

Jo's Bit

Early November and plans are well under way for the Ostomy Christmas do's, only 19 days until the Christmas Luncheon at White Eagle, and then shortly after that is the Volunteers Christmas break-up.

On that note I will now take the opportunity to thank all our volunteers who we have used during 2009. There are the regulars (in Alph order) Brenda E, Brenda L, Bob, Colin, Fay, Kelly, Kerrie, Laurie, Marion and Sam. And then during the year we have had help from Margaret, Mario & Nick when we have been under staffed. You all have done a great job and your volunteering time is greatly appreciated by myself and the members.

I also wish to thank Ian Combridge for his great support during the year and for letting me vent at times.

Special Thanks and Christmas wishes to our STN's, Julie, Lyn and Stefan and their subs when they are away Rebecca, Vanessa and Vicky. We are so lucky to have such a wonderful team of STN's to look after us. We are so lucky to have such a great tem of STN's what we can work so closely with. This year has been a big year for all of them with more ostomates that normal coming through their very talented hands.

Your Future Needs/Building Committee is working hard to achieve a solution to our ever increasing need to move to bigger premises and we hopefully should have some good news in the New Year.

Thomas and I, wish you all a happy and safe Christmas and 2010.

融洽



Joanne
7/11/09

Chinese Symbol for Harmony

Geelong and District Ostomy Association Inc.

COMMITTEE OF MANAGEMENT

2009 - 2010

PRESIDENT:	Ian Combridge
VICE PRESIDENT:	Kelly Holmes
SECRETARY:	Joanne Holmes
ASSISTANT SECRETARY:	Marion Taylor
TREASURER:	Bob May
ASSISTANT TREASURER:	Kerrie Barnao
SOCIAL SECRETARY:	Brenda Ebbels
COMMITTEE MEMBER:	Rhoda Lynch
	Elleray Combridge
	Margaret Dickson
	Sandra Oriander
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



Another year has almost passed and, as we look back over the year, we see that the many trials and things that we faced are history now. Look back a bit further in time. Do you realize that this time 10 years ago there was a worldwide panic on? Do you remember what it was? I think most of us have recognized that the so called Y2K bug that was going to bring the world to a sudden halt was just a big panic over nothing. It was driven out of all proportion by the media. A lot of people made large sums of money out of the hoax. Computer companies were well aware of the 'fix' that was needed to make things run smoothly, and put the fix in place well in advance. A lot of people bought up BIG on long keeping foods and the like. What happened to it all? I know of some people who bought large bags of rice and tofu. Not so long ago the tofu had to be dumped. I guess the rice was eventually used.

We now have the media calling up the 'global warming' issue. I don't say the world is not warming, but are we being subjected to more media hype? If we think of the worlds' history, we must recognise that this planet of ours has suffered ice ages and warming in the past. We are told in the media that carbon dioxide and methane are the cause of the warming. Even some scientists dispute this fact. Some say that we are being subjected to another 'money making' hype. Just think of the millions of dollars and the massive amount of manpower being consumed in a bid to slow the warming. It doesn't seem to be making any difference. Back in 1904, Dorethea McKellar penned the poem, 'My Country'. In it she wrote of this land of Australia as a country of 'droughts and flooding rains'. The powers that be are telling us these past drought years are something new. Who do we believe?

Whoever is right, we should be acting responsibly by conserving water and doing our best to produce as little pollution as possible. This includes not over ordering any supplies from whatever source, whether it be food, our appliances or anything else. By keeping to this thought we will ensure we are doing our bit for the future, and building on our past.

Hoping you all have a wonderful Christmas, and find a way to cheer those you meet.

Keep on smilin' till we meet again.

Ian Combridge.



Postage & Cash Sales Payment

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

The bank details are:

A/c Name : Geelong & District Ostomy Assoc

BSB No. : 633000

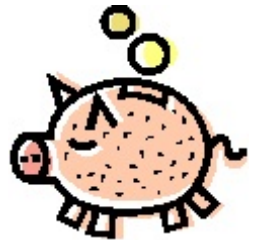
A/C No. : 102191087

Bank: : Bendigo Bank

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

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

It costs \$4.50 for every money order you get, so if you were to pay for 3 months postage on one money order (\$30) you would save yourself \$9.00 which is nearly another months postage!!!



We will also take up to 6 months of orders in advance - so if your stoma has settled down and you order the same thing each month this might be the way for you to manage your orders and postage.

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

PICK UP DATES 2010

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: 2010

Wednesday January 6 th	to Wednesday January 27 th
Friday February 5th	to Friday Feb 26th
Friday March 5 th	to Friday March 26 th
Wednesday April 7th	to Wednesday April 28th
Wednesday May 5 th	to Wednesday May 26 th
Friday June 4th	to Friday June 25th
Monday July 5 th	to Monday July 26 th
Wednesday August 4th	to Friday August 27th
Monday Sept 6 th	to Monday September 27 th
Monday October 4th	to Wednesday October 27th
Friday November 5 th	to Friday November 26 th
Monday Dec 6th	to Friday Dec. 24th

CLOSED FOR THESE PUBLIC HOLIDAYS

Friday	January 1 st (New Years Day)
Monday	March 6 th (Labour Day)
Friday	April 2 nd (Good Friday)
Monday	April 5 th (Easter Monday)
Monday	April 26 th (Anzac Day Holiday)
Monday	June 14 th (Queens Birthday)
Monday	December 27 th (Christmas Day)

CLOSING DATES for ORDERS 2010

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.

2010

Wednesday	18 th December '09	for January	Pickup
Wednesday	27 th of January	for February	Pickup
Friday	26 th of February	for March	Pickup
Friday	26 th of March	for April	Pickup
Wednesday	28 th of April	for May	Pickup
Wednesday	26 th of May	for June	Pickup
Friday	25 th of June	for July	Pickup
Monday	26 th of July	for August	Pickup
Friday	27 th of August	for September	Pickup
Monday	27 th of September	for October	Pickup
Wednesday	27 th of October	for November	Pickup
Friday	26 th of November	for December	Pickup
Friday	17 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.



Ode to Forgetfulness

(As sung on 'youtube.com' to the tune of the Beatles' song
"Do you want to know a secret")

You'll never know how much it really bugs you.
You'll never know until your brains impaired.
Listen.
Do you want to know a secret?
Forgot what I was gonna say.
Oh! Oh! It's maddening.
Tell me why I'm in the kitchen.
Now my mission isn't clear, it's just disappeared.

Listen.
Do you want to know a secret?
I get my children's names all wrong.
Oh! Oh! So scary.
My coffee cup hides from me.
It runs around where I can't see, like my memory.

Got two pairs of glasses in every room.
My car keys for all I know are on the moon.
Listen.
Do you want to know a secret?
Forgot just how to end this song.
Oh! Oh! So Sorry.
I somehow knew I would get it wrong.
It's here one minute and then it's gone, in the ozone.



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

www.toiletmap.gov.au

This Government web site is the best thing for ostomates travelling!!

It locates all the public toilets around Australia.

You can use it to plan your next caravanning holiday, or even for that trip to Dubbo to see Great Aunt Zelda. If you decide to go to Barwon Heads for the day this is the info you would find if your were to look up the toilets before you went.

Show public toilet details for:



Barwon Heads Village Park
Sheepwash Road, Barwon Heads
Open 24 hours



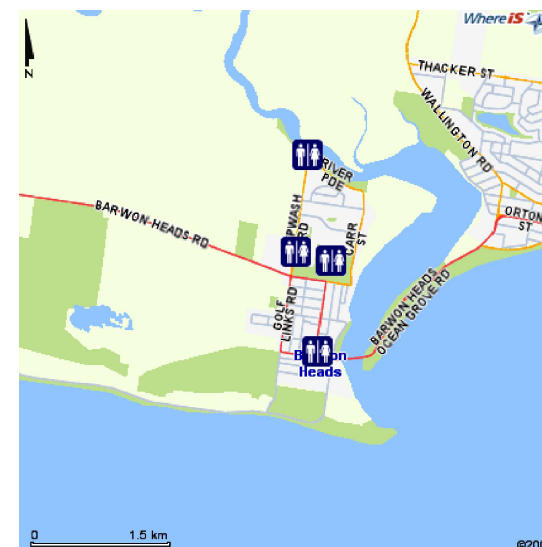
Barwon Village Park
Barwon Heads
Open 24 hours



Hitchcock Avenue
Hitchcock Avenue, Barwon Heads
Open daylight hours



Sheepwash Road
River Parade, Barwon Heads
Open 24 hours



If you are a caravan traveller, you can also look up the sites where you can empty your toilet system in your caravan.

It is also a fun site to look up to see what towns do or do not have public toilets! I looked up Coonabarabran, NSW and not to my surprise they do not have a public toilet registered - I stayed in the local pub overnight in the late 1980's and it was an experience, especially when housekeeping entered my room at 7.30am to clean my room!! Apparently I should have been up and gone by then!!! Great considering my arrival was only at 12.30 am!!!

CERTIFICATES FOR ADDITIONAL STOMA SUPPLIES

The Government has set a limit as to what you are entitled to monthly and annually, and unfortunately without an up-to-date Certificate for Additional Stoma Supplies, you can not get over this amount and no amount of debating will alter this fact. These Certificates are forwarded on to the Government and checked against our claim for you.

Certificates for additional supplies **does not** apply for any support garment.

These Certificates SHOULD be signed by your Stomal Therapy Nurse - as they can ascertain why you need additional supplies. (as it could be just an inappropriate pouch is being used) - Your Doctor, while very knowledgeable, is not trained in Stomal Therapy and does not know all the tricks of the trade that your STN does and could be doing the wrong thing (unintentionally) for you.

If you do get a medical certificate for extra supplies then it is **YOUR** responsibility, not your STN's, to ensure that it is added to your next order. Your STN has enough to do with out having to remember to contact us about Medical Certificates.



Rules for Certificates for Additional Stoma Supplies

- ✓ Having a certificate does not mean you automatically get the extra - you need to ask for it on your order form.
- ✓ Your certificate only lasts for up to 6 months - depending on what your STN has asked for.
- ✓ You are responsible for having your certificate renewed if needed.
- ✓ You can not get another type of product with your certificate - they can only be used for the product as stipulated on it.
- ✓ You can only get up to the amount as stipulated on the certificate.
- ✓ You are responsible for handing in your certificate and not your STN and for the ordering of your extra appliances regarding the certificate.
- ✓ You CANNOT get a certificate for extra supplies because you don't want to come or pay postage for every month. They are only for members who need above the government allowance each month, and who order each month!!



Stef's Scuttlebutt

Time to Think

... Spring has sprung

Christmas is just around the corner.
Santa and his elves are busy with their toy making.
Christmas dinners are coming down on us.
Every year there seems to be more and more of them

Time to Stop.

Time to think - over a cuppa tea

What has happened in 2009.

The Good - The Bad - The Bills - The Rain - Our Health ... the list goes on.

What about our stoma (s)

What about our supplies

Have we enough, or have we too much.

The Government is watching

Big Brother is out there

The Rules have changed, and continue to change

The few who have too much make it harder for the rest of us.

It's good to have a spare box

Two is being greedy

Last year \$8000 in pouches was returned after a funeral

Time to think

To think when we order

To order enough

To speak to with our Stomal Therapy Nurse

We are lucky with our Abundant Supply

"Australia - The Lucky Country"

I wish you a happy and memorable Christmas -

May you enjoy good health amongst good people in 2010



Stef

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



Growing old is a life-long process, and the physical, social and psychological liabilities of aging are all part of it.

Thanks to gerontology and geriatrics, we know more information than ever before on an intelligent approach to aging. As we grow older, subtle changes occur in our bodies.

The most insidious is our skin. It loses elasticity and becomes thinner and drier, thus becoming prone to wrinkles and irritation. These changes can become real problems for those who must wear an appliance all the time. To prevent leakage as the skin becomes more wrinkled, one should stand up straight when changing the appliance. With one hand, stretch the skin so that it is tight and with the other hand attach the appliance (using a mirror may help you see what you are doing).

The skin over the entire body tends to bruise more easily and heal more slowly as we age. We need to be more careful when removing and appliance. A skin barrier covering the entire area under the appliance may help protect the tender skin.

Aging may also result in less strength in the hands. Arthritis, lessening mobility, or pain in the fingers can make it difficult to put together a two piece appliance. A one-piece appliance may eliminate the task of stretching a pouch over a base plate.

To sum it up, aging is a phenomenon we must all face, and when one considers the alternative, it's not too bad!



If you are having problem like those mentioned above it is a good reason to see your STN to get some practical advice to help you as these effects increase.

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

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.

WHAT MEMORIES DOES THIS OLD PHOTO OF GEELONG STIR UP??



Do you remember that type of traffic light?

Did you have a car similar to those in the photo?

What year?

**Two lanes of traffic, Angle parking and no central medium strip
in Ryrie Street
How ever did we survive!**

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



As I try to put together this issue of GOAN and as I actually am typing this page, Mr Thomas has decided that he wants a cuddle and because I have said NO! He has now plonked himself between the keyboard and the monitor and is avidly watching my fingers tapping out these words, as he tries to decide whether it will be worth the scream if he swipes at them!!!

It is Saturday and it is 32.9 degrees at Avalon airport, and Kelly has gone to play tennis so Sir Thomas is bored and looking for something (Or someone) to stir up.

His new nick name is Tornado Tom as he has taken to destroying the house during the night while we sleep (just to see if he can wake us up - I am sure) but he is going to get a rude awakening at the end of the month when our mother comes to stay!! She takes no prisoners - only body counts!!!

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.



A Little Beam Of Laughter_____



* Thanks for all the members who contributed to our Annual raffle by buying and/or selling their tickets. Your support is really appreciated. Also thank you to the members who cannot sell their tickets but give us a donation instead - this is also very much appreciated

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

PLEASE NOTE:

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



Is Your Appliance Showing?

Sourced from www.ostomy.evansvile.net, Nov 2009

Are you worried about your appliance showing under your clothes?
Or your stoma protruding enough to show?
People today lead busy lives at a fast pace.
Everyone is concerned with his and her happenings. Aren't you?
By the way, what is the colour of your bus driver's hair?
Did the sales clerk wear a dress or slacks today?
What colour was the bank teller's tie?
Give Up?
Forget about uncalled for worries and enjoy each day. Remember
that your attitude about your image will affect the attitude of your
family and friends.



"Wake up. The cat's got your teeth."

Everybody has a different story about how they ended up with their stoma, whether it is permanent or temporary. Some have temporary stomas that are reversed about later on their health issues causes them have to have a permanent stoma. Below is a poem submitted by one such member who had this poem written for her by her daughter-in-law, which she wanted to share with us. As this family has found that humor often helps to make our live experiences more liveable.

Do You Live In the Western District?

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

They would love to see you there.

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

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

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



More Little Beams Of Laughter

Little Johnny's at it again..... A new teacher was trying to make use of her psychology courses. She started her class by saying, 'Everyone who thinks they're stupid, stand up!' After a few seconds, Little Johnny stood up. The teacher said, 'Do you think you're stupid, Little Johnny?' 'No, miss, but I hate to see you standing there all by yourself!'

Little Johnny watched, fascinated, as his mother smoothed cold cream on her face. 'Why do you do that, mummy?' he asked. 'To make myself beautiful,' said his mother, who then began removing the cream with a tissue. 'What's the matter?' asked Little Johnny. 'Giving up?'

The maths teacher saw that little Johnny wasn't paying attention in class. She called on him and said, 'Johnny! What are 2 and 7 and 9 and 28?' Little Johnny quickly replied, 'ABC, HSV, GTV and SBS!'

Little Johnny's kindergarten class was on a school outing to their local police station where they saw pictures tacked to a bulletin board of the 10 most wanted criminals. Johnny pointed to a picture and asked if it really was the photo of a wanted person. 'Yes,' said the policeman. 'The detectives want very badly to capture him. 'Little Johnny asked, 'Why didn't you keep him when you took his picture ?'

Little Johnny attended a horse auction with his father. He watched as his father moved from horse to horse, running his hands up and down the horse's legs and rump, and chest.. After a few minutes, Johnny asked, 'Dad, why are you doing that?' His father replied, 'Because when I'm buying horses, I have to make sure that they are healthy and in good shape before I buy. Johnny, looking worried, said, 'Dad, I think the Telstra guy wants to buy Mum .'



FOOD for PLEASURE

An old recipe but a good one that we tend to forget about at times - the cream makes it just that bit special compared to using milk.

SCRAMBLED EGGS

4 eggs 4 Tablespoons of cream Butter
Salt & pepper (Optional - pinch of curry)

Melt a small amount of butter in a frying pan
Whisk the other ingredients together and pour into the frying pan.

When partially cooked, slowly scape the mixture in towards the middle of the pan and keep doing this until just cooked.
Serve on toast.



And for the Festive Season

MINI CHRISTMAS PUDDINGS

1 x 700gm Christmas Pudding (no name is fine or fruit cake)
1 x 250 g milk chocolate, melted
1/4 cup brandy or cherry (or apple juice)
White chocolate bits
Green and red snakes (or Cherries)

1. Crumble the pudding and mix in the melted chocolate and liquid.
2. Roll the mixture into almond size balls. (or size you want)
3. Cut up the snakes into small pieces to garnish the top of the pudding like holly and berries.
4. Melt a small amount of white chocolate bits and drizzle over the mini puddings. Before chocolate sets add snake bits.



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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Rediwipes wet wipes	\$4.50
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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

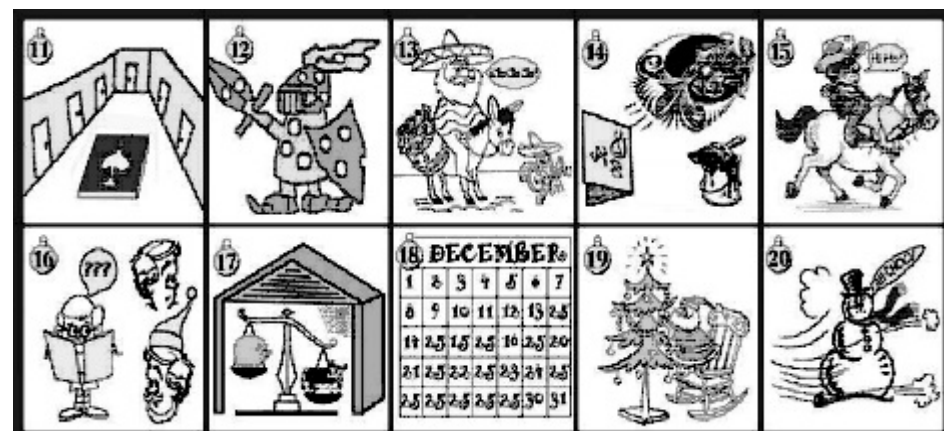
Belly Bands - all sizes	\$10.00
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Wheat Heat Bags	\$8.00
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Don't forget there is no returns on Cash Sale items, especially the Belly Bands, so make sure that you get the correct size or only buy one at a time to make sure they are what you require.

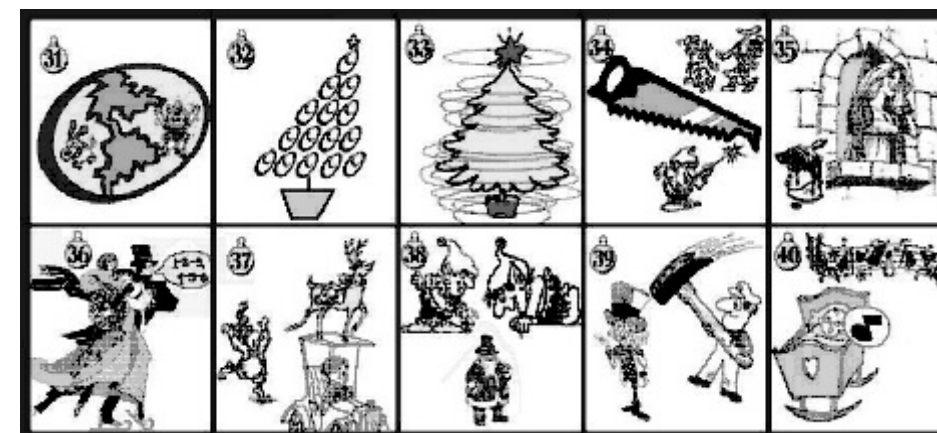
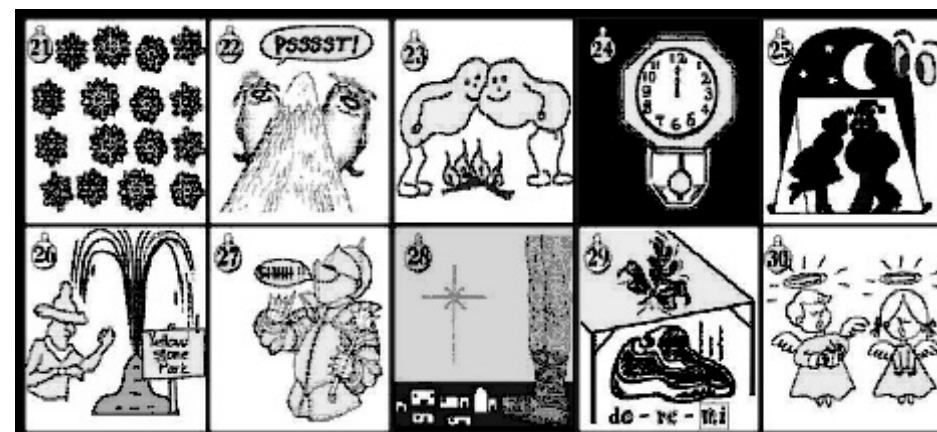
CHRISTMAS CAROL QUIZ

Can you name these Christmas Carol as depicted by the pictures?



20 Frosty the Snowman
18 Twelve Days of Christmas
16 Santa Looked a Lot like Daddy
14 Blue Christmas
12 Holy Night
10 We Three Kings of Orient Are
08 I Saw Three Ships
06 Little Drummer Boy
04 First Noel
02 Walking in a Winter Wonderland

19 Rocking Round the Xmas Tree
17 Away in the Manger
15 Silver Bells
13 Feliz Navidad
11 Deck the Halls
09 What Child Is This?
07 White Christmas
05 Rudolph the Red Nosed Reindeer
03 Santa Claus Is Coming to Town
01 Jingle Bells



40 Cradle Song
38 Little Saint Nick
36 Skaters Waltz
34 All I Want 4 Xmas Is My 2 Front Teeth
32 O, Christmas Tree
30 Hark the Herald Angels Sing
28 Little Town of Bethlehem
26 O, Come All Ye Faithful
24 it Came upon a Midnight Clear
22 Go Tell it on the Mountain

39 Nutcracker
37 Grandmother
35 Greensleeves
33 Around the Christmas Tree
31 Joy to the World
29 Meet Me at the Fair
27 Silent Night
25 I Saw Mommy Kissing Santa Claus
23 Chestnuts Roasting on an Open Fire
21 Let it Snow