

Jo's Bit

It has been such a long time since the last issue of the GOAN that it has taken me quite a bit of motivation to get it started but once again here it is, with all it's typo's etc. I don't think I will ever be able to live down all the mistakes in the edition but you never know this one might be worse!!!

I would like to take the time now to thank our great STN's who look after us down here in Geelong. A very special thank you to Julie, Lynne, Stefan and Vicky for all there dedication and hard work.

Next years Ostomy Australia's will be released in April instead of March and in August instead of July which means that the GOAN will also be released at these later dates. The December issue will remain the same.

As I write this we are gearing up for our Christmas Party in 10 days time and by the time you read this it will be all over but for the memories. In anticipation I am sure we will have a great time at our new location, White Eagle. To date we have 78 attendees with a week to closing date so it looks like it will be a great day - even with Mr President telling us all the jokes he has collected throughout the year.

On that note I want to wish you all and your family and friends a Merry Christmas and a safe New Year for 2009.

Joanne
17/11/08

Answers to the Quiz (p35)

- | | | |
|--|---|-------------|
| 1. BOTTOM | 2. 6 (plus the two territories) | 3. RIGHT |
| 4. BLUE, RED, WHITE, YELLOW, BLACK & GOLD | 5. 1, 0 | |
| 6. RIGHT | 7. 50 | |
| 8. 6 (FEDERATION STAR + 5 IN THE SOUTHERN CROSS) | | |
| 9. 87.5 | 10. ANTI-CLOCKWISE (SOUTH OF THE EQUATOR) | |
| 11. TOWARDS BOTTOM RIGHT | 12. 21-69 | 13. LEFT |
| 14. CLOCKWISE AS YOU LOOK AT IT | 15. 8 | 16. LEFT |
| 17. 5 | 18. 6 | 19. BASHFUL |
| 20. 8 | 21. ACE OF SPADES | |
| 22. LEFT | 23. *, # | 24. 3 |
| 25. ANTI-CLOCKWISE | | |

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



WOW!! Another year has nearly gone! As I look back over the past twelve months, I wonder what sort of impression I have left in the 'sands of time'. Personally, I don't believe I have done anything deserving great acclaim. Maybe I have brought a little bit of joy or laughter into some peoples' lives while to others I have literally been a 'pain in the neck'.

How about you? Have you brought cheer and happiness to others? I don't think there is any higher aim in life than to be remembered for a bright and cheery nature. It seems to make the day seem better for other people as well as making you feel a bit better yourself.

Don't get me wrong. I have days that are not so good, too, but I still try to look on the bright side if at all possible. Life is not always rosy, but a lot of the 'down times' are the result of our own attitudes. If we are thankful for each day we are granted life, it makes the hard things much easier to bear and we are not such a burden on other people. They probably have enough of their own problems to deal with, and a smile or a bit of cheer from us may make their burden lighter.

As we come into another Christmas season, could we each make the effort to bring a smile and some kind words into the life of all we meet? If we can do this for the Christmas season, it may be that we can continue that attitude right through the New Year and, maybe, even make it last until next Christmas. That might even be better for our world than 'carbon trading' and being 'carbon neutral'. I know one thing; it would make this bad mannered, materialistic society an easier place to live in.

How about giving it a try? It's a big challenge. Are you up to it? I wonder. Anyway, however you answer the challenge, I hope your Christmas is a blessed and happy time and next year is a joyous and prosperous one.



Keep smilin'! It will make others wonder what you're smiling about.

Ian Combridge.

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

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!!

DO YOU HAVE A LEAK ?

Members often come to me or their STN and say "my pouch is leaking!"

The first question that needs to be asked before a diagnosis is made is "How often does your pouch leak?"

If the answer is every day or after a few hours - then the problem needs to be investigated by your STN.

There are quite a few reasons why a pouch leaks which could include:

- ▶ weight gain or loss,
- ▶ change in status of stoma,
- ▶ pouch application errors,
- ▶ not emptying your pouch early enough
- ▶ skin issues



If the answer is "once a week or once a fortnight" this is not really a leak but an indication that:

- ▶ it is time to change your pouch (especially if you wear it more than 24 hours)
- ▶ that you should empty your pouch sooner (when about 1/3 full) as the weight of the contents causes tension that then loosens the adhesion on the skin
- ▶ your application of the pouch was not quite right (ie too high, which then prevents a strong adhesion due to it touching the wet stoma.
- ▶ using skin creams and moisturisers under the pouch
- ▶ buildup of gunk on the skin (especially if you use the barrier wipes)
- ▶ Forgotten to hold your appliance in place for at least 20 seconds to give the adhesive time to work before you start being active again
- ▶ certain types of physical activity

COMMON CONCERNS - LEAKS & ODOURS

Adapted from the Handbook for New Ostomy Patients
(United Ostomy Association of Canada)

It's everyone's greatest nightmare: getting a leak or smelling bad. Although leaks and accidents can and do happen to all of us, they are by no means the norm and you should not accept constant leakage as a part of living with an ostomy. Most of the time accidents are caused by the appliance not being put on correctly, or by being poorly fitted and it's common for beginners to make errors.

Common causes of leakage

- The flange/pouch opening not cut to the right size. If it is too big, waste can get under the flange onto your skin. If too small, your stoma will be pinched, or displace itself under the flange.
- Wearing the same flange/pouch for too long.
- A poorly placed stoma. You may need to adjust your belt line if it's interfering with how the stoma empties.
- Dislodging or loosening the flange/pouch during physical activity. You might consider using an ostomy belt to keep the flange/pouch on firmly.
- A very flush stoma that doesn't exit waste into the pouch properly. See your STN if this is the case.
- Flanges/pouches not adhering properly. Your skin needs to be completely dry and clean before applying the flange/pouch. Avoid using soaps that leave a residue. An uneven abdomen can make it difficult for the flange to adhere properly; you may need to use a skin barrier ring to achieve a good firm fit (if this is the case then you need to see your STN)
- Folds and creases. If skin folds or creases have developed and leakages are always along the crease, you need to see your STN to work out a plan of action to correct this.
- Skin irritations. Pouches don't stick well to irritated skin, so take care to avoid irritated, or stripped skin, or a rash. If any of these develop, see your STN as soon as possible.



- Improper pouch angle. If the pouch doesn't hang vertical, the weight of the contents can exercise an uneven pull on the wafer, and cause leakage. Every ostomate must find his or her optimal angle, based on individual body configuration.
- Waiting too long to empty the pouch. Pouches should be emptied when one-third (1/3) full or sooner. If allowed to overfill, the weight of the waste can break the seal and cause leakage.
- Extremely warm temperatures. Leakage in warm temperatures may be due to wafer "melt-out". More frequent pouch changes or a change in wafer material may be required to avoid leakage. If this happens then see your STN.
- Pouch wear and tear. If you are stretching your wear times, leakage may be due to the wafer wearing out. Try changing the pouch more frequently.
- Faulty appliance. Although it is not common, some batches of appliances can be faulty. If this occurs stop using that box of appliances and contact the manufacturer (phone numbers can be found in Ostomy Australia) and quote the lot number on the faulty box.



The Best Exercise Program

Take one Weetbix. Take an Aero chocolate bar.

Crumble the Aero over the Weetbix.

Voilà! AEROBIX !

LEAK PRODUCERS & PREVENTERS

Adapted from WWW.ostomy.evansville.net

We can help to prevent some leaks that can happen by just using a little bit of commonsense.

- ◆ Abruptly sitting up straight from a flat-on-your-back position can pop your pouch loose.
- ◆ Getting in and out of bed
 - Learn to get in and out of bed on your side.*
 - ✓ *Get in bed by sitting far onto the bed and going down on your elbow while holding the mattress with the other hand, and swing your legs up*
 - ✓ *To get up, roll over on your side and use your elbow to push up, while holding the mattress with the other hand and swing your legs sideways off the bed.*
- ◆ Bending over to clean out the bathtub.
- ◆ Picking something off the floor (especially if you don't bend your knees)
 - Get a clamp-type reacher for reaching down*
- ◆ Stretching high to reach something.
 - If you are steady on your feet, get a small safe ladder (we have a 3 step from Bunnings) or wait until someone else can reach it for you*
- ◆ Lifting and carrying heavy items.
 - Learn to lift and carry on the side of your leg, carry things high, or drag, or get someone to help.*



OSTOMATES GET HERNIAS EASIER THAN ANYONE ELSE

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



THE LAWS OF ULTIMATE REALITY

Law of Mechanical Repair

After your hands become coated with grease, your nose will begin to itch and you'll have to pee.

Law of Gravity

Any tool, when dropped, will roll to the least accessible crevice furthest away from you.

Law of Probability

The probability of being watched is directly proportional to the stupidity of your act.

Law of Random Numbers

If you dial a wrong number, you never get a busy signal and someone always answers.

Law of the Alibi

If you tell the boss you were late for work because you had a flat tire, the very next morning you will have a flat tire while running late for work.

Variation Law

If you change lines (or traffic lanes), the one you were in will always move faster than the one you are in now (works every time).

Law of the Bath

When the body is fully immersed in water, the telephone rings

Law of Close Encounters

The probability of meeting someone you know increases dramatically when you are with someone you don't want to be seen with.

Law of the Result

When you try to prove to someone that a machine won't work, it will.

Law of Biomechanics

The severity of the itch is inversely proportional to the reach.

Law of the Theater

At any event, the people whose seats are furthest from the aisle arrive last

Murphy's Law of Lockers

If there are only two people in a locker room, they will have adjacent lockers.



Law of Physical Surfaces

The chances of an open-faced jam sandwich landing face down on a floor covering are directly correlated to the newness and cost of the carpet/rug..

The Starbucks Law

As soon as you sit down to a cup of hot coffee, your boss will ask you to do something which will last until the coffee is cold.

Law of Logical Argument

Anything is possible if you don't know what you are talking about.

Brown's Law of Physical Appearance

If the shoe fits, it's ugly.

Oliver's Law of Public Speaking

A closed mouth gathers no feet.

Wilson 's Law of Commercial Marketing Strategy

As soon as you find a product that you really like, they will stop making it.

Doctors' Law

If you don't feel well, make an appointment to go to the doctor, by the time you get there you'll feel better. Don't make an appointment and you'll stay sick!



See? Not even the fish like brussel sprouts.

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.

Famous Quote 1

A moose is an animal with horns on the front of his head and a hunting lodge wall on the back of it.

Graucho Marx



ENRICO CARUSO

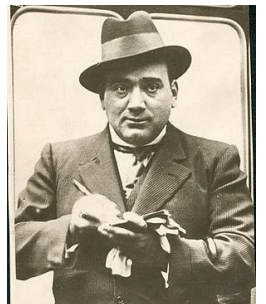
By Jenny Davis

Birth Feb 27th 1873 - Death Aug 2nd 1921 - Opera Singer

Enrico Caruso was born in Naples, Italy. His singing was always in demand either at the local church or some special festivities. At the age of fifteen his mother was seriously ill, she insisted he must sing, upon returning after mass found her dead. His father remarried and the family ultimately reached 22 children. With very little formal or musical education he learned and refined theatrical skills throughout his life on his own. Singing first in provincial theatres and later with touring companies Caruso gradually made his way to opera houses in Milan and London, then to the Metropolitan in New York, debuting in Rigoletto at the opening night. He continued to open the season for the next 17 years, presenting 36 roles in all. Although many countries and opera houses clamoured for his appearances, he made the Metropolitan Opera his home base and with his fellow countryman Arturo Toscanini established this company as the greatest opera house in the world. His 607th appearance at the Met was his last public appearance.

His personal life was operatic, only in this case a soap opera. He had brushes with Italian gangsters in New York, who attempted to extort money from him. Then, while visiting the Central Park Zoo, a mysterious woman accused him of molesting her in the monkey house. Although married, he pursued a relationship with an Italian soprano star which produced two sons. He finally met his match in Dorothy Park Benjamin, a woman 20 years his junior whom he married in the Dutch Reformed Church (Marble Church) in New York City. Although the marriage lasted but two years because of his death, a daughter was born and Dorothy was by his side during his illness and ultimate death. He was worn out by exhaustion and lung ailments. After a year of illness, operations and convalescing, the family returned to Naples taking a suite at the Hotel Vittoria in Naples where he painfully died at age 48. These rooms are today as he left them and are called "The Caruso Suite". The King of Italy gave orders for the basilica di San Francesco di Paola normally reserved for royal occasions to be the site of Enrico Caruso's high requiem mass. His crystal casket was taken to Del Planto Cemetery and placed in a temporary Chapel with continued viewing that lasted for eight years until his widow put a stop to the spectacle and sealed the vault. His body was redressed each year with a new suit. The famous Ajello candle makers created a memorial candle for the opera singer towering over 18 feet tall and made to last 1800 years, it also weighs one ton, burning one day each year on the Anniversary of Enrico's birth.

The legacy of Caruso survives in his Victor recordings which have been remastered to a compact disc format with classical and the popular songs.



Before Caruso, the gramophone was a novelty, his recordings created an industry where sound could be kept and listened to at anytime. Caruso was an able caricaturist and displayed some talent as a sculptor. He delighted in sketching caricatures of himself and his acquaintances. His most memorable were made during the San Fransico earthquake, drawing a series of sketches depicting his experiences which were published int the San Francisco Chronicle. His life was the subject of a highly fictionalised film "the Great Caruso" starring Mario Lanza. The Enrico Caruso Museum of America is located in Brooklyn. It features many personal items including his death mask and boasts a 20 seat theatre furnished with chairs and items from the old Metropolitan Opera House before it was demolished.

2008 Annual General Meeting Reports

These are now available on the GOA website. If you don't have access to the internet and you want to read the reports, just ask Joanne for a copy.

ARE YOU OVER ORDERING !!

Recently we have had stock returned from members who have deceased or been reversed and on two occasions the cost of the returned stock amounted to over \$3,500. One had six months of orders still in their packaging from the rooms unopened!

This 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 this type of waste only blows the Stoma Appliance Scheme out of proportion and puts it in jeopardy!!

PLEASE DO NOT OVER ORDER - ONE MONTHS SUPPLY ON HAND IS ENOUGH TO KEEP IN RESERVE

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 you appliance removed requires another one to be put back on - so think about it and bring a change.

Any Hospital stay whether a day stay or a week stay - you need to take adequate supplies with you. Make sure to you tell family or friends where your supplies are at home incase 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.

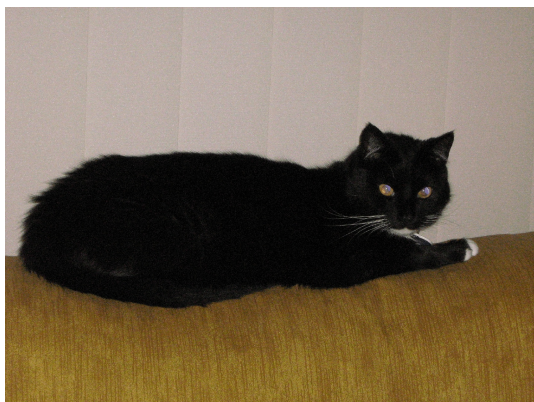
Make arrangements with Family/Friends or ring us if you are in hospital and need to place your monthly order.

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



Here is the latest picture of Thomas and his place of Reign. He has taken over the top of the futon, and has made a nice comfy flat spot to relax and doze which quite by accident (I am sure!!) is directly under the central heating vents.

He was quite put out recently when the motherboard in the Central Heating broke and we didn't have any heating for a fortnight!!!

We have a couple of magpies that have decided that our back deck is a nice place to gather for a chortle and Thomas like to run at the security door and frighten them. They have got used to him now and so he just sits there waiting, hoping that one of us will leave the door unlatched, so that he can get to the maggies.

His favourite toy at present is a "Cool Fruit" lolly that Kelly dropped on the floor. He takes great pleasure in rolling and belting it around on the floorboards, as I am sure he likes the sound.

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.

THINGS I CANNOT DO

by Raymond Miller (www.ostomy.evansville.net)

The reason I decided to write this article was to demonstrate to people with new ostomies there are somethings you cannot do. You will probably laugh because they are relatively insignificant when compared to life. Most people having ostomy surgery are making a life and death decision. People with ileostomies from Crohn's disease or Ulcerative Colitis will generally have a better quality of life after the surgery. In Addition, I have received comments from people who tell me that they regularly do many of the things listed here. The more we learn, the more we find that an ostomy is not a very big deterrent to living the same life we would if we were non-ostomates.

- ★ The one thing that some really miss is sleeping on their stomachs. Prior to surgery, some slept on their stomachs all the time. However, with an ostomy, it is just not that easy.
- ★ You cannot take your toddler into the shower with you ... a member tried that once and had the whole barrier ripped from her body because that is the first thing the child grabbed when she started to fall down - one word OUCH!
- ★ You cannot take your temperature rectally or use rectal suppositories.
- ★ You cannot run around for long without a pouch on - this applies mainly to people with an ileostomy or urostomy.
- ★ You cannot use enteric-coated medications to their full value, if you have an ileostomy.
- ★ You cannot sleep in the nude - the pouch is always attached. By the way, there is no reason why you cannot sleep almost in the nude with an ostomy. Many of us do it all summer long and never have a problem. There is no more "Flopping around" then with PJ's. If you want, but a cummerbund to hold everything in place. Of course, with that on you are not totally nude but you are topless and bottomless, and you have the middle covered.
- ★ Potty train a toddler! When one of our member's grandson accompanied him and asked, "What's that?" the pouch that is, and what he was doing, his answer befuddled him. At 2 ½, he is having a hard time understanding why he poops from one end of his body, and his grandfather had this pouch attached to his body. He insists the pouch covers a boo-boo.



- ★ You cannot go without your shirt in public ... unless you are a self-confident male. It is prudent to wear pants that are high enough to cover the pouch.
 - ★ You can usually not sleep all night without getting up to empty the pouch.
 - ★ You can no longer be called anal!! Some call us "Stomal"!
 - ★ You cannot play on your illness anymore and say, "I'm too sick to go out."
 - ★ You cannot blame your weight gain on prednisone any more - you just eat too much now!
 - ★ A man cannot get a tactile prostate check each year. He must depend on other tests like PSA test.
 - ★ We cannot honestly say that our stomas have stopped us from doing very much what we want to - and we have met many wonderful people who we otherwise would not have met through our ostomy association.
 - ★ You cannot have as many reasons to stay out of a normal life stream.
 - ★ You do not feel nearly as bad.
 - ★ You have more control as to when you "go", and where.
 - ★ You have something to do every few hours. Of course, I mean you have to urinate. What did you think?
 - ★ You do not have to fear being on a dead locked freeway with no place to go to the washroom. This is especially true for people who previously had ulcerative colitis.
 - ★ We do not read in the bathroom anymore.
- Two things you cannot do with an urostomy:*
- ★ You cannot write your name in the snow.
 - ★ You cannot travel overnight without your nighttime equipment.



Sorry to be so contrary, but ... we cannot think of very much we cannot do with an ostomy! Some of us have a colostomy and sleep on our belly. Basically, we do virtually everything we did before we had the stoma. No, that is incorrect, we now do more than we used to. Some of us had a very narrow escape with cancer and decided not to mess around any longer. After surgery, we started doing everything we ever wanted to do ... right now.

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:

**33 Jennifer Crescent, Pt Lonsdale
BBQ or Bring a Plate**

Thursday 22nd January 2009 at 12 noon

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



Famous Quote 2

**One of the most difficult things to give
away is kindness - it is usually returned.**

Anon



- * Thank you once again to the wonderful members who have given us nice things for morning tea. The volunteers love their cuppa and a bickie - so thank you.
- * Thank you the members who have returned their raffle books and/or left a donation. This is greatly appreciated.



ANNUAL RAFFLE

Once again the Annual raffle was well supported and we thank everyone involved. As this issue will be printed before the raffle has been drawn we can not give you the winning ticket numbers but if you have one you will have been contacted by Joanne on the phone.

Congratulations to all the winners!!!

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

I'D LOVE TO BE EIGHT AGAIN

A man asked his wife what she'd like for her birthday.

'I'd love to be eight again' she replied.

On the morning of her birthday, he arose early and made her a bowl of Coco Pops and jammy toasties!

He took her to the theme park and put her on every ride in the park:

- * The Death Slide
- * The Wall of Fear
- * The Screaming Monster Roller Coaster



Five hours later she staggered out of the theme park. Her head was reeling and her stomach felt upside down. Right away they journeyed to a McDonalds where her loving husband ordered her a Happy Meal with extra fries and a refreshing chocolate milk shake.

Then it was off to the movies: the latest Kiddies three hour epic cartoon, a hot dog, popcorn, all the Coke she could drink, her favourite lolly and M&Ms What a fabulous adventure!

Finally she wobbled home with her husband and collapsed onto the bed exhausted. He leaned over his precious wife with a big smile and lovingly asked 'Well dear, what was it like being eight again?'

Her eyes slowly opened and her expression changed to one of total realisation...'I meant my dress size, you twit!!!'

The moral of this story: Even when a man is listening, he's still going to get it wrong.....

FOOD for PLEASURE

Easy Sausage Pie/Slice

Ingredients

2 teaspoons olive oil	1 brown onion, grated
6 thin beef sausages	2 zucchinis, grated
1 carrot, grated	1 cup plain flour
1 ½ cups milk	3 eggs

Method

1. Preheat oven to 160°C. Grease a 4 x 18 x 25 cm baking dish.
2. Heat oil in a frying pan over medium heat and add onion and cook, stirring often until soft. Place in a bowl.
3. Add sausages to frying pan. Cook until cooked through. Set aside to cool for 5 minutes, then slice thinly.
4. Arrange sausage slices, onion, carrot, zucchini and cheese over base of baking dish.
5. Whisk flour and milk in a bowl until smooth. Add eggs and season with salt and pepper. Whisk all together until combined and then pour over sausages.
6. Bake for 50-60 minutes or until set. Stand for 5 minutes before serving.

Additional notes

You can add whatever you like (eg, bacon and other vegetables) for a variation

Try different types of sausages

Add some herbs and spice it up abit.



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

TRY THIS TEST

The average person only gets 7 correct. This is mainly based on aussie info, so use all lobes of your brain. This can be more difficult than it looks - it just shows how little most of us really see!

There are 25 questions about things we see every day or have known about all our lives. How many can you get right? These little simple questions are harder than you think-- it just shows you how little we pay attention to the commonplace things of life. Put your thinking caps on. No cheating! No looking around! No getting out of your chair! No using anything on or in your desk or computer!

Can you beat 23?? (The average is 7)

Write down your answers as you go. Check answers (on page 1), AFTER completing all the questions.

REMEMBER - NO CHEATING!!! BE HONEST!!! That means no looking at your phone or anything on your desk...

LET'S JUST SEE HOW OBSERVANT YOU REALLY ARE.

1. On a standard traffic light, is the green on the top or bottom?
2. How many states are there in Australia? (Don't laugh, some people don't know)
3. In which hand is the United States' Statue of Liberty's torch?
4. What six colors are on the classic Campbell's soup label?
5. What two numbers on the telephone dial don't have letters by them?
6. When you walk does your left arm swing with your right or left leg? (Don't you dare get up to see!)
7. How many matches are in a standard box?
8. On the Australian flag, how many stars are there?
9. What is the lowest number on the FM dial?
10. Which way does water go down the drain, counter or clockwise?
11. Which way does a "no smoking" sign's slash run?
12. What is the channel range available on a UHF TV?



13. On which side of a women's blouse are the buttons?
14. Which way do fans rotate?
15. How many sides does a stop sign have?
16. Do books have even-numbered pages on the right or leftside?
17. How many wheel nuts are on a standard car wheel?
18. How many sides are there on a standard pencil?
19. Sleepy, Happy, Sneezzy, Grumpy, Dopey, Doc. Who's missing?
20. How many hot dog buns are in a standard package?
21. On which playing card is the card maker's trademark?
22. On which side of a Venetian blind is the cord that adjusts the opening between the slats?
23. There are 12 buttons on a touch tone phone. What 2 symbols bear no digits?
24. How many curves are there in the standard paper clip?
25. Does a merry-go-round turn counter or clockwise?

