

Jo's Bit

Another year is a quarter over and I don't know where it has gone. The weather has been the most unpredictable in all my memory, but it doesn't stop the time from marching on and some things never change - Like us asking you for your annual membership, which is just around the edge of the door (not even the corner!!)

In April/May we will be getting the building painted on the outside so please be aware of any wet paint etc. I promise that the paint colours will be a bit more normal and not the Orange shade that is on there now.

Your donations are very much appreciated as this is what helps us to maintain the old girl of a building and to also look to our future needs.

Once again I need to thank the volunteers who do a great job and a few of them have been on the not quiet well list but still manage to come in and help us all. Thanks to Marion (I didn't leave her out this time!!), Kelly, Kerrie, Colin, Brenda L, Brenda E, Fay (no 'e'), Sam, Laurie, Nick and Bob (our new guy!).

Keep well and don't forget see your STN id you have any issues with your skin or pouches.

Joanne
14/3/09

Answers to the Quiz (p31)

1. B 2. C 3. A 4. A 5. D 6. C 7. A 8. D 9. B 10. B

Geelong and District Ostomy Association Inc.

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2008 - 2009

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GOAN CONTRIBUTIONS

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

GOAN PRODUCTION

Issues of the GOAN 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. GOA 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



Doesn't time seem to pass soooooo quickly? When I was a child the 6 weeks of school holidays seemed to go on for ever. Well, Christmas and New Year have passed and Easter is upon us already. It seems like the year has almost gone before we have started. I wonder if you have the same feeling.

I was reading an article in a past issue of 'Ostomy Australia' (you know, the magazine supplied to you for information several times a year) about the development of appliances over the years. By the way, I do hope you read the magazine and don't just put it somewhere to be forgotten. It has a lot of good helpful information for ostomates. Anyway, this article caused me to think of the way we just accept the appliances we get, without thinking of their cost or the technology behind our modern streamlined appliances. I guess that if there was to be an inspection of ostomates' homes we would discover little hoards of appliances hidden in cupboards, many of which may well be out of date. There would not be a medal for the person with the biggest hoard, instead, it would show how we don't value the benefit we have in this country of government assistance through the Government Appliance Scheme. All the 'extras' we are hoarding are of no use to anyone unless we are going to try to sell them back to the government. I can just imagine them paying top price for out of date appliances!!! Shouldn't we be fair to everyone and just order and collect the appliances we need? That would help reduce the cost to the scheme. It seems that some people are ordering items for other members of their family. These issues are for us, the registered ostomates, and not for distribution around family members. That is really stealing from the other members of the association. If the government stopped the support they give, I wonder if we would be so careless in our ordering.

Well, what does the rest of the year holds for us? Will we be trying to make this world a fairer place to live in or will we be looking after ourselves? The only way for our country to lift itself up is for each of us to cut back a little and do our bit in our little corner to make it better for those around us. This will make us better people at the same time.

By the way, a big thanks to all those wonderful people who so faithfully serve us with our supplies and continue to do all the unseen work in the background.



I hope you all have a wonderful Easter and may we all try to do our bit in brightening up our corner with a smile.

Till next time.
Ian Combridge.

Membership Renewal

On the 1st of April your membership renewal forms will be sent out to you. And these need to be paid by the **30th of June** and **early payment it appreciated**. Don't forget late payment will add a penalty of \$10 to your membership.

It is important that you read both sides of the renewal form as it has relevant information about paying this account.

This year we have a new option for paying your account - Bank Deposit - so make use of this option and REMEMBER to place your name as the reference.

If you are having difficulty paying your membership renewal please see Joanne (but before the 30th of June, please!!!) and she can work out a payment plan for you.



PICK UP DATES 2009

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: 2009

Monday January 5th to Friday January 23rd
~~Wednesday February 4th to Wednesday Feb 25th~~
 Wednesday March 4th to Friday March 27th
 Friday April 3rd to Monday April 27th
 Monday May 4th to Wednesday May 27th
 Wednesday June 3rd to Friday June 26th
 Friday July 3rd to Monday July 27th
 Wednesday August 5th to Wednesday August 26th
 Friday Sept 4th to Friday September 25th
 Monday October 5th to Monday October 26th
 Wednesday Nov 4th to Wednesday Nov 25th
 Friday Dec 4th to Wednesday Dec. 23rd

CLOSED FOR THESE PUBLIC HOLIDAYS

Monday January 26th (Australia Day)
 Monday March 9th (Labour Day)
 Friday April 10th (Good Friday)
 Monday April 13th (Easter Monday)
 Monday June 8th (Queens Birthday)
 Friday December 25th (Christmas Day)
 Monday December 28th (Boxing Day)

CLOSING DATES for ORDERS 2009

These are the dates that orders close for your supplies.

PLEASE NOTE!! These are the last days we are open before or on the 27th, so orders need to be placed **BEFORE** 2.30 pm on these dates. **Be aware of holidays & place your orders early.**

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

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

2009

Wednesday	24 th December '08	for January	Pickup
Friday	23 rd of January	for February	Pickup
Wednesday	25 th of February	for March	Pickup
Friday	27 th of March	for April	Pickup
Monday	27 th of April	for May	Pickup
Wednesday	27 th of May	for June	Pickup
Friday	26 th of June	for July	Pickup
Monday	27 th of July	for August	Pickup
Wednesday	26 th of August	for September	Pickup
Friday	25 th of September	for October	Pickup
Monday	26 th of October	for November	Pickup
Wednesday	25 th of November	for December	Pickup
Wednesday	18 th of December	for January 2010	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.



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 the "Order Form" button and complete the form.



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

ARE YOU OVER ORDERING !!

As mentioned in the previous edition of GOAN over ordering is a problem that all members must be aware of and 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 MONTHS SUPPLY IS ENOUGH IN RESERVE



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 my 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 MONTHS SUPPLY IN RESERVE

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 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!!



Stef's Scuttlebutt "PULL vs PEEEL"

Most of us do not think twice when taking off our pouch(s). Some people start off gently peeling it off, then yank it off with an inch or two to go.

Yanking means literally ripping off layers of good skin. The body sees this as an injury, then the healing process begins.

If we pull off our pouch we tend to go straight out - thereby lifting all our skin out. Take an orange, for example, if we try to pull off the skin - you cannot, but you can peel it downwards - slowly - ah presto - comes off easy, very easy. The same goes with a banana and mango.

I am not saying there is any similarity between fruits and stomas, but I do know some fruity people with stomas.

How many times a day, a week, a year do you take off your pouch - think about the way you do it. This techniques is one of the first that the Stoma Nurse will teach you. Now, stop, and think - remember what you were taught.

Pulling/yanking that last section of your pouch can be painful. So be gentle with yourselves - take your time.

Have a look at the skin underneath - is it red, discoloured or bleeding? If so, then contact your Stoma Nurse, it will only take a few minutes for a quick check up.

If you have an idea or questions for the future scuttlebutt, please feel free to contact me, I am open to practical suggestions. Thank you for your concentration.

Next Scuttlebutt: Parastomal Hernias or Which character on the Simpsons TV show has a Stoma?

Stef



The Mayonnaise Jar & Coffee

When things in your life seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar and the coffee

A professor stood before his philosophy class and had some items in front of him. When the class began, wordlessly he picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls.



He then asked the students if the jar was full. They agreed that it was. The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with an unanimous "yes". The professor then produced two cups of coffee from under the table and poured the entire contents into the jar. Effectively filling the empty space between the sand. The students laughed.

"Now", said the professor as the laughter subsided. "I want you to recognise that this jar represents life."

"The golf balls are the important things, your family, your children, your faith, your health, your friends, and your favourite passions, things that if everything else was lost and only they remained, your life would still be full. The pebbles are the other things that matter, your job, your house, and your car. The sand is everything else, the small stuff."



"If you put the sand into the jar first", he continued, "there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you."

"Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical checkups. Take your partner out to dinner. Play another 18. There will always be time to clean the house. Take care of the golf balls first, the things that really matter. Set your priorities. The rest is just sand".

One of the students raised her hand and inquired what the coffee represented.

The professor smiled "I'm glad you asked. It just goes to show that no matter how full your life may seem, there's always room for a couple of cups of coffee with a friend".



Close Encounter with a Razor

I don't know how many of you were aware when you read the Geelong Advertiser in Early March, that Vicki Gear, the very nice and energetic Stomal Therapy Nurse, (that relieves Julie Isherwood at St John of God), had her photo in the paper.

This very brave and compassionate lady had her head shaved to raise money for the St John of God Oncology unit, along with a few other nurses.

She was the bravest I believe because she had her picture in the paper!!



www.geelongostomy.com.au

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.

As it is a work in progress you will be able eventually to:

- ★ 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



FUTURE NEEDS OF GOA

When we purchased 100 Lt. Myers Street in 1994, we believed that it would see us through for the next 20- 25 years. Temporary stomas would supposedly have our membership decreasing and we would have plenty of room. Instead we have seen a dramatic increase in numbers and products and have outgrown the premises.

Your management committee is on the look out for new premises, or land to purchase, with the future in mind. We have looked at 2 buildings that would be ideal, one was bought before we could do anything and the other unfortunately the owner only wants to lease, but we will still keep looking.

Do you know of anywhere suitable?? We are looking for a tilt slab building 450 - 650 sqms open space building, with ample parking.



DONATIONS ARE TAX DEDUCTABLE

Yes, in case you are not aware - any donation made to GOA 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

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.

KNOW YOUR ANTS?



What do you call a cannibal ANT?

ANT EATER

What do you call a french ANT that you eat for breakfast?

CROISSANT

DISABILITY TOILET CARDS

At the last ACSA Conference it was decided that ACSA would make available to member associations, a card for members to have to show that they are entitled to use the Disabled Toilets.

These are now being distributed to any new members to GOA with their welcome letter etc.

Current members who wish to receive one of these, can please place your order at the reception counter and they will be made available to you when you next pick up. The reason for the order process is so that your entitlement number can be placed on it and it can then be laminated.

Members who use the postal or line service can ring up and place their order and they will be sent out in your next order.

To see a copy of this card, please ask the counter staff at the reception desk. They are of a business card size and should fit in your wallet or purse comfortably.

Hopefully these cards will help our members who use the disable toilets and are challenged by people who do not know what you have under your clothes, therefore your disability!!.



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 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.**



Thomas The Cat



As I write this latest bit of goss about Thomas, he is lying curled up on my bed, with the jets from the Avalon Air Show flying over head and we have just had 7mm's of rain, what a wonderful sound. The jets have upset him a bit and he has been a bit of a sook about them but obviously today he has decided to ignore them and have a day of leisure.

His latest results from the vet were really great so it was obviously the right move to bring him home and keep him inside where he can not get to any stray food, which causes his results to skyrocket.

When we ask him if he wants to come into the rooms he runs away and doesn't want to come in now, so it seems like he is finally happy and content to rule our house now. He is sadly missed in at the rooms, especially from Mrs VB and Ms ZR, but he is well looked after here.

Our mother came and spent 2 weeks with us in February and when she went home Thomas walked the house looking for her for days, or maybe he was just looking for her bed to sleep on!!!

OSTOMY AUSTRALIA

Do you read your "Ostomy Australia" Magazine?

Do you have a story to tell?

Have you read something that has helped you adjust?

The Ostomy Australia magazine is full of interesting articles and information and is well worth the time taken to read it. The editor is always seeking other interesting articles or stories to tell so if you have something to pass on, please do so, as there are many ostomates out there, who are searching for information .____



www.australianstoma.com.au

This is the web site for ACSA (Australian Council of Stoma Associations) your national body.

On the Web Site you will find:

- The latest edition of Ostomy Australia (pdf format)
- ACSA publication "A Beginning Not an End" (pdf format)
- All ACSA member associations details
- Glossary of stoma and related terms
- Useful links to suppliers, associations, HIC, international associations and others

Don't forget to add this web site to your favourites to make this site a reference resource. _____

How to Conserve Water the Old Fashioned Way

By Gail Martin @ www.ehow.com

In the 1920s, 1930s and even the 1940s people living in the country had to treat water as precious. It was difficult to get and each drop was fully used and not wasted. Here's how we conserved water in the "good old days."

When I was growing up as a kid we didn't have running water. We carried buckets of water pumped from a cistern. The cistern was built by the Phillips Petroleum company that my father began working for in south central Kansas in the nineteen twenties. The company built the cisterns for each employee's home. They were just big deep wells dug in the ground to hold the water that ran from the roof of the house through a filtering system. When we turned the handle around and round, a series of little metal cups would go down into the cistern, scoop full of water and when they reached the top they would dump the water into our bucket. Really quite ingenious.

I can remember feeling real grown up when Mother first allowed me to get a bucket of water. I cranked so hard and filled the bucket to overflowing and then the bucket was too heavy for me to carry to the house. I went running for help, crying that I had spilled the water all over me. We always had to conserve water because in Kansas sometimes it doesn't rain for a long time and the water level would get low and we sure never wanted to be out of water.

Daddy fixed one eve trough across the back porch roof that ran down into a metal barrel. We used this water for many things after every rain. Washed our hair with it, watered flowers, and the trees, as well as using it for water for the pets.

We drank from a long handled dipper and filled a teakettle to heat water on the natural gas kitchen stove.



The water for wash days was heated in a copper boiler set on two-burner hotplate in the wash house, set in back of the house.

Mother always used the left over wash water to mop the linoleum covered floors in each room and then scrubbed the wooden porches. With what was left I used a broom and swept the wooden walks in the front and back of our home.

Mother used bluing from a bottle in one of the two tubs of rinse water. This made the washed clothes brighter. Then hanging them out into the bright Kansas sunshine to dry completed the whitening process. The colored clothes were brought inside as soon as they dried to protect the colors. Mother used wooden clothes pins that were pushed down over clothes and the wire. Hanging clothes outside in the winter was a miserable chore but bringing the frozen wash in from the line was even worse, if possible. Unless it was extremely windy the clothes would be stiff as boards and wouldn't fit in the basket. Inside the clothes soon thawed and mother would roll up the pieces she wanted to iron while they were still damp. This saved her the chore of sprinkling them. The towels, sheets and diapers usually were left outside until they flopped dry.



I remember we always had a beautiful clothes line. Daddy used oilfield pipe to make the clothes line posts with a pipe across the top that would hold three lines and sunk them so far in the ground, they never leaned. The wire didn't need a propping stick because it was always so tight it never sagged like other people's lines. Mother was very proud to hang her wash outside.

Our dog, cats, chickens and birds didn't seem to mind drinking the rinse water (the one without the bluing). We also used the rinse water for mother's garden and flowers. No water was ever wasted

We never used water at the house to wash our car. When the car became muddy Daddy loaded us all up in the car and we drove to a nearby low-water bridge. Staying over to the side in case someone else wanted to drive by, Daddy would dip up buckets of water for each of us to use from the small creek. As a family we had fun making Daddy's black Ford look good again. As I was the littlest I got to clean the wheels, Daddy did the top as well as the front and back. Mother and big sister Melba washed the sides and soon we were all done. Then Daddy threw buckets of water all over the car to rinse it. While the car dried off we would prowl along the creek looking for shells and pretty rocks. I liked to turn over rocks in the edge of the water to find big crawdads. Mother knew how to fry their tails for a tasty treat when we returned home.

Note: Don't use soap if washing a car near a creek. Detergents are bad for the water quality.

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:

**Phone Brenda on 5258 1874
for the latest information**

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



KNOW YOUR ANTS?

Who's the ANT with no respect for the environment?

POLLUTANT

What do ANTS do when their parents won't bless their union?

ANTELOPE





- ❄ Thank you once again to the wonderful members who have given us nice things for Christmas and all the Christmas cards.
- ❄ Thank you also to all who just drop in a packet of biscuits, etc. The volunteers love their cuppa and a bickie - so thank you.
- ❄ Thank you to all who have commented on the front garden. It looks great and tidy now.



KNOW YOUR ANTS?

Name the ANT who wears his underpants on the outside

THE PHANTOM

Which ANT is big and fat and wears an red suit?

SANTA



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)

ACTUAL AUSTRALIAN COURT DOCKET 12659

CASE OF THE PREGNANT LADY

A lady about 8 months pregnant got on a bus. She noticed the man opposite her was smiling at her. She immediately moved to another seat. This time the smile turned into a grin, so she moved again. The man seemed more amused. When on the fourth move, the man burst out laughing, she complained to the driver and he had the man arrested.



The case came up in court.

The judge asked the man (about 20 years old) what he had to say for himself.

The man replied, 'Well your Honor, it was like this, when the lady got on the bus, I couldn't help but notice her condition. She sat down under a sign that said, 'The Double Mint Twins are coming' and I grinned. Then she moved and sat under a sign that said, ' Logan's Liniment will reduce the swelling,' and I had to smile. Then she placed herself under a deodorant sign that said, 'William's Big Stick Did the Trick,' and I could hardly contain myself. But, Your Honor, when She moved the fourth time and sat under a sign that said, 'Goodyear Rubber could have prevented this Accident'... I just lost it.'

'CASE DISMISSED!!'

A Little Beam Of Laughter (1A)

Q

What do you call a blind dinosaur's dog?



A

Do you think he saw us, Rex?

A Little Beam Of Laughter (2)

A guy is driving around the back woods of Moe and he sees a sign in front of a broken down shanty-style house: 'Talking Dog for Sale'.

He rings the bell and the owner appears and tells him the dog is in the backyard.

The guy goes into the back yard and sees a nice looking Beagle sitting there.

'You talk?' he asks.

'Yep,' the Beagle replies.

After the guy recovers from the shock of hearing a dog talk, he says 'So, what's your story?'

The Beagle looks up and says, 'Well, I discovered that I could talk when I was pretty young.. I wanted to help the government, so I told MI5 and they had me sworn into the toughest branch of the armed services...the SAS. You know their reputation.

In no time at all they had me jetting from country to country, sitting in rooms with spies and world leaders (because no one figured a dog could be eaves-dropping. I was one of their most valuable spies for eight years running, but the jetting around really tired me out, and I knew I wasn't getting any younger. So, I decided to settle down.

I retired from the SAS (8 dog years is 56 Army years) and signed up for a job at the airport to do some undercover security, hanging around suspicious characters and listening in. I uncovered some incredible dealings and was awarded a batch of medals. I got married, had a mess of puppies, and now I'm just retired.'

The guy is amazed. He goes back in and asks the owner what he wants for the dog.

'Ten dollars,' the guy says.

'Ten dollars? This dog is amazing! Why on earth are you selling him so cheap?'

'Because he 's such a Liar. He never did any of that stuff'



FOOD for PLEASURE

HEALTHY FRUIT CAKE.

Ingredients

500g mixed fruit 1 cup apricot nectar
1 teaspoon honey 1 cup mashed pumpkin
1 3/4 cups self-raising flour, sifted with 1 teaspoon each bi-
carbonate of soda and mixed spice
Whole nuts to decorate, [optional.]

Method

1. Place dried fruit, nectar and honey in a large bowl, stir to combine. Cover and allow to stand for 1 hr.
2. Preheat oven to a moderate 180 C.
3. Double-line the base and sides of a 20cm round cake pan with baking paper.
4. Stir pumpkin into the fruit and mix to combine.
5. Add sifted self-raising flour mixture and stir well.
6. Pour mixture into prepared pan and level the surface. Decorate with whole nuts.
7. Bake for 1 hr 15 min or until a skewer inserted comes out clean and top is golden. [Cover with foil if the cake becomes too dark]
8. Wrap in a tea towel and allow to cool in the pan.
9. Store in an airtight container until required.

Addition:

Add ½ cup of coconut for a different taste.



CASH SALE ITEMS

Deodorisers:

Orange or Lime or lemon Power - 100% natural	\$3.50
Floral Air Freshener	\$3.00
Ozium Aerosol Spray Purse size	\$12.50

Tapes:

Micropore	- 25mm (1 inch)	\$1.10
	- 50mm (2 inch)	\$2.20
Hyperfix		\$18.50

Disposable Washers:

Mastercloths	- 50 per box	\$5.50
Adept Cloths	- 70 per box	\$6.50

Mattress Protectors:

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

Nappy Bags - 100 per box	\$2.25
Easy Baths wet wipes	\$5.50

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

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

HOW WELL DO YOU KNOW YOUR FAIRY TALES?

Part of a quiz from www.triviapark.com

1. When the little girl everyone knows as Little Red Riding-Hood first appeared in English, in a translation of a story by Charles Perrault, she was given a more conventional name to go along with her famous nickname. Her name was: A) Pettifour B) Biddy C) Lucille D) Sweet Myrtle
2. *Before setting out on a journey, the evil husband in the story of Bluebeard gives his wife the keys to all the rooms in his house. One room, though, he tells her she must not enter. Upon his return, what reveals to Bluebeard that his wife has disobeyed him?*
 A) A magic mirror that answers any question
 B) A fan left by his wife in the forbidden room
 C) Drops of blood clinging magically to the key
 D) A black cat, who spied on the wife
3. In the well-known fairy tale *Puss in Boots*, a cat is able to help its master from poverty to riches through a series of clever ploys. What special function did the boots have for the cat?
 A) They protected its feet while walking out of doors
 B) While wearing the boots, it could walk and talk like a man
 C) They allowed it both to travel at great speed, and to become invisible
 D) They gave it a power of persuasion that no listener could resist
4. *In the happy ending of the story of Beauty and the Beast, Beauty settles down to a life of bliss with the now-handsome prince and his household, including her father and three brothers. The fate of her two wicked sisters is less agreeable, for they are:*
 A) Transformed into living statues and set before the palace gate
 B) Forced to serve as scullery maids in the palace kitchens
 C) Changed into goshawks and fly away, never to be seen again
 D) Chained to a rock on a deserted beach, and left to starve
5. In Jack and the Beanstalk, Jack makes three separate visits to the giant's castle in the clouds. On the first, he steals a hen who lays golden eggs; on the second, a sack of shillings and a sack of guineas. What does Jack steal on his third visit?
 A) An axe that can chop through anything
 B) A mirror that foretells the future
 C) Three sacks of jewels
 D) A harp that plays music on command



6. *Tommelise, or Thumbelina, is the diminutive heroine of a well-known story by Hans Christian Andersen. Thumbelina's adventures begin when she is kidnapped from her home to become:*
 A) The governess of three baby field-mice
 B) The mascot of a company of soldiers
 C) The bride of a frog
 D) Lady-in-waiting to the Queen of the Fairies
7. In one Brothers Grimm story, four animals — a donkey, a dog, a cat and a rooster — learn that they have outlived their usefulness to their owners, and are to be killed. Rather than meekly accepting their fate, they set off together to start a new life as:
 A) Musicians
 B) A theatrical troupe
 C) Politicians
 D) University professors
8. *After Hansel and Gretel have slain the witch in the Grimms' fairy-tale, and escaped from the gingerbread cottage, one final obstacle confronts them as they make their way home. What is it?*
 A) A solid wall of thorns, which opens at a touch from the witch's wand
 B) A gate guarded by an evil dwarf, who is slain by a passing huntsman
 C) A deep ravine, over which a mighty wind blows them like dry leaves
 D) A body of water, which they cross with help from a kindly duck
9. According to the Brothers Grimm tale, what was the name of the enchantress who imprisoned Rapunzel in the tower?
 A) Lady Rampion
 B) Dame Gothel
 C) Jorinda
 D) Pontifex
10. *In one well-known story from the Brothers Grimm, an old soldier is given the task of watching over a king's daughters each night. By feigning sleep he is able to learn that the girls:*
 A) Are nightly transformed into birds, and fly to a neighboring kingdom
 B) Spend each night dancing in an underground palace
 C) Draw drops of blood from their forefingers into a diamond bottle
 D) Are visited by an evil witch who forces them to sew for her

