

Jo's Bit

Welcome to the latest edition of the GOAN magazine.

I must be getting a lot older each year because this winter seems to be the coldest we have had for many a year (and I am sure that it what I said last year!!) The mornings are so cold but fortunately we are lucky enough each day to have some sun which is lovely if you can keep out of the shade.

As I write this the AGM is just around the corner and we will be saying a sad goodbye to our treasurer for 21 years Laurie. Inside is a short article on Laurie. We will be welcoming Bob May to the seat of Treasurer and we look forward to working with Bob. The treasurers job is a very responsible task as the treasurer is responsible for an annual turnover in excess of 1.5 million dollars.

There has been another increase in the cost of the products on the Stoma Appliance Scheme so I thought it was time to once again show you all the cost of the appliances in general terms.

Our Christmas luncheon is just around the corner so look out for your invitation (Nov 26th at White Eagle).

Keep well until the next GOAN

Joanne
20/7/09

Geelong and District Ostomy Association Inc.

COMMITTEE OF MANAGEMENT

2008 - 2009

PRESIDENT:	Ian Combridge
VICE PRESIDENT:	Kelly Holmes
SECRETARY:	Joanne Holmes
ASSISTANT SECRETARY:	Marion Taylor
TREASURER:	Laurie Bensted
ASSISTANT TREASURER:	Kerrie Barnao
SOCIAL SECRETARY:	Brenda Ebbels
COMMITTEE MEMBER:	Rhoda Lynch
	Elleray Combridge
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
Netta Coleman	

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



Back in 2005 I presented the following scenario;

You go into a supermarket and start loading your basket. Everything is going along nicely, and you pick another item off the shelf. You are just putting it into your basket and an alarm rings, then a voice announces, loud enough for everyone in the near vicinity to hear, "You do not have enough credit for this item!"

How would you feel? Embarrassed, to say the least, I would think.

Our Ostomy Association will never come to that! We have a special group of people looking after your order.

Have you ever thought of how many people and how much effort goes into supplying your items from the Ostomy Association? There are a lot of people working to process your order in the office, order the appliances from the various (yes, there is more than one) suppliers, unpack the supplies when they arrive, assemble your personal order and finally pass it on to you. This means that IF YOU DON'T PLACE AN ORDER IN TIME, THERE WILL BE NO SUPPLIES THERE FOR YOU, as we do NOT have excess stock. Then there is the need to deal with the Government for payment of subsidies and taxes. (I'm glad we have a treasurer).

Yes, all this happens, and all you see is the person who hands your order to you over the counter. Hopefully they receive a big 'Thank you' and a smile. They like to be recognised for their service, as most of the people you deal with are volunteers.

To the volunteers a big 'Thank you' from me for the wonderful job you all do. Without your devotion this association would not be able to continue the task of distribution of appliances as we do. Thank you one and all.

Then there's Jo and Kel. What a team! They both work ceaselessly both during office hours and also in their own time. Thank you to both of you for a great effort.

Laurie Bensted, our treasurer, has decided to pass on the baton to a successor after 21 years at the helm. We all trust that Laurie will enjoy the rest he well deserves. Congratulations, Laurie, on reaching such a milestone in serving this association. Laurie will be handing the baton to Mr. Bob May. Welcome, Bob, and we trust you enjoy your time with our association.

Our Annual General Meeting is coming up and who knows who will be our office bearers. I trust that each successful nominee may have a profitable time of service.

Oh! By the way, have you paid your subscription yet? It's now overdue!

That's all for now,

Ian Combridge.



Membership Renewal

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

This year we have had new option for paying your account - Bank Deposit - which has been popular with members..



Postage & Cash Sales Payment

Your postage account and your cash sales (**Linen and postage orders only**) can now be 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 & District Ostomy Assoc

BSB No. : 633000

A/C No. : 102191087

Bank: : Bendigo Bank

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.



LAURIE BENSTED

On the notice of our Annual General Meeting you will have noted that our Treasurer Laurie Bensted has decided to retire. Laurie has been our Treasurer for 21 years and has seen us go through a lot of changes and has been one of the most supportive members of GOA that we have had. He is a quiet achiever, a true gentleman and a pleasure to know, and he will be sadly missed (especially by Kelly who is always stirring him up asking for a blank cheque).

Laurie was born in 1928 and was the 2nd child out of nine. He married a Sydney girl, Dawn, in 1955 and together they had nine children (3 boys & 6 girls). He is at present the very proud grand father of 30 and great grand father of 5.

He joined the Royal Australian Navy in 1945 where he served until 1958. After leaving the navy he worked for an oil company called H.C. Sleight and then he commenced working at Ford Australia where he worked until his retirement in 1982.

Laurie became an ostomate in 1985 and became our Treasurer in 1988. He was one of our original Volunteer Visitor members and talked to many new ostomates to help ease them into their new way of life.

Walking and keeping active is one of his many pleasures now, and at 81 he is still a devoted Geelong Cats fan, and goes to their home matches. And of course, family plays a major part of his life.

We thank Laurie for his commitment to Goa and his loyal and gentle friendship to all the staff (especially Joanne) and we hope that he enjoys his "2nd retirement".



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 !!

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 MONTHS SUPPLY IN RESERVE IS ENOUGH



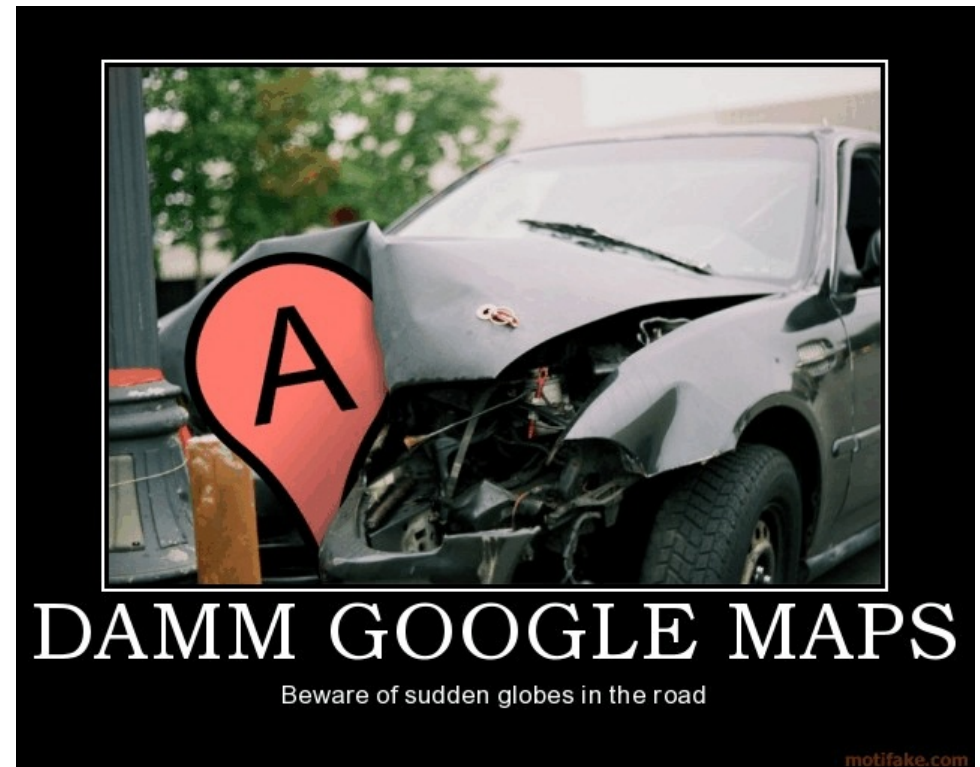
ARE YOU UNDER ORDERING !!

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.

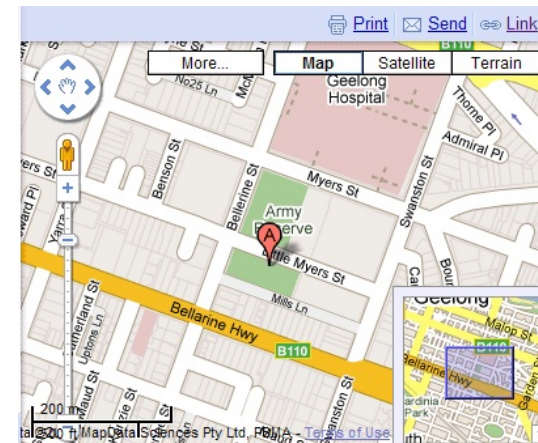
One major problem that the STN's have brought to our attention is that members are going to them to get holiday issues or certificates for holidays - but leaving it until a couple of days before they leave!!!

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 MONTHS SUPPLY IN RESERVE**



For those of you who have a computer and love or hate Google earth/maps, this is for you.



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

Exercise – Keeping Moving

Our bodies have evolved over the recorded centuries to have moving and functional limbs and joints. We have brains and we have muscles which enable us to be independent individuals. We need to exercise – to keep moving these parts or they deteriorate and wont function.

I have always been an advocate for exercise – for the ordinary 'Sheila' and 'bloke.' What type of exercise depends on what condition our body is in. It also depends on what condition our brain (or thoughts / state of mind) is in on any particular day.

I would now like to substitute the word exercise with 'keep moving.' I believe that if we do not keep moving we are actually misusing / maltreating our body and slowly letting it whither away before our eyes. Withering away can also mean getting larger and larger and larger - with our weight.

What are some of the benefits , especially for us – people with stomas. Regular movement (I don't mean the bowel type – but that certainly helps) is a period of time set aside each week, 2 – 3 sessions of about 20 minutes each where we are actually do nothing else but keep moving – whether it be walking, swimming, gym workouts, etc, etc. it is the actual moving away from our regular routine and letting our body move freely. Stop reading this now – go and get a glass of water then come back and start rereading this section. Now that you have returned to this new part of the article imagine if that glass of water was 5 blocks away! Well, there's more than a 20 min walk just to get there, let alone getting back.

Many people will say “ but I walk around the house and outside all day,” My answer to that is that it is just another EXCUSE, for not wanting to become a better person!

Some of the benefits of regular movement are: Control over our weight, better sleep, increase in our energy levels, feeling better about ourselves, strengthen our bones, decrease BP and heart disease, lower Blood glucose levels.

Starting is the hardest thing to do.

Finding the time and then sticking to it is the next most difficult thing,

Remember, you are doing this to help yourself, to help yourself as a person with a stoma. There are people who can help – find them and ask them.

Go on have a go !



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



INNER PEACE

**If you can start the day without caffeine,
If you can always be cheerful, ignoring aches and pains,
If you can resist complaining and boring people with your troubles,
If you can eat the same food every day and be grateful for it,
if you can understand when your loved ones are too busy to give you any time,
If you can take criticism and blame without resentment,
If you can conquer tension without medical help,
If you can relax without liquor,
If you can sleep without the aid of drugs,**

Then you are probably the family dog!!



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!)

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

SOME GOA FACTS

GOA has seen 155 new members join our books over the last 12 months with 89 having had their operation at Barwon Health & 56 coming from St John of God. New member numbers continue to increase and for many of them it is only a temporary stay with us.

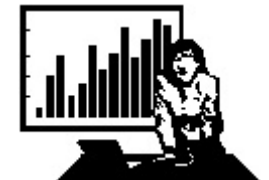
As of the 15th of July we had 354 female members and 350 male members of these 525 are permanent ostomates and 100 are temporaries with the rest being in the unknown zone of not being sure what is going to happen down the road.

We have 356 members with colostomies, 228 with ileostomies, 109 with urostomies and 7 with fistulas. These figures show an increase in urostomies as the percentage used to be 10% but is now 15%.

Membership is broken up into 502 pensioners, 156 full members, 4 life members and 42 veterans.

The ages of members are as below.

Age Group	Males	Females	Total
under 6	1	0	1
6 to 19	1	0	1
20 to 29	5	8	13
30 to 39	13	18	31
40 to 49	34	24	58
50 to 59	35	46	81
60 to 69	77	72	149
70 to 79	94	88	182
80 to 89	77	89	166
90 and over	13	9	22



THE PRICE OF SUPPLIES

Below is a summary of the cost and allowance of some of the products on the Stoma Appliance Scheme. These prices are the reason that we all must be aware of our stock levels at home and not over stock.

Description	Maximum Price per box	No, Boxes Allowed	Total Allowance
1 piece closed pouch	\$86.70	3	\$260.10
1 piece closed convex pouch	\$41.31	6	\$247.86
1 piece drainable pouch	\$207.13	1	\$207.13
1 piece drainable convex pouch	\$95.15	3	\$285.45
1 piece uro pouch	\$103.66	3	\$310.98
1 piece uro convex pouch	\$119.51	3	\$358.53
2 piece wafer - flat	\$25.96	6	\$155.76
2 piece wafer - convex	\$28.29	5	\$141.45
2 piece closed pouch	\$72.25	3	\$216.75
2 piece drainable pouch	\$101.83	2	\$203.66
2 piece uro pouch	\$71.84	2	\$143.68
Seals - "donuts"	\$131.71	1	\$131.71
Remover wipes	\$30.99	1	\$30.99
Barrier wipes	\$30.95	1	\$30.95
Support Belts	\$68.79	each	
Support pants	\$56.99	each	
Support pants - corsinel	\$116.27	each	
"Frames" or "Moons"	\$42.37	2	\$84.74

LATE NEWS: Stock returned recently from a deceased member was in excess of **\$8700 - Think about It !!!!**

DISABILITY TOILET CARDS

There is now available, a card for members to show that they are entitled to use the Disabled Toilets.

New members are sent these with their welcome letter. Other members please place your name on the list at the reception counter and one will be sent out to you. They are of a business card size and should fit in your wallet or purse comfortably and are laminated. Also if you misplace your card just contact us for another one.



These cards are already helping our members who use the disabled toilets and were being challenged by people who do not know what you have under your clothes.

GOING TO HAVE A COLONOSCOPY?

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

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

GIUSEPPE DI STEFANO

July 24 1921 Siclla, Italy - March 3 2008, Toscana Italy
By J.D.

It is sad but true story of a Italian tenor. He was born in Motto Sant Anastasia, a medieval village near Catania, Sicily, and was the son of a carabinieri turned cobbler and a dress maker. He entered a Jesuit Seminary and once considered entering the priesthood. One of the leading operatic tenors of the 20th century, di Stefano is most remembered for his collaborations with La Divina, Maria Callas.

He enjoyed a brilliant career stretching from the late 1940's until the early 1970's. At his spiritual home, La Scala, Milan, he appeared 185 times in no fewer than 43 productions. Known as "pippo" to his friends and admirers, he was noted for his performances of the leading roles of Donisetti, Bellini, Verdi and Puccini, as well as for his dandyism and his love of cigars and beautiful women.

He made his debut at La Scala on March 15th 1947 in Massenet's Manon. But it was his appearances alongside Callas, beginning with "la Traviata" in Sao Pablo in 1951 under the baton of Tullio Serafin, which was to set the seal on his artistic success. His recordings with Callas, such as the Tosca with Tito Gobbi conducted by Victor de Sabata are considered by many to be unsurpassed.

In 1938 he entered and won a national competition for new voices. After army service in 1941, he returned to Milan in 1943 and made his formal debut at Reggio Emilia in Puccini's Maon Lescaut in 1946. Following his debut at La Scala, di Stefano became a regular performer at the opera house alongside such artists as Giulietta Simionata and Renta Tebaldi and conductors Victor de Sabata and Herbert von Karajan. He sung 112 times at the Metropolitan Oper, New York following his debut there as the duke in Riggolette in 1948.



In 1957 he performed Nemorino in Donisetti's L'elsir d Amore at the Edinburgh festival and four years later came to Convert Garden as Cavaradossi in Puccini's Tosca. After a magical performance Sir Rudolf Bing said this was the most beautiful sound he has heard come out of a human throat during his years as General Manager of the Metropolitan Opera.

During his international career, he won a gold Orfeo, an Italian musical award similar to America's Oscar. Dropping out of a london performance as Rodolfo in Puccini's La Boheme in 1963, he was replaced by a young Luciano Pavarotti, thus launching the later's career. Pavarotti, who died in September 2007 considered di Stefano his idol. On December 3rd 2004, the tenor was a victim of a violent and tragic attack by robbers at his holiday home at Diani in Kenya, in which he was gravely injured. He was taken to hospital in Mombasa but entered a coma four days later. On December 23rd of that year he was transferred to Milan, but though he awoke from the coma, he never fully recovered from the incident. He died early on Match 3rd at his home in Brianza, north of Milan.



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



Above is a picture of Thomas in his favourite winter position. He is directly under the central heating vent and next to the north facing window so that he can catch the most of any sunlight that is coming in through the glass.

I no longer have to have a hot water bottle when I go to bed, because I seem to most nights, have a black & white, furry & heavy lump mysteriously appear on top of me.

If I get up to go to the little ladies room, he thinks that it is time for a play and starts running around and then heads into the computer room thinking that I am going to turn on the computer, which means it is cuddle time!! (Tells you that I am a creature of habit and that the second thing I do when I get up, is turn on the computer!!)

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.

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



Thursday 1st October

Lunch

"Cats" @ Kardinia Park 12 noon

Tuesday 7th December

"Morning Melodies" @ Ocean Grove Club

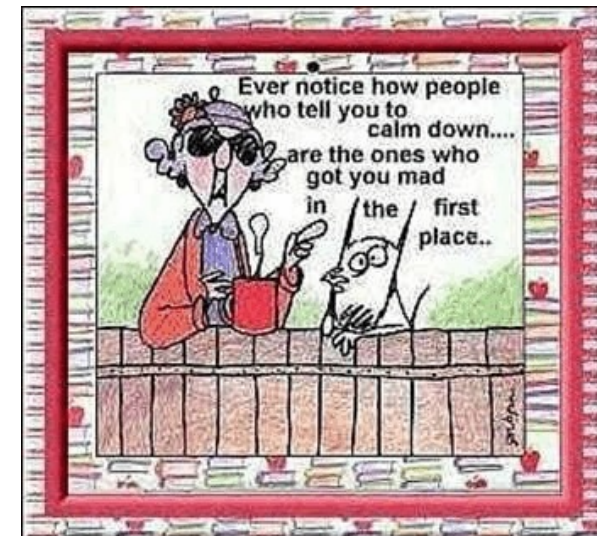
10.00 am \$12.00

After show lunch \$7.00

Names must be with Brenda by
onday 16th of November



All Members are welcome to come
and enjoy these times together.





Thank you to all those wonderful members 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 Paid their membership on time, we are very grateful to you as it saves the volunteers a lot of time and embarrassment having to ask you for it.

A Little Beam Of Laughter (1)

DEEP THOUGHTS BY MEN WHILE FISHING

Two men are out ice fishing at their favourite fishing hole, just fishing quietly and drinking beer.



Almost silently, so as not to scare the fish, Bob says, "I think I'm going to divorce my wife - she hasn't spoken to me in over 2 months."

Earl continues slowly sipping his beer, then thoughtfully says, "You better think it over - women like that are hard to find."

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.

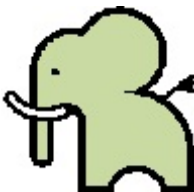


A Little Beam Of Laughter (2)

Yesterday, I was at Costco in Docklands buying a large bag of Purina Dog food, for my loyal pet, Biscuit, the Wonder Dog.

I was in the checkout line when a woman behind me asked if I had a dog.

What did she think I had, an elephant? So since I am retired and have little to do, on impulse I told her that no, I didn't have a dog. I was starting the Purina Diet again. I added that I probably shouldn't because I ended up in the hospital last time, but that I had lost 20 kilos before I awakened in the intensive care ward with tubes coming out of most my orifices and IV's in both arms.



I told her that it was essentially a perfect diet and that the way that it works, is to load your pants pockets with Purina nuggets and simply eat one or two every time you feel hungry. The food is nutritionally complete so it works well and I was going to try it again. (I have to mention here that practically everyone in line was now enthralled with my story.)

Horried, she asked if I ended up in intensive care because the dog food poisoned me.

I told her no, I stepped off the curb to sniff an Irish Settler's bum and a car hit us both.

I thought the guy behind her was going to have a heart attack, he was laughing so hard!

Costco won't let me shop there anymore.

Better watch what you ask retired people.

They have all the time in the world to think of crazy things to say!

FOOD for PLEASURE

ONE-POT CHOOK

Ingredients

4 large chicken marylands (drumstick and thigh attached), with skin

1 sprig rosemary

4 cloves garlic, not peeled

125g chorizo, sliced into 4mm rounds

Juice half a lemon

250g cherry tomatoes, halved

2 ripe roma (or plum) tomatoes, quartered

½ cup basil leaves



Method

1. Preheat oven to 180°C.
2. Use a roasting tin or heavy casserole that will hold chicken pieces in a single layer.
3. Drizzle base of casserole with a Little oil and scatter with rosemary Leaves and garlic cloves.
4. Add chicken. Season well with salt and freshly ground black pepper.
5. Tuck chorizo around and in between chicken.
6. Squeeze over lemon juice and drizzle with extra olive oil.
7. Roast in oven, uncovered, for about 60-70 minutes, stirring occasionally, until chicken is golden.
8. Halfway through cooking, add tomatoes. Scatter with basil leaves before serving. Serves 4

Thanks to our new Treasurer, Bob, for this recipe, which he has made a couple of times and uses chicken pieces instead of the Marylands and it works just as well.

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
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Easy Baths wet wipes		\$5.50
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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		\$8.00
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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.

WORD PUZZLE

See if you can work out what the words or phrases are from the clues provided. Some of them are easy, some will require a little brain work. Some will cause you to slap your head when you see the answer.

- PAWALKRK
- CL_UD_
- 97S27A43F11E84T35Y61
- TAKE PETS
- ANOTHER 1
- HISTORY HISTORY
- XQQQME
- GREEN NV
- NOXQQIVIT
- VELORATE
- DOX DOX
- SSEG
- T42
- FX THE
- ACTIO_
- RI POORCH
- WOWOLFOL
- WHEATHER
- . THAT IS
- NO WAYS IT WAYS
- O_ER_T_O_
- HIJKLMNO
- MARY + MARY =
- M_CE M_CE M_CE
- PHROMATE



Answers:

- Walk in park
- Partly cloudy
- Safety in numbers
- Take backward steps
- One after another
- History repeating
- Excuse me
- Green with envy
- No excuse for it
- Elevator out of order
- Paradox
- Scrambled eggs
- Tea for two
- The after effects
- Endless action
- Takes from the rich and gives to the poor
- Wolf in sheep's clothing
- Bad spell of weather
- That is after the point
- No two ways about it
- Unfinished operation
- Water (H₂O)
- Summary
- 3 blind mice
- Mixed metaphor