10/06/08

Geelong and District Ostomy Association Inc.

## COMMITTEE OF MANAGEMENT

2007 - 2008

PRESIDENT:	Ian Combridge
VICE PRESIDENT:	Colin Giles
SECRETARY:	Joanne Holmes
ASSISTANT SECRETARY:	Marion Taylor
TREASURER:	Laurie Bensted
ASSISTANT TREASURER:	Kerrie Barnao
SOCIAL SECRETARY:	Brenda Ebbels
COMMITTEE MEMBER:	Kelly Holmes
ADMINISTRATOR/ APPLIANCE OFFICER:	Joanne Holmes

## LIFE MEMBERS

Audrey Daniels (Sr.)	Glyneth Cooper (Sr.)
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

## GOAN CONTRIBUTIONS

The editor of GOAN thanks everyone who contributed to this issue.

## GOAN PRODUCTION

Issues of the GOAN are produced in March, July 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. GOA accepts no responsibility for statements made or opinions expressed by their contributors, although every effort will be made to publish reliable information.

# ANNUAL GENERAL MEETING

**Monday, 15 September 2008**

**10.30 pm**

**100 Lt. Myers Street, GEELONG**

## **Agenda**

Annual Reports Presented  
Management Committee Elections  
Setting of Fees



Nomination forms for the  
Management Committee are  
available from the front  
counter or Joanne.

*Cuppa and morning tea will be available after the  
meeting.*

***All members most welcome!!***

## *President's Pen*



When we last met like this I commented on how quickly the year was passing and that the colder months would soon be upon us. Well, if you hadn't noticed, they're here!!! With the colder weather comes the danger of our becoming 'shut ins'. As I sit in the warmth of my comfortable lounge chair in front of a nice fire, I am reminded of those people who are less fortunate than I am. I am reminded that, no matter how bad my circumstances seem to be to me, there are others who are much worse off than me.

Taking a wider view of that way of thinking, look around us at how well off we are in this land of Australia. I notice that even though the price of almost everything is rising, it seems that many people don't seem to miss out on much. We all like to grumble about how hard it is to make ends meet, how much it costs to fill the petrol tank or how our aching bodies are such a burden to bear, but have we ever thought about how hard it would have been in the past when the modern appliances that are supplied today were not available. No I'm not talking to ostomates alone, I'm thinking of the TV, the DVD & CD recorders, the VCRs, the dish washers, washing machines and the many kitchen appliances we possess to make life easier for us. What happens when one of these breaks down? More often than not, it is more expensive to get it repaired than to buy a new up-to-date one, so we go out and get one. Do we really have the right to complain?

Now let us take a look at the appliances available to ostomates. Have you ever thought of the past ostomates and how they managed? No, the appliances available today haven't always been there, nor were they subsidised by the Government. So often we complain about the state of the supply of appliances, and yet, in the past, people with stomas had to make do the best way they could. Even today, in many parts of the world this is still the normal way of life. No modern pouches or bags, just whatever you can make do with.

Really, we are very fortunate in our great country. Not only do we get assistance from the government, but most of the work in processing and preparing our orders is done by a great army of volunteers. Without them the whole supply system just would not be there. Let us all remember this great team and thank them for their much appreciated work. Give them a smile and a 'Thank you' as you receive your next order. It won't cost you anything, but it may help a weary volunteer to continue on as part of the army.



Till next time, remember life can be very short; maybe you can help someone enjoy theirs while they still can.

Ian Combridge.

## FAMOUS QUOTES

It is difficult to live in the present, ridiculous to live in the future, and impossible to live in the past. Nothing is as far away as one minute ago." - -- **Jim**



Telling the future by looking at the past assumes that conditions remain constant. This is like driving a car by looking in the rearview mirror." - -- **Herb Brody**

## PICK UP DATES 2008

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 between these dates** of the month ordered for.

### Pick up at 100 Lt Myers Street between: 2008

Friday January 4 <sup>th</sup>	to Friday January 25 <sup>th</sup>
<del>Monday February 4<sup>th</sup></del>	<del>to Wednesday February 27<sup>th</sup></del>
Wednesday March 5 <sup>th</sup>	to Wednesday March 26 <sup>th</sup>
<del>Friday April 4<sup>th</sup></del>	<del>to Friday April 28<sup>th</sup></del>
Monday May 5 <sup>th</sup>	to Monday May 26 <sup>th</sup>
<del>Wednesday June 4<sup>th</sup></del>	<del>to Friday June 27<sup>th</sup></del>
Friday July 4 <sup>th</sup>	to Friday July 25 <sup>th</sup>
<del>Monday August 4<sup>th</sup></del>	<del>to Wednesday August 27<sup>th</sup></del>
Friday Sept 5 <sup>th</sup>	to Friday September 26 <sup>th</sup>
<del>Friday October 3<sup>rd</sup></del>	<del>to Monday October 2<sup>nd</sup></del>
Wednesday Nov 5 <sup>th</sup>	to Wednesday November 26 <sup>th</sup>
<del>Friday Dec 5<sup>th</sup></del>	<del>to Wednesday Dec. 24<sup>th</sup></del>

### CLOSED FOR THESE PUBLIC HOLIDAYS

<del>Monday</del>	<del>January 28<sup>th</sup> (Australia Day)</del>
<del>Monday</del>	<del>March 10<sup>th</sup> (Labour Day)</del>
<del>Friday</del>	<del>March 21<sup>st</sup> (Good Friday)</del>
<del>Monday</del>	<del>March 24<sup>th</sup> (Easter Monday)</del>
<del>Friday</del>	<del>April 25<sup>th</sup> (Anzac Day)</del>
<del>Monday</del>	<del>June 9<sup>th</sup> (Queens Birthday)</del>
<del>Friday</del>	<del>December 26<sup>th</sup> (Boxing Day)</del>

# CLOSING DATES for ORDERS 2008

These are the dates that orders close for your supplies.

**PLEASE NOTE!!** These are the last days we are open before or on the 27<sup>th</sup>, so orders need to be placed **BEFORE** 2.30 pm on these dates.

**PLEASE** do the right thing and order on time (earlier is preferable)!

**REMEMBER:** Late orders placed could incur a special deliver fee.

## 2008

Monday	24 <sup>th</sup> December '07	for January	Pickup
Friday	25 <sup>th</sup> of January	for February	Pickup
Wednesday	27 <sup>th</sup> of February	for March	Pickup
Wednesday	26 <sup>th</sup> of March	for April	Pickup
Monday	28 <sup>th</sup> of April	for May	Pickup
Monday	26 <sup>th</sup> of May	for June	Pickup
Friday	27 <sup>th</sup> of June	for July	Pickup
Friday	25 <sup>th</sup> July	for August	Pickup
Wednesday	27 <sup>th</sup> August	for September	Pickup
Friday	26 <sup>th</sup> September	for October	Pickup
Monday	27 <sup>th</sup> October	for November	Pickup
Wednesday	26 <sup>th</sup> November	for December	Pickup
Wednesday	24 <sup>th</sup> December	for January 2009	Pickup

**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.



## Farewell to two Life Members

Since our last issue of GOAN, 2 more of our Life members have deceased. These two Members were stalwarts of the association and their contributions, although different are the basis of what we have become today.

Eric Hassold was one of our founding members and held many positions including being our President from 1982 to 1990. He was our first Treasurer before becoming the President 2 years later. He represented our association in the earlier days by attending the conferences, etc. When I joined as a volunteer in 1988, he was getting ready to retire but was still a tireless worker who looked after one group of volunteer while Les Allen looked after the other group. In those days one group did the work on a Monday and the other did the Friday work and I joined Les Allens group so unfortunately I didn't have a lot to do with Eric but he was well respected by Volunteers and members alike.

Les Allen, had a heart of gold but on the other hand rules with an iron glove. He was my mentor and at times showed no mercy but then 10 minutes later he would hand you a compliment. Les dragged the association into the 20<sup>th</sup> century by making us accept modern times and being such a forceful person. When we needed new accommodation he went out and found it. When we lost our money in Pyramid, he organised loans etc for us so that we could continue to trade. He did many memorable things for the association and for the ostomates of Australia and that is why he was also made a Life Member of ACSA, the national body.

***Both these Gentleman will be missed and have made a mark in the History of GOA.***



## ORDERING BY E-MAIL

Orders can be placed by e-mail at [goainc@ncable.net.au](mailto: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](mailto:goainc@ncable.net.au)

## ORDERING BY PHONE

You can place your order by ringing the rooms when we are open and by speaking to a volunteer. The same rules apply for ordering dates etc.

## 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 dates!!)

Go to the "Orders" page and then click on the "Order Form" button and complete the form.

Remember to put in your e-mail address so that we can acknowledge your order.



## HISTORY OF OSTOMY SURGERY

source: [www.ostomy-medical-supplies.com](http://www.ostomy-medical-supplies.com)

Until the late 1700's, a bowel blockage was almost always fatal. Since physicians had no knowledge of antibiotics or sterile techniques, bowel surgery carried with it a high risk of infection. Physicians avoided any surgery that entered the peritoneum, the membrane that encloses the abdominal organs, where infections were particularly dangerous. Instead, they prescribed treatments such as consumption of the heavy metal mercury, laxatives, enemas, and horseback riding to help move stool through the digestive system. These did little to help the patient's suffering!

### *The First Colostomy*

A French surgeon named M. Pilon performed the first ostomy surgery in 1776, after all other treatment attempts had failed to help his patient. Without treatment, the patient's bowel blockage was certain to prove fatal. Pilon attempted surgery as a last-resort attempt to treat the blockage.

To perform the surgery, Pilon made an opening through the patient's abdominal wall into the caecum, the first part of the large intestine. He pulled the free end of the bowel through the patient's abdomen and stitched the bowel to the patient's skin, creating a stoma where partially digested food could leave the patient's body. The first colostomy surgery was complete.

After surgery, the patient used what was probably the first ostomy appliance: a sponge held to the opening with an elastic bandage to absorb any leakage. Without access to today's appliances, the patient opted to keep his bowel clear by performing regular enemas.

This first colostomy surgery successfully bypassed the patient's bowel blockage. Two weeks later, though, the patient died of an infection in his small bowel, perhaps complicated by mercury poisoning. An autopsy recovered two pounds of mercury in his bowel.





### ***Colostomy: A Procedure for Pioneers***

Over the next century, the risk of infection continued to make any abdominal surgery extremely dangerous—but for some patients, surgery was the only option. A few brave physicians continued to attempt surgery to treat bowel blockages that would be fatal otherwise. Between 1716 and 1839, 27 colostomy surgeries were recorded, but only six of the patients survived. Ostomy surgery remained a procedure of last resort until better medical techniques made such surgeries safer.

### ***Ostomy Today***

Today, modern surgical techniques make ostomy an accepted—and much safer—procedure, a viable way to treat conditions that interfere with the body's ability to eliminate waste. Post-surgical care has also greatly improved. Today's inconspicuous, odor-barrier pouches are a far cry from the first sponge and elastic "appliance!" Today's ostomy surgeries allow countless people suffering from bowel blockage, Crohn's disease, and other intestinal ailments to lead healthy, fulfilling lives.



## **The Late 1700's**

- 1779 The first proto-bicycle known as the "Velocipedes" could be seen in Paris
- 1780 Steel pen points begin to replace quill feathers
- 1781 Los Angeles was founded
- 1784 A french book is made without rags from vegetation
- 1789 Mutiny on the British ship, "the bounty"
- 1795 Scotsman Mundo Park begins exploring the Nile
- 1797 Mary Wollstonecraft, a proto - feminist dies
- 1799 The metric system is established in France

## **2008 - 2009 MEMBERSHIPS**

Membership fees for 200-2009 were due by the 30<sup>th</sup> June 2008

If you have not paid these then you are now unfortunately eligible for the late payment penalty of **\$10.00**. **You will be charged \$10.00 per month** for distributions costs which must be paid on picking up of your supplies until your membership is paid.

The fees are:

**Full Fee of: \$60** (\$45 access fee + \$15 GOA fee)

**Concession Fee of: \$50** (\$35 access fee + \$15 GOA fee)

**(Concession Fee is only available to those members who can supply a current Pension Concession Card or a current Health Care Card).**

**Don't forget we also need to see your Medicare card , even if you are paying late!!!**

If you are having difficulty paying your membership renewal **please** see Joanne and she can work out a payment plan for you, which is usually \$10 per month until paid off. Joanne will do this confidentially, so please do not hesitate to come and see her.

If you are a new member and you joined **after February 2008** you will not have to renew your membership until 2009.



# BRIEF HISTORY OF STOMAL THERAPY NURSING

Stomal Therapy Nursing was first pioneered in the USA at the renowned Cleveland Clinic, Ohio, in 1958.

Dr Rupert Turnbull engaged the assistance of an ostomate, Norma N Gill, who had no formal training, to provide support and education to individuals undergoing ostomy surgery. Turnbull coined the phrase Enterostomal Therapist (*Stomal Therapist in OZ*) from, “entero” referring to the bowel and “stoma” a Greek word meaning opening.

By 1961 Turnbull and Gill had commenced training at the Rupert B. Turnbull Jnr school of Enterostomal Therapy, Cleveland Clinic, Ohio, initially training only those who had themselves experienced ostomy surgery. Health professionals quickly engaged in the specialty with enrolments including international students predominantly from European countries.

## **Australian Stomal Therapy Nurses.**

At the Royal Melbourne Hospital, Melbourne Dr ESR Hughes (1919 - 1998) was a pioneer of colorectal surgery in Australia. Hughes's commitment to stomal therapy inspired the appointment of a stomal therapist, Eleanor Kyte, who was the first Stomal Therapy Nurse in Australia, to his private practice in 1960.

Together Hughes and Kyte were influential in introducing and leading the development of Stomal Therapy Nursing in Australia. They were involved in establishing the Ileostomy Association of Victoria who celebrated their 50 year in 2007.

Today's Stomal Therapy Nurse, is a registered nurse who has taken recognised further study specialising in Stomal Therapy Nursing, and is responsible for the care and teaching of people who are anticipating or have had surgery resulting in the creation of a stoma.

Today's Stomal Therapy Nurse educates people in the pre and post operative periods to manage their stoma and will discuss any issues important to you and your family.

Stomal Therapy Nurses are located in most major hospitals and community nursing services and may also care for people requiring wound, drain, breast, PEG and continence care.

Sources: AASTN guide “what is a Stomal Therapy Nurse” [www.stomalthrapy.com](http://www.stomalthrapy.com)  
“History and Pioneers: A reflection of Stomal Therapy Nursing” by Patricia Sinasac. [Www.rcna.org.au](http://Www.rcna.org.au)

## NEED TO SEE YOUR STOMAL THERAPY NURSE?

If you need to see your STN, then please do the right thing and phone before hand to make an appointment.

These nurses are very busy and really do appreciate a bit of common courtesy displayed by members.

If you get an answering machine when you ring your STN, then please

1. Leave your **Name** & a **Phone number** so that they can ring you back
2. Leave a **brief** explanation as to why you need to talk to them.

It might take them a couple of hours to return your phone call, so please be patient, as they have many other patients to attend to through out the hospital and are not always in their office. They might even have to ring you back the following day depending on what is happening at the time that you ring.

## CERTIFICATES FOR ADDITIONAL STOMA SUPPLIES

The Government has set out 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. (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 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 order each month!!

## HISTORY OF OSTOMY POUCHES

Adapted from [www.o-wm.com](http://www.o-wm.com)

The Modernity of Ostomy by Gwen B. Turnbull RN.,BS, ET

Before 1960, only 25 companies (mostly small, entrepreneurial ventures) manufactured ostomy supplies. In 1920, the Koenig-Rutzen rubber pouch was introduced. Another 20 years elapsed before disposable plastic pouching systems, skin-friendly adhesives, and skin protection became available. By 1950, more companies had entered the market and innovation took flight. However, extensive use of "permanent" (re-usable) heavy rubber pouches, rigid faceplates, and glue remained the norm. Vinyl re-usable pouches were introduced in the early 1970s but were ineffective at odour management. Karaya's capabilities as a "skin barrier," discovered in the mid-1960s, quickly moved it into a position of dominance in the US ostomy market. Later that decade and early into the next, larger manufacturers entered the field, producing more advanced skin barriers and disposable, light-weight, odor-resistant pouching systems.

Modern culture has changed over the past 50-plus years and is much more open regarding sexuality, etc. Diseases and conditions once considered socially taboo (eg, erectile dysfunction and prostate, colon, rectal, bladder, and breast cancer) are now discussed freely in a variety of media. Eminent individuals who have undergone ostomy surgery provide inspiration and hope for others facing such treatment. Thanks to the bravery of these individuals and changes in society, ostomy surgery is no longer "the secret surgery." This has lead to the vast range of products that are now available to the ostomate throughout the world.

The breadth and quality of ostomy supplies and accessories has grown exponentially, making it possible to meet most of the needs of an individual living with an ostomy. Improved quality of life after ostomy surgery remains the chief goal for patients.





The GOA's website is now online and will be another resource for members who have access to the internet to get the latest information they need about the association.

So check it out @ [www.geelongostomy.com.au](http://www.geelongostomy.com.au). Where you can

- ★ read the history of GOA as written by Life Member Les Allen
- ★ read about the Stoma Appliance Scheme
- ★ request membership application forms
- ★ read and download GOA annual Reports
- ★ download issues of GOAN
- ★ download brochures like "Food Glorious Food"
- ★ place your monthly order online
- ★ link to other resources like ACSA, Company web sites etc

**If you have any suggestions as to other items that you think should be on the web site, please contact Joanne**



Thank you to all the members who have contributed to our Front Garden Raffles, either by donating items or by buying their tickets. It is really very much appreciated and come spring we will start the rebuilding of the front garden.

Thank you also to those members who bring in the nice nibbles for the volunteer's to have with their coffee, they are very much appreciated.

Watch out for our Big Annual Raffle - tickets out in October.

## SPELLING

*This has to be one of the cleverest E-mails I've received in a while. Someone out there either has too much spare time or is deadly at Scrabble. When you rearrange the letters of the 1st word it becomes the 2<sup>nd</sup> word. (Wait till you see the last one)!*

DORMITORY:	⇒	⇒	⇒	⇒	DIRTY ROOM
PRESBYTERIAN:	⇒	⇒	⇒	⇒	BEST IN PRAYER
ASTRONOMER	⇒	⇒	⇒	⇒	MOON STARER
DESPERATION	⇒	⇒	⇒	⇒	A ROPE ENDS IT
THE EYES	⇒	⇒	⇒	⇒	THEY SEE
GEORGE BUSH	⇒	⇒	⇒	⇒	HE BUGS GORE
GAUTENG	⇒	⇒	⇒	⇒	GET A GUN
THE MORSE CODE	⇒	⇒	⇒	⇒	HERE COME DOTS
SLOT MACHINES	⇒	⇒	⇒	⇒	CASH LOST IN ME
ANIMOSITY	⇒	⇒	⇒	⇒	IS NO AMITY
ELECTION RESULTS	⇒	⇒	⇒	⇒	LIES - LET'S RECOUNT
SNOOZE ALARMS	⇒	⇒	⇒	⇒	ALAS! NO MORE Z'S
A DECIMAL POINT	⇒	⇒	⇒	⇒	IM A DOT IN PLACE
THE EARTHQUAKES	⇒	⇒	⇒	⇒	THAT QUEER SHAKE
ELEVEN PLUS TWO	⇒	⇒	⇒	⇒	TWELVE PLUS ONE

AND FOR THE GRAND FINALE:

MOTHER-IN-LAW	⇒	⇒	⇒	⇒	WOMAN HITLER
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# 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.

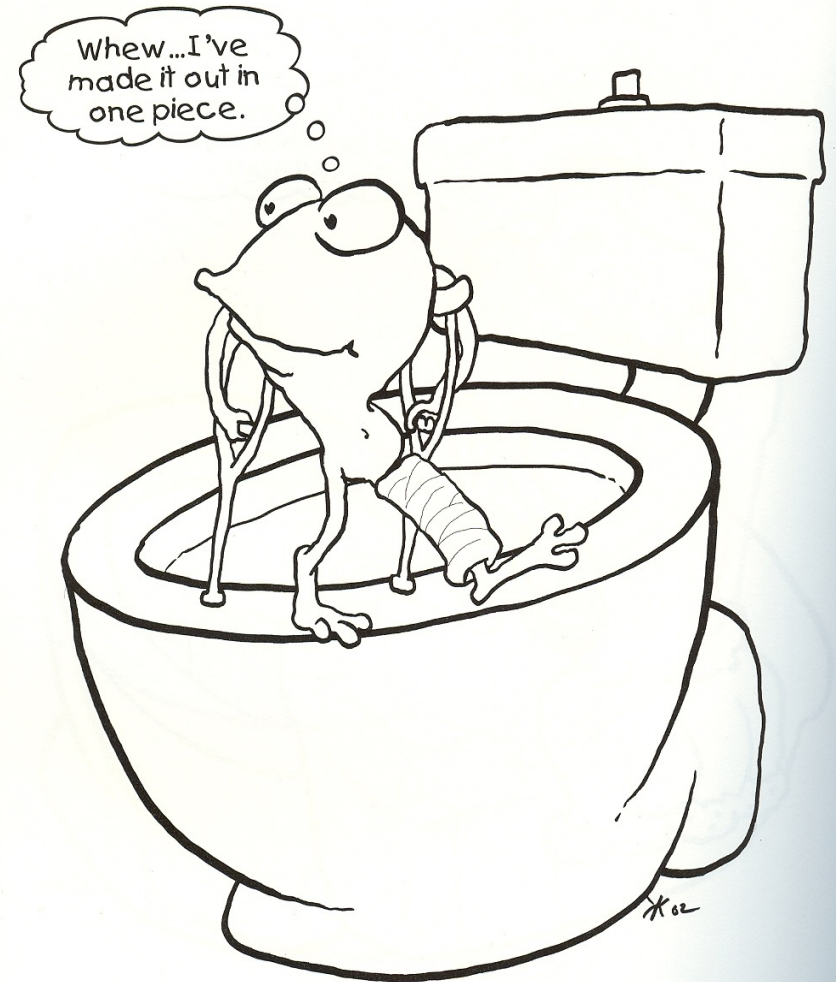
Firstly if you have been given a date for your reversal it is important that you see your STN before going to hospital for that procedure. There are always a few questions that need to be answered and few tips that can be given to help you return to your *no stoma* status.

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!)

## 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.



Success and triumph are a matter of perception — sometimes the most humble steps are the most victorious.

## 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 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.**

## FAMOUS QUOTE

**"Time's fun when your having  
flies." - Kermit the frog**



## Thomas The Cat



You haven't seen Thomas around lately??? He is well, in fact he is very, very well. Kelly finally caught him and we have had to enforce the law and not allow him to go outside anymore.

When the rooms are not open, he comes home to our house and has made himself at home, especially on the top of Joanne's waterbed, as the picture shows above. Other times, when we are open, he is locked in the stock room with Kelly because he tries to escape out the doors. He still sleeps at the rooms because he is comfortable doing that as it is his home, and also because he is a bed Hog!!!

Kelly has trained him to walk on a lead, and of a evening Kelly takes him for a walk around our backyard and he has a ball trying to freak out the ducks that we have.

The vet is very happy with him and if we hadn't enforce his home detention, unfortunately he would have died by now. His coat is beautiful and he is back to his old self.

# A GAS-TLY SUBJECT

adapted from [www.ostomy.evansville.net](http://www.ostomy.evansville.net)

If one were to search for the most embarrassing bodily phenomenon, the passing of gas would certainly come out on top.

The average person passes gas about 14 times a day, in spite of all attempts not to. Physicians refer to the process as flatus or flatulence which only rarely requires a visit to the doctor's office. Technically speaking, gas can pass either by way of the mouth (belching) or by way of the anus (Flatulence). Each is considered unacceptable in polite society. In some societies, the belching after a meal is deemed complimentary to the cook/host.

As a result of incomplete digestion, gases are formed in the alimentary canal. Normally food is broken down into simple sugars, amino acids and fats in order to be absorbed and used by the body. However, complex sugars found in certain foods tend to resist this process and end up in the large intestine where they begin to ferment, forming carbon dioxide which works its way to the outside.

While beans are notorious gas producers, eggs, cheese, cucumbers, onion, garlic, fish, dairy foods, coffee, cabbage, whole wheat bread and broccoli are known to produce their ample share of gas. To avoid intestinal gas, chew food thoroughly, eat slowly and leisurely, avoid washing solids down with fluids, don't gulp liquids, avoid drinking from small mouth bottles or through straws, and do not lie down or sit in a slumped position immediately after eating. Learn to enjoy yoghurt and parsley.

REMEMBER: Never put a pin prick in your pouch to release gas as it will also release odour.



# ENJOY A GOOD TIME !!!

Brenda Ebbels the Social Secretary organises get together's to have lunch throughout the year and if you are interested in joining this group and going along then contact Brenda on 5258 1874 to see when and where the next day is.



**The next get together is at:**

**RSL**

**Barwon Heads Road, Belmont**

**Friday 18<sup>th</sup> July 2008 at 12 noon**

All Members are welcome to come  
and enjoy a meal together.



## Famous Quotes

*Vegetables are a must on a diet. I suggest carrot cake, zucchini bread, and pumpkin pie. ~Jim Davis*

No man in the world has more courage than the man who can stop after eating one peanut. ~Channing Pollock



# Electrolytes and “Y” we need them

adapted from [www.ostomy.evansville.net](http://www.ostomy.evansville.net)

Everyone needs to be aware of the fact that they need electrolytes in their life. If you have ever noticed football players slugging down Gatorade or some other concoction when they return to the interchange bench, it's because they need to replace the electrolytes they lose with their perspiration. For the ostomate, particularly those with ileostomies, replacing electrolytes is very important.

The purpose of your colon is to store food waste and to return the liquid portion of the stool to the body. When you no longer have colon, that liquid is lost directly into your pouch and is gone forever from your body. With that liquid, you lose a good portion of your electrolytes.

What are electrolytes, and what specifically do they do? According to Tabor's Encyclopedia Medical Dictionary; electrolytes are: 1. A solution which is a conductor of electricity or; 2. A substance which, in a solution, conducts an electric current and is decomposed by a passage of any electric current.

Every muscle we move is activated by our nervous system. Throughout our nervous system, each of our nerve cells are connected to each other by means of electrical impulse, or synapse. Electrolytes, largely made up of sodium and potassium, are what give the synapse the spark to function. Each time we move a muscle, we use up a small portion of our sodium and potassium - our electrolytes. When

we lose those electrolytes, we also lose our zip and vigor. For everyone, after excessive perspiration in the summer or prolonged exercise, we can become dehydrated and lose our electrolytes. For the ileostomate though, just doing what comes naturally will cost them their capacity to spark.

If you are becoming dehydrated, drink a lot of fruit juice, Gatorade, soda, water, bouillon or tomato juice.



# 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.*





# A Little Beam Of Laughter (1)

## Does Coldwater Clean Dishes?

*This is for all the germ conscious folks that worry about using cold water to clean.*

John went to visit his 90 year-old grandfather in a very secluded, rural area of South East Queensland.

After spending a great evening chatting the night away, John's grandfather prepared breakfast of bacon, eggs & toast.

However, John noticed a film like substance on his plate, and questioned his grandfather asking, "Are these plates clean?"

His grandfather replied, "They're as clean as cold water can get em. Just you go ahead and finish your meal. Sonny!"

For Luch the old man made hamburgers. Again, John was concerned about the plates as his appeared to have tiny specks around the edge that looked like dried egg and asked, "Are you sure these plates are clean?"

Without looking up the old man said, "I told you before, Sonny, those dishes are as clean as cold water can get them. Now don't you fret, I don't want to hear another word about it!"

Later that afternoon, John was on his way to a nearby town and as he was leaving, his grandfather's dog started to growl, and wouldn't let him pass.

John yelled and said, "Grandpa, your dog won't let me get to my car."

Without diverting his attention from the football game he was watching on TV, the old man shouted, "COLDWATER, GO LAY DOWN NOW, YAH HEAR ME!!!"



# A Little Beam Of Laughter (2)

## I Took Him Back to Wal-Mart

★My ex-husband and I fought constantly,  
Why I married him, I'll never know.  
For all those miserable years I said  
My hubby has got to go!

Tried poisoning cakes, stripping his brakes,  
Salting his pork chops with lime.  
Wiring his chair, igniting his hair  
Even though playing with fire is a crime.

But I failed at each plot 'til I suddenly thought  
Of a way that would set me free!  
I got rid of him for good and, know what?  
They couldn't do a thing to me!

I took him back to Wal-Mart!  
They'll take anything back, you know!  
They said they couldn't recall selling him,  
But they must have if I said so.

They just credited him to my Visa and said,  
"Ya'll come back now, ya hear?"  
They were so nice, polite, pleasant and insistent,  
I took back his mother the next year!

They'll take anything back at Wal-Mart,  
Though it's broken or rotten or sweet.  
And know what else? This time of year  
You don't even need a receipt!

**Author Unknown**

# FOOD for PLEASURE

*Two old and basic recipes to enjoy*

## Salmon/Tuna Patties

### Ingredients

115g Pkt of instant potato	1 egg
425g tin salmon/tuna, drained & flaked	1 Lemon, juiced
2/3 cup breadcrumbs	Lemon Pepper
2 tablespoons parsley	1 onion, grated
Plain flour	



### Method

1. Make up instant potato and add all other ingredients except flour.
2. Mix well and shape into patties & roll in flour until not sticky
3. Fry in a little oil until golden brown



## Boiled Chocolate Cake

### Ingredients

1 cup water	1 ½ cups sugar
½ teaspoon bi-carb soda	2 tablespoons cocoa
125g butter	2 eggs, well beaten
1 ½ cups SR flour, sifted	

### Method

1. Place water, sugar, cocoa & bi-carb soda in saucepan and bring to boil and simmer for 3-5 minutes
2. Allow to cool
3. Add eggs and flour and stir well
4. Pour into a greased 20cm cake tin
5. Bake in Moderate 180°C oven for 45-50minutes
6. Ice when cool if desired.

# 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
Merit Cleansing Wipes - 50 per box	\$4.50

## Mattress Protectors:

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

Nappy Bags - 100 per box	\$2.25
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Latex Disposable Gloves - 100 per box	\$6.00
Curved Scissors	\$8.50

Night Drainage Bag Stands - Metal	\$25.00
- Plastic	\$8.50

Wheat Bags	\$8.00
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