

Jo's Bit

Welcome to another issue of GOAN, and another new year.

2006 is the Year of the Dog, so I am not sure if Thomas the cat is going to enjoy it.

For most Victorians it is going to be year full of sports on Telly and maybe live at the commonwealth Games for some of you. There is the Footy season starting straight after the Commonwealth games and we have had the Cricket, Tennis and the Winter Olympics. And don't forget the great races The grand Prix and Melbourne Cup and the Davis Cup at Kooyong that is still to come. We are a very sport oriented State and country and I guess we can thank that for our weather, where it is possible to play sport all year round out side.

What ever you likes I hoe you have a great year and it is a healthy and harmonious one for you.

Joanne



PICK UP DATES

Orders will be available for **Pick-up** at **100 Lt Myers Street**, any Monday, Wednesday or Friday, 9.30 am to 2.30 pm, **between the 4th & 27th** of the month ordered for.

Any remaining orders after the 27th will be added back to stock as we will not be able to claim for them for that month. Returning them to stock does not guarantee that they will be available for you to pick up later, as they may have been issued out.

So Please make the effort and pick up your order on time

Pick up at 100 Lt Myers Street between:

APRIL 3rd to APRIL 28th 2006

MAY 5th to MAY 29th 2006

JUNE 5th to JUNE 28th 2006

JULY 5th to July 28th 2006

CLOSED PUBLIC HOLIDAYS

MARCH 13th 2006

APRIL 14th & 17th 2006

JUNE 12th 2006

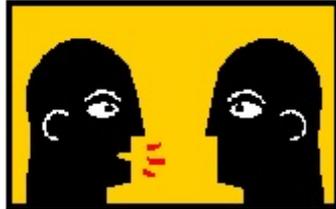
Answers to the Quiz (p28)

1. They have another sister, Candy. And they are identical triplets.
2. Four
3. It does not contain the letter E, the most commonly used letter of them all
4. Cressida is four years old
5. Eight. He makes seven cigarettes, smokes them, and then makes another cigarette from those ends.

President's Pen

How did you spend your New Year's Eve? Did you make any of those ever pressing 'New Year's Resolutions'? How have you been going at keeping those resolutions (if you made any)? It seems that we are totally unable to manage keeping our decisions for change of behaviour. No sooner have we made the decision to change than our circumstances cause our behaviour to revert to what it was before.

Let me share with you a little test I gave one of my friends. This friend had a habit of swearing freely in normal conversation. I challenged him to answer me one question. His answer was to be thought out, not given off the cuff, as it might not be a genuine answer. What was the question? It was just four small words, "Why do you swear?"



It was interesting to watch his face. He firstly frowned, and then he looked very puzzled. I stressed the point of not answering at the present moment. About two weeks later he phoned me and asked if I had meant him to really look at why he spoke in that way. Amazingly, he didn't swear as he was talking to me. He went on to say that he would like me to meet him for his answer, so we could be face to face. When we met to discuss the issue, his answer was three words, "I don't know." After some further discussion, he said that the swearing didn't make the thing he was trying to say any clearer and just used up time and breath. It was just a habit.

Isn't this the reason why so many New Year's resolutions don't stick for long? There is an old saying, 'Bad habits die hard.' I'd like to add to that. 'Replacing them with good ones kills 'em quickly.'

Let me pose a question to you. Why do we ...? The '...' can be any habit we have. I'm sure we can all improve our relationships by asking

ourselves the question, 'Why do I ...?' Maybe we could start to change the world into a better place by taking this action. You know, changing the world into a better place to live has to begin somewhere, maybe it would be good to start with you and me. Showing a friendly smile to those we meet is a good place to start. It makes other people wonder what we have been up to, and, besides that, it can make a dull day brighter for the people we meet and make us feel good.

Are you willing to give it a try? My first effort is to stop making New Year resolutions and concentrate on trying to make other people just a little bit happier.

Have a go at it and see just how much difference one person can make.

That's all till next time

Ian Combridge.

My Computer Spell Checker.

Eye halve a spelling chequer
It came with my pea sea,
It plainly marques four my revue
Moss steaks eye kin knot sea.

Eye strike a key and type a word
And weight four it two say
Weather eye am wrong oar rite
It shows me strait a weigh.

maid
It nose bee fore two long,
And eye can put the error write
Its rare lea ever wrong.

Eye have run this poem threw it,
I am shore your pleased two no
Its letter perfect awl the weigh,
My chequer tolled me sew.

As soon as a mist ache is



GOA STATS

The computer program has a new feature that groups ages into male and females and I was quite surprised to see how many members we had 90 or over. I knew that the males have taken over the lead from the female and that the majority of our membership was over 65 but I was still so surprised that I had to check that the program was working right. Below is a table of the age break ups.

Age Groups	Males	Females	Total	%
Under 6	2	1	3	0.5
6 to 19	0	1	1	0.2
20 to 29	8	5	13	1.9
30 to 39	15	19	33	5.0
40 to 49	23	27	50	7.6
50 to 59	36	49	85	12.8
60 to 69	66	60	126	19.0
70 to 79	103	88	191	28.9
80 to 89	65	65	130	19.7
90 and over	16	13	29	4.4
TOTAL	334	328	662	100

From these figures 84.8% is 50 and over, and nearly 30% of our membership is 70-79 years of age. All the age groups are fairly evenly distributed between males and females except for the 70-79 where the males dominate. 5 years ago the females outnumbered the males quite a lot. The reason? Maybe males have become more health aware and are more alert or more open about problems.

Of the members who are aged 90 and over the oldest member has had his stoma for 18 years. One members who is 92 has had a stoma

for 41 years and another for 30 years. 4 of the nonagerians have had their stomas for over 20 years (but less the 29), 13 for between 10 and 19 years and 9 have had a stoma with in the last 9 years with 2 being last year. This is quite a feat for medical science and healthy living.

The computer program was also a great help to also extract some more stats about how long members have had their stomas.

We have a member that has had a stoma for 51 years and a also members that have only had them for 51 days. Whichever one you are is just as important to us and to you but it is interesting to see that members have been using appliances for longer than I have lived!!

No. Of Years with stoma	No. Of members
Over 50 years	1
40 to 49 years	10
30 to 39 years	25
20 to 29 years	58
10 to 19 years	150
Up to 9 years	418

30% of the 418 who have had stomas less than 9 years are temporary stomas that will be reverse. These figures show that having a stoma is no reason to give up life and think that it is the end of the line as nearly 100 of our members have lived with a stoma for over 20 years.

I know personally that if I didn't have my surgery at age 25 those 21 years ago, I would have missed out on a lot of life and missed making great friends with the volunteers and members of the association and other groups that I am involved with.

“LIVE LIFE TO THE FULLEST”



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.

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.



STOMA or Skin PROBLEMS?

Many stomas change after surgery so it is always advisable to see a Stomal Therapy nurse every so often.

Skin irritations can occur and you can also develop skin problems through many causes, some of which can be incorrect pouch sizes, leaking, creams medication etc. So it is advisable to - See your STN.

When was the last time you visited a STN?

If you have any skin problems or even changing of your stomas appearance, (shape, color) then it would be very advisable to visit an STN - **NOW**

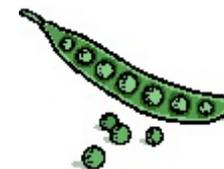
SKIN FOOD

A healthy diet rich in the following vitamins is essential for healthy skin.

♥ **Vitamin A** maintains skin tissue:
Eggs, Milk, Apricots, Nectarines, Cantaloupe, Carrots, Sweet Potatoes and Spinach are rich in Vitamin A



♥ **Vitamin B** helps repair skin:
Whole grains, Fish & Seafood, Poultry & Meats, Eggs, Dairy products, Leafy Green Vegetables, Beans & Peas and Citrus Fruits are rich in Vitamin B



♥ **Vitamin C** encourages collagen production:
Citrus Fruits, Cantaloupe, Strawberries, Tomatoes, Broccoli and Cabbage are rich in Vitamin C



♥ **Vitamin E** helps to keep skin soft and subtle:
Whole Grains, Wheat Germ, Leafy Green Vegetables, Sardines, Egg Yolks and Nuts are rich in Vitamin E.



♥ **PLUS!! Vitamins E and C** are both antioxidants that help keep free radicals - those nasty little critters that cause premature ageing and permanent skin damage - under control.



PUSH THE SKIN, DON'T PULL THE TAPE

Copied from www.ostomyEvansville.net - Re-Route Oct 1998

Damaging the skin around a stoma (or anywhere else), is asking for infection.

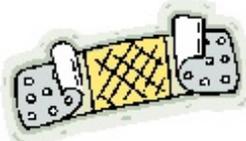
Don't peel your pouch away from your body. Take hold of an edge of the adhesive sections or tape, and push the skin away from the tape.



In older people and babies with thin skins, you can peel their skin off by pulling on tape. Take a good look at what is happening when you pull tape. The tape is pulled upwards, dragging the skin with it until it is pulling hard enough to break loose. It even looks painful! Ouch!!!

Now look at what happens when you push the skin away from the tape. It doesn't hurt and the outer layer of skin is not torn off, which sometimes happens with pulling.

These people who think yanking it fast is best, ought to take a good look at the skin afterwards.



If you have a leak, digestive enzymes in the discharge will excoriate your damaged skin quicker, and deeper than if your skin is okay, or protected with some sort of skin preparation.

Be careful in removing the appliance around excoriated skin, as pulling may further damage and irritate the skin.

Learn to treat skin quickly.



WITH



VOLUNTEER VISITING SERVICE

It is important that ostomates are well informed and can see that having a stoma is not the "end".

An excellent way to achieve this is to talk to someone who has a stoma.

We have a group of trained visitors that can talk to you, so if you would like to talk to one of our visitors, then please contact Joanne at the rooms.

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 any of these 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!)

A "SOFT TOUCH" ALL WINTER

Adapted from www.ostomyEvansville.net - Re-Route Dec 2005

Winter as well as Summer can be a harsh time for or skin. We all tend to think that Summer is the only time we need to moisturise our skin. Winter skin problems can occur whether you are indoors or out, male or female, young or older. A couple of facts about skin are:

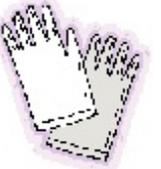
- * The dry skin syndrome affects only the top layer of skin, the stratum corneum. It is as thin as tissue paper and it is composed of flattened dead cells manufactured in the layer below. Water and body oil move from the live skin to the outer layer. The oil keeps the water from evaporating quickly and it is the water that makes skin moist.
- * Moist or dry skin is due, in large part to heredity. The trick is to alter the environmental elements that trigger dry skin. Oddly enough, winter skin problems begin indoors. The heated air absorbs moisture, and draws it from every available source. The skin is a natural target.

Here are some easy to follow hints to make life better for your skin.

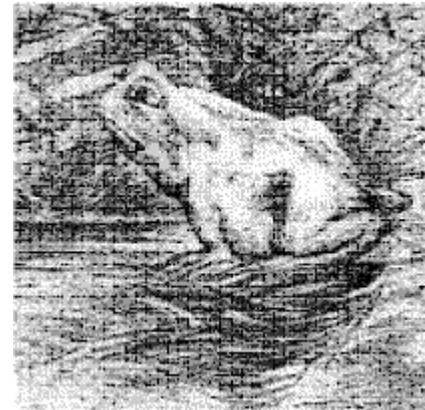
1. Turn down the heat in your home.
2. Feed moisture into your home so humidity can protect your skin. If you have central heating, you can add a humidifying unit, or you can buy an inexpensive humidifier for your rooms. They are very helpful in bedrooms and can keep you from having puffy eyelids and dry throats.
3. Substitute a quick shower, or at least a short warm bath for a long hot soak in the tub. Take it easy with the bath soap in the winter. A luxurious lather feels good to the touch but is bad for your skin because it washes away the skin's own protective oils.



4. Apply a moisturizer to the skin right after the bath or shower. (Ostomates, omit the cream on the abdominal area.) Pick a product you really like and use it faithfully. The only part of the skin that dries out is the top layer, no matter what manufacturers say. Of course, you know to drink enough water.
5. Invest in a good pair of rubber gloves and use them for those cleaning agent and solvent jobs. Wear gloves when outdoors. If your hands are extremely dry, sleep in cotton gloves after putting on cream.
6. Avoid too tight clothing. They rub against dry winter skin; it itches, you scratch, the cycle goes on.
7. There are two other winter skin problems: frostbite and winter sunburn. With frostbite, warm the area with blankets, a bare hand or room temperature water; never with snow or vigorous rubbing. Always wear sunscreen when venturing outdoors. Have a happy comfortable winter.



IS THIS A FROG OR HORSE ?



GOING TO HOSPITAL OR THE STN??

If you are going to hospital for a procedure or going to see the Stomal Therapy nurse it is very important that you take with you at least one change of appliance. Any procedure that requires you to have your appliance removed requires another one to be put back on - so think about it and bring a change.

Any Hospital stay whether a day stay or a week stay - you need to take adequate supplies with you. Make sure to tell family or friends where your supplies are at home in case you have to go to hospital in a hurry. **Hospitals do not stock your supplies and they are not required to supply you them after your initial surgery.**

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

Be prepared and **ALWAYS** carry a spare change anyway even if not going to hospital because things happen sometimes and it is always best to be prepared.

PLEASE BE RESPONSIBLE FOR YOUR OWN APPLIANCE NEEDS - IT IS UNFAIR TO RELY ON THE STN's WHEN YOU ARE CAPABLE.

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.

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 "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 file then just ring or e-mail Joanne.



- ★ To all the members who contributed to the annual Raffle. All winners were contacted and very happy with their prize. (Joanne won her first raffle ever and it was the Darrell Lea voucher which her mum was happy to spend when she was home for Christmas - Kelly loves Raspberry Licorice!!)
- ★ *Thanks you to all the Convatec users who are aving a tough time with back orders. Not one of you has lost your cool which has been great - and I believe that there is an end in sight so just keep hanging in there.*
- ★ Thank you to all those wonderful Stomal therapy nurses that we have. Julie & Her relief at Christmas, Raylene, at St John of God, they both do a great job. To Stefan and Lyn at Geelong Hospital who are relieving Faye and keeping the members supported. We Thank you all for your support and help.
- ★ *To all the members who have seen Stefan lately he thanks you all for the pleasure of getting to know you and he enjoyed the experience.*
- ★ To all the members who kindly think of the volunteers with gifts of goodies to eat and drink.

Its Natural - Hints

- ☺ The teabag is an ostomate's best friend. Tea is an anti-spasmodic and soothing to an upset stomach. It also provides fluids containing electrolytes and potassium so frequently lost from diarrhea.
- ☺ Gas problems can be relieved by eating several spoonfuls of yogurt or applesauce.
- ☺ A few swallows of club soda will help to get rid of gas bubbles. You just burp them up.
- ☺ A bit of spearmint vinegar in a glass of water calms the stomach and digestive system. It also relieves gas and adds a tangy zest to iced tea.
Spearmint Vinegar: You need Spearmint leaves and good white wine vinegar. Fill a bottle with the lightly crushed Spearmint leaves and then add vinegar to top. Seal and let stand for at least a month.
- ☺ Does your stomach gurgle? Try eating solid food first at meals and then drink. But be sure to get enough fluids too, so you don't become dehydrated.
- ☺ When the lock is broken on the restroom door, a wad of folded tissue will sometimes hold it shut.
- ☺ Eat parsley to help eliminate odors.
- ☺ Stretch Away Tensions - When a Headache begins, **STRETCH.**
It helps ease tensions, headaches and lower back pain. Stretching brings back blood to tight muscles and gives a feeling of well being. Stretch slowly, hold, do not bounce or strain



Thomas The Cat



Thomas the Cat has finally been caught by Mrs V.B.!!!
He got a cuddle and was introduced to Mr. V.B., so he was well and truly caught.

Above is a picture of him in one of his unusual play toys - His freshly cleaned kitty litter box!! He would not get out of it.

His favourite toy is the supermarket trolley that we use to move the orders from the back to the front room. He like to pretend that he is in a cage and swipes at what ver/whoever goes past him through the mesh.

And finally, like all pet owners, at times we need a revolving door like the new one at St John of God, so that we do not have to keep letting him in and out.

21 of Lifes Unanswered Questions

- 1 Why do we press harder on a remote control when we know the batteries are flat?
- 2 Why do banks charge a fee on "insufficient funds" when they know there is not enough?
- 3 Why does someone believe you when you say there are four billion stars, but check when you say the paint is wet?
- 4 Why doesn't glue stick to the bottle?
- 5 Why do they use sterilised needles for death by lethal injection?
- 6 Why doesn't Tarzan have a beard?
- 7 Why does Superman stop bullets with his chest, but ducks when you throw a gun at him?
- 8 Whose idea was it to put an "S" in the word "lisp"?
- 9 What is the speed of darkness?
- 10 If you send someone 'Styrofoam', how do you pack it?
- 11 If the temperature is zero outside today and it's going to be twice as cold tomorrow, how cold will it be?
- 12 If people evolved from apes, why are there still apes?
- 13 If it's true that we are here to help others, what are the others doing here?
- 14 Do married people live longer than single ones or does it only seem longer?
- 15 Can you cry under water?
- 16 What level of importance must a person have , before they are considered assassinated instead of just murdered?
- 17 If money doesn't grow on trees then why do banks have branches?



- 18 Why does a round pizza come in a square box?
- 19 How is it that we put man on the moon before we figured out it would be a good idea to put wheels on bigger suitcases ?
- 20 Why is it that people say they "slept like a baby" when babies wake up, like, every two hours?
- 21 Why do people pay to go up tall buildings and then put money in binoculars to look at things on the ground?



ENJOY A GOOD TIME !!!

Brenda is organizing another day out for:

**Monday 10th April
12.00 noon**

**White Eagle House
Fellmongers Rd, Breakwater**

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



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.

GREAT TRUTHS

THAT LITTLE CHILDREN HAVE LEARNED:

- 1) No matter how hard you try, you can't baptize cats.
- 2) When your Mom is mad at your Dad, don't let her brush your hair.
- 3) If your sister hits you, don't hit her back. They always catch the second person.
- 4) Never ask your 3-year old brother to hold a tomato.
- 5) You can't trust dogs to watch your food.
- 6) Don't sneeze when someone is cutting your hair.
- 7) Never hold a Dust-Buster and a cat at the same time.
- 8) You can't hide a piece of broccoli in a glass of milk.
- 9) Don't wear polka-dot underwear under white shorts.
- 10) The best place to be when you're sad is Grandpa's lap.



THAT ADULTS HAVE LEARNED:

- 1) Raising teenagers is like nailing Jell-O to a tree.
- 2) Wrinkles don't hurt.
- 3) Families are like fudge...mostly sweet, with a few nuts.
- 4) Today's mighty oak is just yesterday's nut that held its ground.



- 5) Laughing is good exercise. It's like jogging on the inside.
- 6) Middle age is when you choose your cereal for the fiber, not the toy.



ABOUT GROWING OLD

- 1) Growing up is mandatory; growing old is optional.
- 2) Forget the health food. I need all the preservatives I can get.
- 3) When you fall down, you wonder what else you can do while you're down there.
- 4) You're getting old when you get the same sensation from a rocking chair that you once got from a roller coaster.
- 5) It's frustrating when you know all the answers but nobody bothers to ask you the questions.
- 6) Time may be a great healer, but it's a lousy beautician.
- 7) Wisdom comes with age, but sometimes age comes alone.



THE FOUR STAGES OF LIFE:

- 1) You believe in Santa Claus.
- 2) You don't believe in Santa Claus.
- 3) You are Santa Claus.
- 4) You look like Santa Claus.



ARE YOU MOVING?

Are you moving interstate or to another part of Victoria and you want to get your supplies from somewhere closer to you?

Joanne can help make your transition to another association easier for you, as she has application forms and order forms from many of the other associations throughout Australia.

Joanne can assist you with filling out these forms with all information needed, and can forward them on, so that when you move you have one less thing to worry about.

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 .



LAUGHTER AS AN

ANTIDOTE

Adapted from www.ostomyEvansville.net - Re-Route Oct 1998

You may have noticed that when you are having fun and laughing you feel better than when you are sad and brooding! You feel better when you laugh because it increases your metabolism your muscles are stimulated and neurochemicals enter your bloodstream.

A specific example of laughter on a serious illness is included in Norman Cousins's book, "Anatomy of an Illness". Former editor of "The Saturday Review", Cousins had a very serious and painful disorder of the connective tissue collagen (his cells were literally, coming apart). The pain, medications doctors gave him were seldom effective and he was often in excruciating pain. Doctors set his recovery chances at one in 500. Cousins decided that humor might be an answer. He arranged for videotapes of old Candid Camera and other old comedy shows to be shown at his hospital bedside. After a few hours of genuine belly-laughing fun, Cousins was entirely pain-free for hours more, and sometimes even days. And despite the odds, he ultimately recovered.

Studies also show that laughter can help defeat infection by assisting the immune system. According to a study at Western New England College at Springfield, MA., laughter increases an antibody in the saliva that lowers a person's susceptibility to upper respiratory illness. The levels of this antibody were already higher in those who regularly use humor to face life's problems.

Lee S. Burk, an immunologist at Lorna Linda says, Negative emotions can manipulate the immune system, and it now seems positive ones can do something similar. Cortisol, which is an immune suppressor, has a tremendous influence on the system. Laughter decreases cortisol.

Like so many things, humor and health are interdependent. When you feel good, things seem more humorous, and when you laugh you feel better.



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 (or change your old link) to make this site a reference resource.

Are you Creative!!

The ACSA Web Manager is looking for a Verse/Drawing to place on the front page of the web site, one that has been written or drawn by an Australian ostomate. At present the site is using an American verse about helping people through the stepping stones of life after Cancer.

If you have a verse or drawing to put forward please see Joanne.

A Little Beam Of Laughter (1)

The Silent Treatment

A man and his wife were having some problems at home and were giving each other the silent treatment.

Suddenly, the man realized that the next day, he would need his wife to wake him at 5:00 AM for an early morning business flight.

Not wanting to be the first to break the silence (and LOSE), he wrote on a piece of paper, "Please wake me at 5:00 AM." He left it where he knew she would find it.

The next morning, the man woke up, only to discover it was 9:00 AM and he had missed his flight. Furious, he was about to go and see why his wife hadn't wakened him, when he noticed a piece of paper by the bed.

The paper said, "It is 5:00 AM. Wake up."

Men are Just not equipped for these kinds of contests.



A Little Beam Of Laughter (2)

Chicken Surprise

A couple go for a meal at a Chinese restaurant and order the "Chicken Surprise". The waiter brings the meal, served in a lidded cast iron pot. Just as the wife is about to serve herself, the lid of the pot rises slightly and she briefly sees two beady little eyes looking around before the lid slams back down.



"Good grief, did you see that?" she asks her husband.

He hasn't, so she asks him to look in the pot. He reaches for it and again the lid rises, and he sees two little eyes looking around before it slams down.

Rather perturbed, he calls the waiter over, explains what is happening, and demands an explanation.

"Please sir," says the waiter, "what you order?"

The husband replies, "Chicken Surprise."

"Ah... so sorry," says the waiter, "I bring you Peeking Duck."



Another One for the Ladies

One day my housework-challenged husband decided to wash his Sweatshirt. Seconds after he stepped into the laundry room, he shouted to me, "What setting do I use on the washing machine?" "It depends," I replied. "What does it say on your shirt?" He yelled back, "University of Sydney." And they say blondes are dumb...

He said - What have you been doing with all the grocery money I gave you?

She said - Turn sideways and look in the mirror.

FOOD for PLEASURE

POTATO AND CHIVE MUFFINS

Potato muffins which can be served either hot or cold!

Ingredients

- 1 cup self-raising flour
- 1 teaspoon baking powder
- 1 cup (100g) Edgell Instant Mash
- 2 tablespoons chopped chives
- 1 cup grated cheese
- 1 egg, beaten
- 60g butter, melted
- 2 cups buttermilk
- (Substitute for butter milk: mix together 2 cups milk & 2 tbsp vinegar or lemon juice and let stand 5 minutes)
- 1 tablespoon grated Parmesan cheese



Method

1. Sift flour and baking powder into a large bowl. Stir in the Edgell Instant Mash, chives and cheese.
2. Make a well in the centre of dry ingredients, add egg, butter and milk and mix with a wooden spoon until well combined.
3. Spoon mixture into 12 x 1/2 cup greased muffin pan; sprinkle with Parmesan cheese and bake in a preheated oven at 200C for 20-25 minutes.

Cooking Time: 20-25 minutes

Tip:

1. Add 1/2 cup chopped bacon or ham in step 1 with chives and cheese.
2. Swirl some Sweet Chilli Sauce through mix.
3. Add some other herb for a taste lift. Some finely chopped onion, Garlic, Paprika etc.

BRAIN TEASERS??

1. Sandy and Mandy look exactly the same, having developed from the same egg cell, and were born on the same day and share the same mother and father. They are not, however, identical twins. Can you think of an explanation why?



2. There are two chooks in front of two other chooks.
There are two chooks behind two other chooks.
There are two chooks beside two other chooks.
How many chooks are there?



3. Work out what is unusual about this sentence:
Johnny Smith, trying to avoid his tutor's frown of disapproval, sat at school thinking about his zany aunt Vicky who was big, quirky and buxom.
4. Cressida didn't like to tell her age, so when she was asked, her mother answered for her. Her mother said,
"I am just seven times as old as she is now. In twenty years, she will be just half the age that I will be then."
How old is clever little Cressida?
5. Paul makes his own cigarettes from cigarette ends he saves. Seven ends will make a cigarette. He has saved 49 ends. How many cigarettes will he make from these?

