

Geelong & District Ostomy Association Inc.

Reg. No. A0015954Z

Supplement to Ostomy Australia

Vol.16 No. 3

July 2007

The "GOAN"



100 Little Myers Street, GEELONG 3220

Ph: 03 5222 3168 Fax: 03 5223 2659

E-Mail: goainc@ncable.net.au

Open: Monday Wednesday Friday
Times: 9.30 am - 2.30 pm
Closed: Public Holidays

Jo's Bit

Another issue of GOAN and Ostomy Australia has been made available to you and I hope that you all take advantage of both these.

It was quite sad, to say the least, at the number of members who obviously didn't read the last issue of GOAN, where you were all informed of the reshuffling of the rooms. But as I grumble here, it is only probably preaching to the ones that do the right thing anyway and read the GOAN!!!

As winter is breaking around us, it is a time for all ostomates to look after themselves and drink plenty of fluids (see inside for the dehydration article) as we tend not to drink as much as we are not hot and therefore get ourselves into trouble. It is also time for you to look after your skin as artificial heating can actually dry out your skin more than the summer heat - hence keep up the fluids.

The Annual meeting is just around the corner and I would love to see some new faces there - not that the usual ones are bad - just need to see some new ones.

I hope you enjoy this issue of the GOAN as it has some good articles in it including one sent in from a member in Colac.

Joanne

17/06/07

P.S. I Loved the Bat joke so I just had to include it in this issue!

Answers to the Quiz (p30-31)

- | | | |
|-------------------|----------------------------|--------------------|
| 1. Robert De Niro | 11. Brush Strokes | 21. Silver |
| 2. Gluttony | 12. Opal Fruits | 22. Julie Andrews |
| 3. Gold Coast | 13. Netherlands | 23. Freemasons |
| 4. Orange | 14. Venezuela | 24. Sistine Chapel |
| 5. Bird | 15. World Trade Centre | 25. Grace Kelly |
| 6. Herbivore | 16. London & New York | 26. Blue & White |
| 7. Antarctic | 17. Mali | 27. Plaid Cymru |
| 8. Exxon Valdez | 18. Billy Connolly | 28. Limestone |
| 9. In the brain | 19. William Pitt the Elder | 29. Asteroids |
| 10. Cartilage | 20. Galileo | 30. Malta |

Geelong and District Ostomy Association Inc.
COMMITTEE OF MANAGEMENT
2006 - 2007

PRESIDENT: Ian Combridge
VICE PRESIDENT: Kelly Holmes
SECRETARY: Joanne Holmes
ASSISTANT SECRETARY: Marion Taylor
TREASURER: Laurie Bensted
ASSISTANT TREASURER: Colin Giles
SOCIAL SECRETARY: Brenda Ebbels
ADMINISTRATOR/
APPLIANCE OFFICER: Joanne Holmes

LIFE MEMBERS

Audrey Daniels (Sr.)	Glyneth Cooper (Sr.)
Patricia Wood (Sr.)	Eric Hassold
Eileen Dessent (the late)	Ian Macrae
Les Allen	Hazel Drew
Brenda Ebbels	Margaret Dickson
Laurie Bensted	George Burrell
Tony Palamara	Joanne Holmes

AFTER HOURS EMERGENCY NUMBERS

Hazel Drew	Ph: 5221 7010
Joanne Holmes	Ph: 0432 681 577

GOAN CONTRIBUTIONS

The editor of GOAN thanks everyone who contributed to this issue.

GOAN PRODUCTION

Issues of the GOAN are produced in March, July 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



I love our natural world. Do you? Have you ever sat on the seashore and just watched the waves coming in? Did you ever wonder why they come in to shore on the mainland and yet, if you are on the other side of Bass Strait, they still come in towards you? Where ever you are the waves come in to shore (even all the way around an island). How can a bird the size of a pelican glide along the water or fly so gracefully and yet look so clumsy on dry land? What about the elephant's trunk? With it the animal can lift a tree trunk, crush a man, and yet pick up an apple or a peanut so gently. Have you ever looked at a tree and wondered at its ability to live so long and how it withstands strong winds and storms?

Many of the readers will know that recently I had a severe heart attack which resulted in an episode with the surgeons. I was given the option of having the operation or going home and possibly not surviving 3 months. I realise that many of you have been given the same sort of choice. It was after the operation I was reminded that I had been given another opportunity to enjoy the world around me, another life, as it were. I wonder if, after your surgery, you realised the wonderful things that can be done to our bodies to keep us going. Has your perception of your existence changed? Has life become more of an adventure for you?

In all of these questions I have asked, there is an underlying theme. How well do we look after our bodies? It is in our own interest that we care for what remains of our body so that we can live to enjoy this wonderful world around us. It really is a wonderful place, and it's there for us to enjoy. What's more, it's free and there's not much left that remains that way!

Look back over the last 6 months (yes, half the year has nearly gone) and try to find how you can improve on your quality of life. It's up to you to improve. No-one else can do it for you.

One of the easiest ways to improve your outlook is to treat other people as you would like to be treated. Think about that next time you feel grumpy and smile at how foolish grumpiness is and what its effect is on others as well as yourself. Think how you would feel if you were on the receiving end of your attitude. As well as that, smiling helps to lift our own spirit and the effect on others can be amazing.



Till next time,

SMILE.

Ian Combridge.

ANNUAL GENERAL MEETING

Monday, 20 August 2007

10.30 pm

100 Lt. Myers Street, GEELONG

Agenda

Annual Reports Presented
Management Committee Elections
Setting of Fees



Nomination forms for the
Management Committee are
available from the front counter
or Joanne.

Cuppa and morning tea will be available after the meeting.

All members most welcome!!

PICK UP DATES 2007

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.

**Pick up at 100 Lt Myers Street between:
2007**

Friday January 5 th	to Wednesday January 24 th
Monday February 5th	to Monday February 26th
Monday March 5 th	to Monday March 26 th
Monday April 2nd	to Friday April 27th
Friday May 4 th	to Friday May 25 th
Monday June 4th	to Wednesday June 27th
Wednesday July 4 th	to Friday July 27 th
Friday August 3rd	to Monday August 27th
Monday Sept 3 rd	to Wednesday September 26 th
Friday October 5th	to Friday October 26th
Monday Nov 5 th	to Monday November 26 th
Monday Dec 3rd	to Monday December 24th

CLOSED PUBLIC HOLIDAYS

Monday	January 1st 2007 (new Years Day)
Friday	January 26th (Australia Day)
Monday	March 12th (Labour Day)
Friday	April 6th (Good Friday)
Monday	April 9th (Easter Monday)
Wednesday	April 25th (Anzac Day)
Monday	June 11th (Queens Birthday)
Wednesday	December 26th (Boxing Day)

CLOSING DATES for ORDERS 2007

Please have your orders placed by these dates for the month required.

These are the last dates that we will be open before ordering from the suppliers - So **PLEASE** do the right thing and order on time (earlier is preferable)!.
REMEMBER: Late orders placed could incur a special deliver fee.

2007

Wednesday 24 th of January	for February	Pickup
Monday 26 th of February	for March	Pickup
Monday 26 th of March	for April	Pickup
Friday 27 th of April	for May	Pickup
Friday 25 th of May	for June	Pickup
Wednesday 27 th of June	for July	Pickup
Friday 27 th July	for August	Pickup
Monday 27 th August	for September	Pickup
Wednesday 26 th September	for October	Pickup
Friday 26 th October	for November	Pickup
Monday 26 th November	for December	Pickup
Monday 24 th December	for January 2008	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 "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 at goainc@ncable.net.au

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.



2007 - 2008 MEMBERSHIPS

Membership fees for 2007-2008 were due by the 30th June 2007

If you have not paid these then you are now unfortunately eligible for the late payment penalty of **\$10.00**. **You will be charged \$10.00 per month** for distributions costs which must be paid on picking up of your supplies until your membership is paid.

The fees are:

Full Fee of: \$60 (\$45 access fee + \$15 GOA fee)

Concession Fee of: \$50 (\$35 access fee + \$15 GOA fee)

(Concession Fee is only available to those members who can supply a current Pension Concession Card or a current Health Care Card).

If you are going to have difficulty paying your membership renewal **please** see Joanne and she can work out a payment plan for you, which is usually \$10 per month until paid off. Joanne will do this confidentially, so please do not hesitate to come and see her.

If you are a new member and you joined **after February 2007** you will not have to renew your membership until 2008. If you are a **Temporary Member** and you still require July 2007 and onwards supplies then you **must** pay your renewal.



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!)

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.

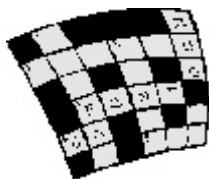
If you have not been given some of these pouches or if you have any questions about the procedure preparation, please contact your stomal therapy nurse or Joanne.



Stef's Scuttlebutt

If you are reading this count yourself as one of the lucky ones. The simple act of reading is a talent - which is taken for granted. To understand what we are reading and think about it a human trait. To internalise this and use it to our benefit, at a later date, I call Education. Sure, we can be educated, we have all been to school, but now as adults we educate ourselves. I can hear many people muttering "yeah, yeah, I read the newspaper," you may but that is the end of it.

"If you do not use it, you will lose it," is an old saying we have all heard. This I put to you applies more so to our Brain. Our society does not encourage brain gym as much as the physical gym. We do need to exercise our brain. Yeah I know you can't do sit up's with your brain, but you can do puzzles, crossword, read books, write letters... and so on. Remember the things we used to do.



I know in my busy life filled with the hussle and bussle of family and work that I do not exercise my brain enough, maybe that's why I am so forgetful !

The closer we get to 100 years of age the more we need to 'jog our grey cells' into action if we are to avoid Dementia or Alzheimer's disease.

So now, think - about your stoma and pouch. How long have you had this bag? What can you replace it with ? Do you remember what your stomal therapy nurse was wearing at your last review ? What did you find interesting in the last Ostomy Journal ?

Now for a little test: can you remember what I wrote last time in the GOAN? W.... & W..... ? How did you go ?

Stefan Demur Barwon Health Stomal Therapy Department

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.



Famous Quote

"You are not only responsible for what you say, but also for what you do not say."

Martin Luther

MEDICATION AND OSTOMATES

Adapted from the "Handbook for New Ostomy Patients" by UOAA

Prescription and non-prescription drugs, as well as vitamins, are absorbed primarily through the intestines. If you have had a significant portion of your bowel removed, especially your small bowel, absorption of these substances will be reduced.

The chemical nature of most drugs allows absorption along a significant length of the intestinal tract. The shorter the intestine, the less will be absorbed. Only a very few drugs, can be absorbed to any great extent through the stomach. Absorption of medications can vary depending on the size and type of pill (ie liquid suspension, tablet or capsule). Chewable tablets are effective if they are chewed well; in most cases they are better absorbed than capsules or compressed tablets.

Ostomates who have a significant portion of their intestine removed may achieve better absorption by emptying the contents of a capsule into food, or crushing a compressed tablet and adding the powder to food. **A word of caution, though - not all tablets can safely be crushed, and not all capsules should be emptied.** Generally speaking time-release tablets should not be crushed, nor should time release capsules be emptied. The result could be 12 to 24 hours worth of medication being released all at once. Time release medications should be avoided by ileostomates or discussed with your pharmacist or GP.

Enteric-coated tablets should not be crushed. The reason those tablets are coated is to prevent irritating the lining of the stomach. If possible, avoid this type of tablet as they can pass intact through your system.



FOLLOW INSTRUCTION FOR TAKING ALL DRUGS. If in doubt about an over the counter drug, or how different drugs may interact, consult your pharmacist or GP.

The Use of Anti-Diarrheals

Adapted from the "Handbook for New Ostomy Patients" by UOAA

If you are a new ostomate, give your body time to settle down after you leave hospital. Some colostomates can have loose stools for several weeks or longer after surgery. This should sort itself out in time without the use of anti-diarrhea agents.

Even after you have healed completely, you may have periodic bouts of diarrhea, the same as a person with an intact digestive tract - it can happen to anybody.

Before reaching for an anti-diarrheal you should first consider what you may have recently consumed that might be the cause. In most cases, periodic looseness will sort itself out after a day or two without the need to take anything.

However, patients with chronically overactive colostomies and ileostomies sometimes use agents such as Imodium, Lomotil or Gastro Stop to help control things. These should be used only if the situation is chronic and not improving by watching your diet. **Follow directions and do not exceed the recommended dosage. Discuss the use of these products with your pharmacist or GP.**

Occasional diarrhea is not a cause for panic; as much as possible give your body time to adjust on its own and sort itself out before reaching for the anti-diarrheals.



SOMETHING TO THINK ABOUT

How would you react if you found this in your local newspaper?

LETTER TO THE EDITOR:

Maybe we should turn to our history books and point out to people why today's Australian is not willing to accept the new kind of immigrant any longer.

Back in 1900 when there was a rush from all areas of Europe to come to Australia, people had to get off a ship and stand in a long line in Sydney and be documented. Some would even get down on their hands and knees and kiss the ground. They made a pledge to uphold the laws and support their new country in good and bad times.

They made learning English a primary rule in their new Australian households and some even changed their names to blend in with their new home.

They had waved good bye to their birth place to give their children a new life and did everything in their power to help their children assimilate into one culture.

Nothing was handed to them. No free lunches, no welfare, no labour laws to protect them. All they had were the skills, craftsmanship and desire they had brought with them to trade for a future of prosperity.

Most of their children came of age when World War II broke out. Australians fought along side men whose parents had come straight over from Germany, Italy, France, Japan, Czechoslovakia, Russia, Sweden, and so many other places. None of these first generation Australians ever gave any thought about what country their parents had come from.

They were Australians fighting Hitler, Mussolini and the Emperor of Japan. They were defending the Freedom as one people.

When we liberated France, no one in those villages was looking for the people of France, they saw only Australians. And we carried one flag that represented our country.

Not one of those immigrant sons would have thought about picking up another country's flag and waving it to represent who they were.

It would have been a disgrace to their parents who had sacrificed so much to be here. These immigrants truly knew what it meant to be an Australian.

And here we are in 2006/7 with a new kind of immigrant who wants the same rights and privileges. Only they want to achieve it by playing with a different set of rules, one that includes an Australian passport and a guarantee of being faithful to their mother country.

I'm sorry, that's not what being a Australian is all about.

Australians have been very open hearted and open minded regarding immigrants, whether they were fleeing poverty, dictatorship, persecution, or whatever else makes a person adopt a foreign country.

And I suppose when we say adopt, we think of those aforementioned immigrants who truly did ADOPT our country, and our flag and our morals and our customs. And left their wars, hatred, and divisions behind.

I believe that the immigrants who landed in Australia in the early 1900s deserve better than that for the toil, hard work and sacrifice in raising future generations to create a land that has become a beacon for those legally searching for a better life.

I think they would be appalled that they are being used as an example by those waving foreign country flags, fighting foreign battles on our soil, making Australians change to suit their religions and cultures, and wanting to change our country's fabric by claiming discrimination when we do not give in to their demands.

anon



DEHYDRATION and the OSTOMATE

The human body is composed of more than 50% water. Drinking adequate amounts of water is essential for maintaining adequate blood volume and its flow to such vital organs as the brain and the kidneys. It is also important for maintaining optimal function in the cells of the body.

Dehydration can be defined as a significant decrease in the total water content of the body and it occurs when the rate of water intake is lower than the rate of losing water from your body by urine, skin, lungs and the gastrointestinal tract.



When you lose a significant quantity of water, you begin to develop symptoms and signs of dehydration, some of which are non specific, such as dizziness upon sitting or standing up from a lying position, and specific signs such as thirst, dry lips/mouth, flushed skin, tiredness, headache, and urine begins to darken in colour and decrease.

Why should you be worried about becoming dehydration? The major reason is that it is important to avoid the complications of dehydration. When you become dehydrated, the volume of circulating blood decreases, and this in turns decreases the flow of blood to your vital organs. Not only is the blood flow a major problem, but as you become dehydrated, you lose water and two minerals (potassium and sodium), which are essential for optimal functioning of the body.



The large intestine does not play a major part in absorbing nutrition; although it absorbs some minerals, notably salt, its main job is to extract water from waste coming from the small intestine. If all or much of the large intestine, the ostomate loses this natural 'rehydrator' and can be at risk for dehydration. Therefore, dehydration affects ileostomates more than any other type of ostomates.

Thirst is not always an accurate measure if your body's needs; ileostomates should develop the habit of drinking water throughout the day (8 to 10 glasses per day is recommended).

While there are no clear-cut guidelines as to when you should seek medical attention, if any of the signs of dehydration occur, the best advice is to check with your doctor before complication develop.

General Dehydration Symptoms:

Mild Dehydration: Thirst, dry lips, dry mouth, flushed skin, tiredness, irritability, headache, urine begins to darken in colour, urine output decreases.

Moderate Dehydration: severe episodes of the mild dehydration symptoms plus; Skin doesn't bounce back when pressed, sunken eyes, cramps, stiff and painful joints, increased heart rate.

Severe Dehydration: All the moderate dehydration symptoms plus: blue lips, blotchy skin, confusion, lethargy, cold hands and feet, rapid breathing, rapid and weak pulse, low blood pressure, dizziness, fainting, high fever, inability to pee or to cry, disinterest in drinking. Call an ambulance immediately!!

If you have **ANY** of the above symptoms **ACT IMMEDIATELY** as dehydration is a serious health issue.

REMEMBER: ILEOSTOMATES SHOULD MAKE A HABIT OF DRINKING MORE FLUIDS PER DAY THAN THEY DID BEFORE SURGERY.



Have you noticed that we now have a water cooler in the reception area for members to help themselves to a cup of water. You can have it cooled or at room temperature depending on what tap you use.

Plastic cup are on the side of the unit - so help yourself to a cup of water.

Thomas The Cat



Since we have had the re-shuffle of the rooms - poor Thomas has had to have a re think about where he is going to have his long cat naps!! He has finally decided that it will be in the stock room on the top shelf and on top of all the empty cardboard boxes - This is a prime spot as it is directly under the central heating vent - and also he is out of Kelly's way so that he can't be tormented and he gets the toastiest spot.

Above is a picture of him on the boxes saying to Kelly "Leave me alone to get some sleep!!" as Kelly was trying to get a photo to put in here.

He also now only likes to eat in the passage way so that everyone coming in can say "Hello Thomas" and he thinks that this is pretty cool!!

Health wise he is doing great at present and he has been wormed and deflea -ed (which he is not to crazy about) - but vets sure do know how to charge for these products - it is dearer than a human chemist - but he is worth it as I am sure most of you agree!!!

MARIO LANZA

This article submitted by one of our Colac Members - J.D.

This is a true story.

Singer and actor, he was the first singer to earn a Gold Record over 1 million records sold) in both Pop and Classic Categories.

Born Alfred Arnold Coccozza on January 31st 1921 in Philadelphia, Pennsylvania, U.S.A. he left high school early to work in his uncle's grocery store until he auditioned for a music scholarship in 1942. He was drafted into the Army during the second World War and served until 1945.

His wife, Betty Hicks Lanza, was the young sister of his army buddy, Bert Hicks, and they married shortly after Mario's release from the army. They had four children - Colleen, Elisa, Damon and Marc.

In 1948 he signed with M.G.M and his singing voice quickly bought him critical acclaim from both reviewers and fans alike. He adopted his stage name by masculinizing his mother's maiden name Maria Lanza. His first two films "that midnight kiss" and "The toast of New Orleans", teamed him with actress Kathryn Grayson and he became an overnight success. His next film "The Great Caruso" was a perfect fit for his talent. His stardom was short lived, however, as he reportedly had an overbearing sense of self-importance, and had trouble with alcohol and barbiturates as well as a ballooning weight problem.

In 1954 he was to star in the lead role of Prince Karl in "The Student Prince", but the role went to Edmund Purden instead although they used his voice for all the singing.

As his weight continued to coat him roles he decided to move to Italy for a fresh start and find new film roles.

While filming "the Seven Hills of Rome" he undertook a vigorous diet, using barbiturates to help him lose weight. This contributed to his heart attack and death at the age of 38. His wife was shattered by his death. No autopsy was performed on Mario's body to determine the cause of death. Betty Lanza, heart broken over her husband's death, committed suicide five months later.



COLONOSCOPY HUMOUR

Colonoscopies are no joke, but these comments during the exam were quite humorous. An American physician claimed that the following are actual comments made by his patients (predominately male) while he was performing their colonoscopies:



1. "Take it easy, Doc. You're boldly going where no man has gone before!"
 2. "Find Amelia Earhart yet?"
 3. "Can you hear me NOW?"
 - 4.. "Are we there yet? Are we there yet? Are we there yet?"
 5. "You know, in Arkansas , we're now legally married."
 6. "Any sign of the trapped miners, Chief?"
 7. "You put your left hand in, you take your left hand out..."
 - 8.. "Hey! Now I know how a Muppet feels!"
 9. "If your hand doesn't fit, you must quit!"
 10. "Hey Doc, let me know if you find my dignity.."
 11. "God, now I know why I am not gay."
- And the best one of all..
12. "Could you write a note for my wife saying that my head is not up here?"



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 on:
Monday 9th July 2007 at 12 noon
at 33 Jennifer Cres, Pt Lonsdale

This is a shared lunch event so bring something to add to the table to share with everyone!!

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



CAN YOU READ THIS??

fi yuo cna raed tihs, yuo hvae a sgtrane mnid too.
Cna yuo raed tihs? Olny 55 plepoe out of 100 can.
i cdnuolt blveiee taht I cluod aulacilty uesdnatnrd waht I was rdanieg.
The phaonmneal pweor of the hmuan mnid, aoccdnig to a rscheearch
at Cmabrigde Uinervtisy, it dseno't mtaetr in waht oerdr the ltteres in
a wrod are, the olny iproamtnt tihng is taht the frsit and lsat ltteer be
in the rghit pclae. The rset can be a taotl mses and you can sitll raed
it whotuit a pboerlm. Tihs is bcuseae the huamn mnid deos not raed
ervey lteter by istlef, but the wrod as a wlohe. Azanmig huh? yaeh and
I awlyas tghuhot slpeling was ipmorantt!

Thank You

- ❄ Thank you once again to the wonderful members who have given us nice things for morning tea. The volunteers love their cuppa and a bickie - so thank you.
- ❄ Thank you the members who have paid their membership early and also to those members who kindly gave a donation to us as well - we really do appreciate it all.
- ❄ Thanks to the members who have also passed on to Joanne, wool and cotton for crocheting. She has slowed down a bit lately but now that winter has set in, she is at it again - so thank you very, very much.



FAMOUS QUOTE

Kindness is the language which the deaf can hear and the blind can see.

Mark Twain

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.

A Little Beam Of Laughter (1)

A vampire bat came flapping in from the night, face all covered in fresh blood and parked himself on the roof of the cave to get some sleep.

Pretty soon all the other bats smelt the blood & began hassling him about where he got it.

He told them to nick off & let him get some sleep, but they persisted until he finally gave in.

"OK, follow me", he said & flew out of the cave with hundreds of excited bats behind him.

Down through a valley they went across a river & into a huge forest.

Finally he slowed down & all other bats excitedly milled around him, tongues hanging out for blood.

"Do you see that large oak tree over there?" he asked.

"YES, YES, YES!!!" the bats all screamed in a frenzy.

"Good for you!" said the first bat, "Because I bloody didn't."



A Little Beam Of Laughter (2)

A flat-chested young lady went to Dr. Morris about enlarging her tiny breasts.

Dr. Morris advised her, "Every day after your shower, rub your chest and say, "Scooby doobie doobies, I want bigger boobies."

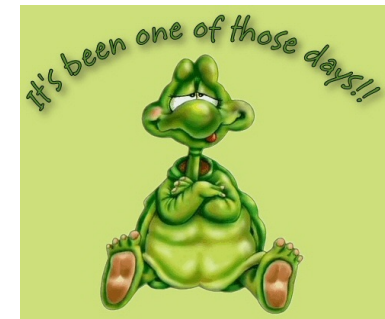
She did this faithfully for several months and it worked! She grew terrific D-cup boobs!

One morning she was running late, got on the bus and in a panic realized she had forgotten her morning ritual. Frightened she might lose her lovely boobs if she didn't recite the little rhyme, she stood right there in the middle aisle of the bus, closed her eyes and said, "Scooby doobie doobies, I want bigger boobies."

A guy sitting nearby looked at her and asked, "Are you, by any chance, a patient of Dr. Morris?"

"Why, yes I am.. How did you know?"

He leaned closer, winked and whispered, "Hickory dickory doc.....!!!"



I went into the gas station today and asked for five dollars worth of gas. The clerk farted and gave me a receipt.

FOOD for PLEASURE

Potato & Pasta Bake

Serves 6 - but can be easily made into a smaller portion

5 potato, cut into 1 cm thick slices

1 cup chopped bacon or left over cooked chicken, ham

2 cups grated cheese

1 onion finely chopped

1 tomato, chopped

1 ½ cups cooked pasta

40gm butter

¼cup plain flour

2¼ cups milk

½ teaspoon each of nutmeg and dried basil leaves



1. Cook potatoes until tender, drain well and place in a greased large lasagne style dish.
2. Top potato with meat, onion, tomato, pasta & ½ the cheese.
3. Heat the butter in a pan, add th flour and mix until combined. Cook until bubbling. Remove from heat and gradually stir in milk. Stir over a medium heat until mixture is thick and smooth (Alternatively make a white sauce in the microwave). Add the nutmeg and basil.
4. Pour sauce over other ingredients in the dish and top with remaining cheese.
5. Bake in a Preheated oven (180°) for 20 minutes or until golden brown.

Additional Info:

Any veggie could be or substituted added eg corn, peas, celery. You could combine the white sauce and cheese and just use a cheese sauce.

Pot Luck Quiz

Answers on page 1

1. Who directed and starred in “ A Bronx Tale”?
2. Which of the seven deadly sins begins with “G”?
3. What was Ghana’s former name?
4. The Dutch Royal family acquired its name from which French town?
5. Is a corncrake a bird, mammal or reptile?
6. What name is given to animals which do not hunt or eat meat?
7. Over which continent did the ozone hole form?
8. Which tanker suffered an severe oil spill in Alaska in 1989?
9. Where is the pituitary gland?
10. Which structural tissue is found between the vertebral discs?
11. Which TV series featured a painter and decorator named Jacko?
12. In ads, which sweets are “made to make your mouth water”?
13. In which country would you find polders?
14. In which country are the Angel Falls?
15. What were the twin sky scrapers, in New York Called?
16. In which two cities would you find Cleopatra’s Needles?
17. In which African country is Timbuktu?



Pot Luck Quiz (Continued)

18. Who said "Marriage is a wonderful invention - but so is the bicycle repair kit"?
19. Which English Prime Minister was known as "the Great Commoner"?
20. Who was the first person to notice that the Sun has spots?
21. Which Metal is the best conductor of electricity?
22. Which actress's real name is Julia Wells?
23. Which secret society refers to God as "the Greatest Architect of the Universe"?
24. Which building is used for the election of the Pope?
25. With whom did Bill Crosby sing "True Love" in the film "High Society"?
26. Which two colours appear on the UN flag?
27. What is the name of the Welsh Nationalist Party?
28. What kind of stone is marble?
29. What name is given to the thousands of small bodies which orbit the sun?
30. Which island was held by the Knights of St John from 1530 to 1798?

