

President's Pen



Another year has started and another two months gone. How time seems to fly when a person is busy. Before we know it Easter will be upon us, then the colder months of winter and, before we know it, another Christmas will be here. I trust you had a pleasant Christmas and New Year dor 2007 and, as we look forward to these coming months that you will face them with eager anticipation of the adventure life offers to each one of us. Each day, indeed, each minute, is unique in what it holds, whether it is good or bad. It's how we treat each moment that really matters. If we can accept what life brings with a feeling of thankfulness that we are able to experience the moment, it helps us to enjoy or endure the moment and we may be able to help someone else who is experiencing a similar situation.

We have just acquired another little dog (our last one died in February 2007), and I was reminded again of one of the realities of life, our dependence on others. This little dog is very timid. When there is something that frightens her, she looks to us for assurance or protection. She relies on us for her food and the supply of her needs. If left to her own resources, she would find her life sad and would probably die at an early age.

In return for our attention she offers a friendship that is not intrusive, a lick of appreciation, an example of unconditional love and constant companionship. What more could we ask?

Just look around you. Take a few seconds to count how many people you depend on in a day? Think of the difficulties and needs you would have if these people didn't perform their tasks. So often we just accept what people do for us without a second thought as to what it has cost them. So Often we don't thank them. Have you ever thought what a kind word or deed can do for someone who is feeling down?

During this year let us be more conscious of what our life would be without the input and effort of other people and let us share a smile and a genuine "thanks" for each moment and each deed that helps us along the way

Till we meet again
Ian Combridge.



PICK UP DATES 2008

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: 2008

~~Friday January 4th to Friday January 25th~~
~~**Monday February 4th to Wednesday February 27th**~~
Wednesday March 5th to Wednesday March 26th
Friday April 4nd to Friday April 28th
Monday May 5th to Monday May 26th
Wednesday June 4th to Friday June 27th
Friday July 4th to Friday July 25th
Monday August 4th to Wednesday August 27th
Friday Sept 5th to Friday September 26th
Friday October 3rd to Monday October 2^{7th}
Wednesday Nov 5th to Wednesday November 26th
Friday Dec 5th to Wednesday Dec. 24th

CLOSED FOR THESE PUBLIC HOLIDAYS

~~Monday January 28th (Australia Day)~~
~~Monday March 10th (Labour Day)~~
~~Friday March 21st (Good Friday)~~
~~Monday March 24th (Easter Monday)~~
~~Friday April 25th (Anzac Day)~~
~~Monday June 9th (Queens Birthday)~~
~~Friday December 26th (Boxing Day)~~

CLOSING DATES for ORDERS 2008

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.

PLEASE do the right thing and order on time (earlier is preferable)!.
REMEMBER: Late orders placed could incur a special deliver fee.

2008

Monday	24 th December '07	for January	Pickup
Friday	25 th of January	for February	Pickup
Wednesday	27 th of February	for March	Pickup
Wednesday	26 th of March	for April	Pickup
Monday	28 th of April	for May	Pickup
Monday	26 th of May	for June	Pickup
Friday	27 th of June	for July	Pickup
Friday	25 th July	for August	Pickup
Wednesday	27 th August	for September	Pickup
Friday	26 th September	for October	Pickup
Monday	27 th October	for November	Pickup
Wednesday	26 th November	for December	Pickup
Wednesday	24 th December	for January 2009	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 also 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 e-mail address so that we can acknowledge your order.

I AM LIVING, HEAR ME ROAR !!!

The other day I was listening to music and on came the Helen Reddy hit "I am Woman", and as I was singing away (very, very badly I must add!!), I thought that with a few little twinges this song could be the Ostomates theme song. This song always lifts my spirits and I always think of summer days and the 70's (showing my age here!!!)

I am Living, hear me roar
In numbers too big to ignore
And I know too much to go back an' pretend
'cause I've heard it all before
And I've been down there on the floor
No one's ever gonna keep me down again

Oh yes I am wise
But it's wisdom born of pain
Yes, I've paid the price
But look how much I gained
If I have to, I can do anything
I am strong (strong)
I am invincible (invincible)
I am Alive



You can bend but never break me
'cause it only serves to make me
More determined to achieve my final goal
And I come back even stronger
Not a novice any longer
'cause you've deepened the conviction in my soul

Oh yes I am wise
But it's wisdom born of pain
Yes, I've paid the price
But look how much I gained
If I have to, I can do anything
I am strong (strong)
I am invincible (invincible)
I am Alive

I am living watch me grow
See me standing toe to toe
As I spread my lovin' arms across the land
But I'm still an embryo
With a long way to go
until I make my self understand

Oh yes I am wise
But it's wisdom born of pain
Yes, I've paid the price
But look how much I gained
If I have to, I can do anything
I am strong (strong)
I am invincible (invincible)
I am Alive
Oh, I am Alive
I am invincible
I am Strong



(Adapted from the lyrics "I am Woman" written by Helen Reddy & Ray Burton)

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 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 order each month!!

When More is NOT better

The over use of 3M's No Sting Wipes and other extended use protective wipes is a problem that all the Stomal Therapy Nurses at both hospitals are having to deal with.

These wipes are in the words of the manufacturer:

“A barrier against body fluids - up to 72 hours(Incontinence)”.

This is why the Government only allows 1 box per month.

This means that you do **NOT** have to use one every day and especially **NOT** use one every time you change your pouch.

It is preferable to not use them at all unless you have skin issues (irritation) and your STN has advised you to use them.

Over use of these products can cause a build up on your skin and cause further problems.

If you have skin irritations then please go and see your STN.



FAMOUS QUOTE

Somehow I can't believe that there are any heights that can't be scaled by a man who knows the secrets of making dreams come true. This special secret, it seems to me, can be summarised in four C's. They are Curiosity, Confidence, Courage and Constancy. When you believe in a thing, believe in it all the way, implicitly and unquestionable.



Walt Disney (1901 - 1966)

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



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.

JOKE OF THE MONTH

Two women were sitting together,
quietly.



GOING TO HOSPITAL OR TO SEE THE STN ?

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

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

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

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

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



Famous Quote 2

I love Mickey Mouse more than any woman I have ever known.

Walt Disney (1901 -1966)



To all my friends who sent me best wishes in 2007 or promises of good luck if I forwarded something, **IT DID NOT WORK.** For 2008 could you please just send either money, chocolate or gas vouchers? THANK YOU!!!

Shown at
Watchersweb.com

Thomas The Cat



V



The great battle of wills has commenced!!!

As from previous GOAN's you would know that Thomas has a medical problem with his urine and needs to eat a restricted medicated diet or his urine will crystalise and block up and he will die.

This has been told to the neighbours with requests not to feed him - this was fine until lately when a new neighbour behind us moved in. When Thomas was going over there and she was letting him in we explained to her the problem and offered to give her some of the food which she declined saying she wouldn't feed him.

This was fine for a couple of months but now he is obviously getting fed over there because he is only eating about a 1/4 cup a day of his right food and won't come home. On taking him to the vet he is very close to crystalising so they tried altering his diet so as to tempt him not to go over to the other house.

This has resulted in a battle of the wills between Kelly and Thomas, with Thomas not coming home all this weekend. He is around and in the house behind but when Kelly gets close to him he just runs off. Now this is not like Thomas, as he always came when Kelly clicked his fingers. He obviously likes her food better!!!

He is showing his ver strong cat will but Kelly is just as stubborn!!! My only hope is that Thomas doesn't get too sick and die!!!

POUCHES WITH FILTERS

Most pouches for ileostomies and colostomies have a filter, especially the newer type pouches.

The filter lets the gas out of the pouch, nut not the odour. It also prevents gas from building up, so the pouch does not inflate like a balloon.

If after wearing a pouch for a few hours (6-10) your pouch starts to balloon, this most likely means that the filter is full and your pouch needs to be changed. Also if you start to smell an odour after this time, it also indicates that the filter is full and your pouch needs to be changed. It is a matter of listening to your pouch and nose.



In your box of pouches you will most likely find a small sheet of stickers and have probably wondered "what do I do with these?" Well. I have seen many uses for them from sealing envelopes to marking prices at a market stall, but the real use of these stickers is to control your filter to your liking.

If you are an ostomate that showers with their pouch on, then use the sticker to stop any water getting into the filter and therefore negating it's usefulness.

These stickers can also regulate the amount of air that the filter expels - so if you have a tendency to "pancake", try placing a sticker over 1/2 of the filter and see what happens. You may need to alter this to more or less depending on your needs.



Remember the old adage "what goes in must come out", so if you eat or drink windy products then you are going to be gaseous!!!!

If you have any issues with ballooning, odour control, pancaking or leaking please contact your STN.

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.

ARE YOU DRINKING ENOUGH WATER

Adapted from www.ostomy.evansville.net June 1998

Water suppresses the appetite naturally and helps the body metabolize stored fat. Studies have shown that a decrease in water intake will cause fat deposits to increase while an increase in water intake can actually reduce fat deposits. This happens because the kidneys can't function properly without adequate water. When the kidneys don't work to capacity, some of their work load is dumped on the liver. One of the liver's primary functions is to metabolize stored fat into usable energy for the body. If the liver has to do some kidney work, it can't do its own job efficiently. As a result, it metabolizes less fat, more fat remains stored in the body, and weight loss stops.



Drinking enough water is the best treatment for fluid retention. When the body does not get adequate water, it perceives this as a threat to survival and begins to hold on to every drop. Water is stored in extra cellular spaces (outside the cells). This shows up as swollen feet, hand and legs. Diuretics offer temporary solution at best. They force out stored water along with essential nutrients. Again, the body perceives this as a threat and will rapidly replace lost water. Thus, the condition quickly returns. The best way to overcome the problem of water retention is to give the body what it needs - plenty of water. Only then will the excess stored water be released.

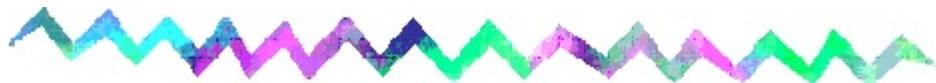


If you have a constant problem with water retention, excess salt may be the problem. The more salt you eat, the more water your system retains to dilute it. But, getting rid of unneeded salt is easy - just drink more water. As it is forced through the kidneys, the water washes away excess sodium.

An overweight person needs more water than one who is thin. Larger people have greater metabolic loads. Water helps maintain proper muscle tone by giving the muscles their natural ability to contract, and by preventing dehydration. It also prevents the sagging of skin that usually follows weight loss. Shrinking cells are buoyed by water, which plumps the skin and leaves it clear, healthy and resilient. Drink about 2 litres of water every day (an additional 250mls (1 cup) for every 11 kg of excess weight).

Also increase water intake if you exercise or in hot, dry weather.

If you have any questions about the amount of water you can or should drink, water retention, salt in your diet, or weight loss, please see your GP.



WATER - OTHER BENEFITS

- * You've worked all day and your muscles are sore. Spend some time in the spa or fill the bath tub for a leisure soak.
- * If your sinuses are blocked, drink more water to keep your head from feeling stuffy.
- * On a hot day a fine spray of water from a bottle will give you a lift.
- * A hand towel soaked in water and wrung out and placed on the back of your neck will help cool you down.

Luciano Pavarotti

Birth Oct 12 1935 - Death Sep 6 2007

It is a true story. Opera Singer. He was considered one of the greatest tenors in his lifetime, and his voice, popularity and fame would be compared with Enrico Caruso and Mario Lanza, both famous tenors in their own times. He was best known for his aria "Nessun Dorma" from the opera "Turandot" with which he would end many of his concerts.

Born in Modena, he learned to sing from his father, who brought a love of music to his son, and he soon showed that he had talent, singing in the local choir and winning first prize in an international choir competition in Liangollen Wales, United Kingdom.

In 1954 he decided to become a professional opera singer, and studied under the tutelage of professional tenor Ariggo Pola. During the next several years, he supported himself as a part-time elementary School teacher and insurance salesman while attempting to break into professional opera.

In 1961 he married Aduo Veroni with whom he would have three daughters: Gillana, Lorenza & Christina. Their marriage would end in divorce in 2000.

Pavarotti made his opera debut in April 1961 in the role of "Rodolfo" in the opera "La Boheme" and in 1963 he made his international debut in the same role at the Royal Opera House in London, England. Also he began a partnership with opera singer Joan Sutherland, considered one of the most famous singing partnerships in opera history.



photo by Judy Kovacs

She encouraged him to tour the United States, which gave him both experience and recognition. By the mid 1970's he had become well known worldwide, noted for his beauty of tone and perfect pitch, especially in the upper register, with his high "C" becoming one of his trade marks.

He earned the sobriquet "King of the High C's" when in 1966 he became the first tenor in opera history hitting all 9 high "C" notes in the aria "Quel Destin" in the opera "The Daughter of the Regiment", reprising his success in 1972 at the Metropolitan Opera in New York City.

During the next decade, his popularity steadily rose, and his name became a household word by the 1990's. In July 1990, he teamed with popular tenors Placido Domingo and Jose Carreras to form "The Three Tenors", frequently singing together over the next ten years and introducing to an even wider public audience, performing in such places as sports stadiums and on television.

In 2003, he married his long time assistant, Nicolletta Mantovani, and they had a daughter Alice, their baby son was still born, which they named Ricardo.

Pavarotti was also well known for his humanitarian work, founding the "Pavarotti and Friends" annual Charity Concerts in Modena, Italy and earning millions of dollars for worthy United Nations causes. His last appearance was at the 2006 Winter Olympics in Turin, Italy at which he sang during the closing ceremony. After emergency surgery for pancreatic cancer in July 2006 he died of Kidney failure due to the cancer at his home in Modena, Italy and was laid to rest next to his parents and baby son Ricardo in the family tomb near Modena. An estimated 50,000 attended the funeral.



By Jenny Davis

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:

WHITE EAGLE

Fellmongers Road, Breakwater

Friday 14th March 2008 at 12 noon

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



Famous Quote 3

All the adversity I've had in my life, all my troubles and obstacles, have strengthened me... You may not realize it when it happens, but a lick in the teeth may be the best thing in the world for you.



Walt Disney (1901 - 1966)

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.



TRAVELLING WITH A STOMA

Because you have a stoma is no reason to stay at home and not go on that overseas trip you always dreamed of. Check with your surgeon, GP and Stn, then pack your bags and hop on a plane. To help you do this here is a list of suggestions to make your experience just a little bit easier.

- ➔ If possible pre-cut as many pouches as needed (If you need to) before leaving as you can't take scissors on the plane - You will have to buy some at the other end.
- ➔ Take twice as much as you would normally require (see your STN about building up supplies for the trip)
- ➔ For easier packing you can take your supplies out of the box - beware of doing this if you use a convexity product.
- ➔ Pack disposable bags, wipes, tapes that you usually use.
- ➔ If it would make you feel more confident when staying away from home take a plastic sheet to protect the mattress.
- ➔ Make a note of the size, brand and manufacturers numbers of your products incase you run into trouble.
- ➔ Ask the airline about extra hand luggage allowance for medical supplies.
- ➔ When you book your flight ask for an aisle seat near the loo.
- ➔ Get a travel certificate from the ostomy rooms for your GP to fill out which explains you are carrying medical supplies in different languages.
- ➔ Check with your GP for recommended medications to take with you for digestive upsets.
- ➔ take your supplies in your hand luggage - so that if your luggage gets lost you will have supplies to change with.
- ➔ To counter dehydration (and jet lag) drink a glass of water or fruit juice every hour.
- ➔ Be cautious about food and water in other countries as you don't want diarrhea when travelling.



Thank You

- ❄ Thank you once again to the wonderful members who have given us nice things for morning tea, and as Christmas goodies. The volunteers love their cuppa and a bickie - so thank you.
- ❄ Especially Mrs B.L. for her apricot slice which the colunteers love and so does my mum, who was down from Cairns and tried it.



RAFFLES

Thanks to the members who have given us a few things to raffle. These are greatly appreciated. You must be sick of only having a Jo's crochet rug to win.

A Little Beam Of Laughter (1)

My name is Alice Smith and I was sitting in the waiting room for my first appointment with a new dentist. I noticed his DDS Diploma, which bore his full name.

Suddenly, I remembered a tall, handsome, dark-haired boy with the same name had been in my high school class almost 40 years ago. Could he be the same guy that I had a secret crush on, way back then? Upon seeing him, however, I quickly discarded any such thought. This balding, grey-haired man with the deeply lined face was way too old to have been my classmate.



After he examined my teeth, I asked him if he had attended Morgan Park High School.

"Yes. Yes I did." he gleamed with pride.

"When did you graduate?" I asked.

He answered, "In 1969. Why do you ask?"

"You were in my class!", I exclaimed.

He looked at me closely. Then that ugly, old, bald, wrinkled, fat grey-haired, decrepit bastard asked, "What did you teach?"

A golfer stood over his tee shot for what seemed an eternity. Looking up, looking down, measuring the distance, figuring the wind direction and speed-driving his partner nuts.



Finally his exasperated partner says "What's taking so long? Hit the blasted ball!"

The guy answers, "My wife is up there watching from the clubhouse. I want to make this a perfect shot."

"Forget it, man, you'll never hit her from here!"

All these jokes are from "Friday Funnies" weekly e-mails from www.chy.com.au

A Little Beam Of Laughter (2)

A man and his wife were awoken at 3.00 am by a loud pounding on the door.

The man gets up and goes to the door where a drunken stranger, standing in the pouring rain, is asking for a push.

“Not a chance,” says the husband, “it is 3.00 in the morning!” He slams the door and returns to bed.

“Who was that?” asks the wife.

“Just some drunk guy asking for a push,” he answers.

“Did you help him?” she asks.

“No, I did not, it is 3.00 in the morning and it is pouring rain out there!”

“Well, you have a short memory,” says his wife, “Can’t you remember about tree months ago when we broke down, and those two guys helped us? I think you should help him, and you should be ashamed of yourself!”

The man does as he is told, gets dressed, and goes out into the heavy rain. He calls out into the dark “Hello, are you still there?”

“Yes,” comes back the answer.

“Do you still need a push?” calls out the husband.

“Yes, please!” comes the reply from the dark.

“Where are you?” asks the husband.

“ Over here on the swing.” replies the drunk.

Last April, after much deliberation, I bought a magnolia tree from our local nursery. After only a few weeks I noticed that the leaves had started to shrivel and the tree appeared to be on it’s last legs I spite of my tender care.

So I took some leaf samples and marched back to the nursery to demand an explanation or get my money back.

“I know exactly what’s wrong with your magnolia,” he said.

“Good!” I exclaimed. “What’s it suffering from?”

You can imagine how stupid I felt when he said “Autumn”.



FOOD for PLEASURE



Chicken Curry Soup

2 tablespoons butter

3 rashers bacon, chopped

1 teaspoon crushed garlic

2 teaspoons plain flour

1 can creamed corn

4 cups chicken stock

2 chicken breast, chopped

1 onion, chopped

2 teaspoons curry powder

1 large carrot, grated

3/4 cups uncooked brown rice

pinch of Italian dried herbs

Melt butter in a saucepan and gently fry bacon, chicken, onion, garlic and curry powder for 3 minutes.

Stir in flour, cook for a minute and add all other ingredients.

Bring to the boil and simmer for 1 hour, until rice is cooked.

Custard Powder Biscuits

3 cups SR flour

1 cup custard powder

250gm butter, melted and cooled slightly

1 teaspoon vanilla essence

2 cups sugar

3 eggs beaten



Combine dry ingredients in a large bowl, make a well and add beaten eggs and vanilla. Pour in Melted butter and mix well.

Knead into a ball until all flour and custard is absorbed. Add a little milk if dry and dough is coming together.

Roll teaspoonfuls into balls and press down lightly with a fork on a greased biscuit tray (they spread a lot).

Bake at 160°C for 15-25 minutes or until golden.

Cool on wire rack before storing in an airtight container.

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 - Single size	\$4.00

Nappy Bags - 100 per box	\$2.25
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Latex Disposable Gloves - 100 per box	\$6.00
Curved Scissors	\$8.50

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

POT LUCK QUIZ

1. What colour is a peridot stone?
2. What is the zodiac sign of the twins?
3. In which part of the body is the patella?
4. Who had a No 1. Hit with the song "Bachelor Boy"?
5. What is the second letter of the Greek alphabet?
6. What is the nest of an eagle called?
7. Which film star has a statue in Leicester Square?
8. In which month is Queen Elizabeth II's official birthday?
9. Who was the lead singer with Dawn?
10. What did the Rochdale Pioneers pioneer?
11. Which 1995 movie starred a wet Kevin Costner?
12. Which board game involves moving through rooms to solve a murder?
13. Called a tuxedo in America, what's this garment called in the UK?
14. What type of jewels are traditionally associated with Amsterdam?
15. What is zoophobia a fear of?
16. In which programme did Rab C. Nesbitt first appear n TV?
17. What was Charon's Job?
18. Which Edith sang "Je no regette rien" (No Regrets)?
19. What colour is the Central Line on a London Underground map?
20. What type of food is a bagel?
21. What sits on a dolly on a television studio?
22. Who says, "You'll like this - not a lot!"?
23. Which day of the week is named after the god Woden?
24. Who recorded the album "From the Cradle"?
25. Which "Coronation Street" supermarket employed Reg & Vera?
26. What si the claw of a bird of prey called?
27. What type of sport took place in the "Frying Pan"?
28. Dr Stephen Hawking wrote a brief history of what?
29. Which Club is concerned with pedigree in the dog world?
30. Which English King was painted by Hans Holbien?

