

The
“GOAN”



100 Little Myers Street, GEELONG 3220

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E-Mail: goainc@ncable.net.au

Open: Monday Wednesday Friday

Times: 9.30 am - 2.30 pm

Closed: Public Holidays

Jo's Bit

December already!! Scary Stuff!! because I can remember like yesterday writing the same thing last December. I don't know if it is because I am getting older but the years seems to fly so quickly now - and all the things I intended to do this past year but haven't got around to doing, is growing each year.

Included in this issue of GOA is the annual reports as presented at the August Annual General Meeting. If you wish to have a copy of the Audited Financial Report then please contact me for one as I haven't included it in this issue as it is too large to add.

Enclosed with this issue is also a card with the Pick Up dates when your parcels will be available and on the other side is the date when we need the orders received by. By giving you these dates I am hoping that we will be able to stop the bad habits that some members have picked up, by placing late orders and also trying to get orders before they are available. These practises only cause more work and more cost to the association which in the end comes back to you the members. So PLEASE do the right thing and follow the dates.

I hope you all have a Happy Christmas and a Joyous New Year.

Answers to the Quiz (p31)

- | | | |
|---------------------------|----------------------------|----------------|
| 1. The Reformation | 2. Ozzy Osbourne | 3. Rod Steiger |
| 4. Pluto | 5. The Gettysburg Address | 6. Red |
| 7. Russia | 8. Walkley Awards/Walkleys | 9. 1980's |
| 10. Robert Holmes á Court | 11. Hundred Acre Wood | 12. Eric Bana |
| 13. Mars | 14. Window | 15. Calcutta |

**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.

DISCLAIMER

The views expressed by the contributors are not necessarily those of the Committee of the Association. GOA accepts no responsibility for statements made or opinions expressed by their contributors, although every effort will be made to publish reliable information.

President's Pen



Wow! Christmas is almost on us again! Have you noticed how the shops are advertising items for Christmas earlier each year? If they keep doing it, we will be having next Christmas's gifts advertised this year! That's how it seems, anyhow.

Not only are they pushing us to buy gifts earlier, but the price range is getting higher and higher each year. I think the joy of making gifts for friends and family has become a lost custom, and the joy of receiving such a gift a disappointment. Now we hear of 10 year olds wanting a computer of their own (that is if they don't already have one). It seems the days of children playing 'Cowboys and Indians' is a lost art. We don't see girls playing with dolls and proudly wheeling them around the street. Not only has the pleasure of such actions gone, but the children would have to have an adult with them all the time for protection, that is if the adult can be trusted.

I'm sorry if it seems that I am raving on, but I don't like the things I read in the papers about children being kidnapped or molested. Even some of the parents cause problems for their own children. Once upon a time it was safe for the children to go and play in the park or visit a friends' house in safety. What has happened to the joy of childhood?

My memories of Christmas are pleasant. Gifts made with my own mother's hands, toys made by my dad, some much needed clothes (even hand-me-downs, all pressed nicely to look new), maybe a book or two, a few small trinkets, a plate of fruit and lollies and then, to top it all off, a family Christmas dinner, which each member of the family had done something to help prepare. My jobs, as the baby of the family, were to fill the wood box for the fire in the wood stove and run some messages for those last minute things that are always missing.

That's what Christmas is all about. We meet with others and

remember, and maybe share, the wonderful Christmases gone by. I feel sorry for the younger generations. What will they remember? Will those memories be pleasant or sad? I wonder.....!!!!

What ever your Christmas celebration consists of, I trust you will have a wonderful time and enjoy some pondering on the wonder of Christmas.

I trust that each of us enjoy the festive season in such a way that it will give pleasant memories for future years, and may we have the opportunity to share our memories with others.

Wishing you a joyous Christmas and a wonderful New Year.

Ian Combridge.



Men... Trouble.



A thought for all you women out there.
Have you thought how much trouble men are?

Think about this:

MENTal illness, MENstrual cramps,
MENTal breakdown, MENopause.

Notice how all of these women's problems start with MEN!

Then, when we have real problems – it's called
HISterectomy!! And don't forget GUYnecologist!!

Ed: This item was submitted by a Man!! Thanks I.C.

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 4th	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 dates that we will be 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	24th of January	for February	Pickup
Monday	26th of February	for March	Pickup
Monday	26th of March	for April	Pickup
Friday	27th of April	for May	Pickup
Friday	25th of May	for June	Pickup
Wednesday	27th of June	for July	Pickup
Friday	27th July	for August	Pickup
Monday	27th August	for September	Pickup
Wednesday	26th September	for October	Pickup
Friday	26th October	for November	Pickup
Monday	26th November	for December	Pickup
Monday	24th 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.



Congratulations & Welcome

Congratulations and a warm welcome is extended to
Lyn Bryant and Stefan Demur
on their appointment as permanent
Stomal Therapists at Barwon Health.

They have been covering the position for the last 19 months in relieving positions since Faye Hector took leave and then resigned and it is great to have someone now covering the Stomal Therapy Department full time once again.

If you haven't seen a Stomal Therapist for a while, this would be a great opportunity to introduce yourself to Lyn and Stefan and have a review of your stoma care.



Thank You & Farewell

We would like to extend our thanks to Faye Hector who has been the Stomal Therapist at Barwon Health from 1985 to 2006. We wish her all the best in her new career path and thank her for all the support she has given Ostomates in the region over the last 20+ years.

NEW ORDER FORMS

All members should by now have a copy of the latest order form. It is the one that is printed on both sides.

Below are a few reminders for all members.

Members need to become more responsible for their orders - many of you place your order incomplete and many of you place your order after the closing date.

Please note the following changes to the order forms

1.
 - Where the ✍ is, there is an area that you **MUST** sign to say that this is your order and that it is what you want.
 - If you ask the volunteer at the counter to write out an order for you then you **MUST** wait and check it and sign it as correct.
 - The date received **MUST** be completed - Unfortunately we often receive duplicate orders from members and it is hard to work out which is the latest one placed.
2.
 - There have been more lines added to the order area.
3.
 - Where the ⇨ is are more directives.
 - We **MUST** receive the orders before the 27th of Month. We will accept written orders in advance for up to 6 months.
 - If placing orders for more than one month in advance, then these **MUST** be on separate order form. More order forms can be sent out if requested. **DO NOT** just tick all the months required on the one order form - the volunteers have enough to do without having extra work created for them by writing out your duplicate orders.
 - Too Many members are placing there orders after the 27th of the month and this means that we have to place special orders for them. Too many members do not care that they are placing a late order and this is not acceptable anymore.
 - Many members are also pushing the boundaries by trying to get their supplies before the 4th of the month. In this GOAN issue there is a list of dates when your

supplies can be picked up so please do the right thing and only come in when they are available. Also you will have enclosed with this magazine an **important dates card** to keep on the fridge or noticeboard, to help you to remember when to pick up and when to place your orders.

- We can no longer afford to hold your order after the 27th of the month as we do not get payment for them if you have not picked them up and signed for them. At an average of \$250 per order this is no longer acceptable therefore they will be returned to stock and reissued.
- 4.
 - Cash Sales are now over the page.
 - Cash sales for linen and postage will not be received without money. So please plan to have your order place in time so as to send your money in time. No Cash sales will be placed on account.
 - If you pick up your order you do not need to complete this side of the page. You **PAY** for and **PICK UP** cash sales at the same time.

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.

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.



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!)

2006 ANNUAL MEETING REPORTS

Below are the reports presented at the AGM in August 2006

THE PRESIDENT'S REPORT FOR 2006.

Hasn't the year of 2006 gone quickly? Maybe you haven't found it that way, but I certainly have become a year older in seemingly no time at all. Actually, I have found that, instead of being retired, I feel as though I have been re-treaded and put back to the grindstone!

My year may have gone very quickly, but some people find their time seems to drag. I often wonder if that is their own fault. Let me try to explain that.

When I am faced with a task I am not really interested in, I dread having to start the job. Then, when I do start, I find it more difficult to perform in an efficient manner. Have you ever been like that? What about when we are not feeling well? How do we act then? Are you one of those 'grumps' who wants everyone else to feel bad just because you are not feeling the best? Do you feel that you are never going to be able to get on top of the problem? Maybe you are one of those who think you are going to die when all you have is a sore finger? Many people seem to think only of their own problems when things are not going their way, but there is an alternative, and it only takes determination and practice to succeed.

When I feel like I am in a bad way, I have found the best way to deal with the issue is to get involved in something for someone else. There is no better 'mood booster' than doing something in order to help someone else. You see, the real problem with the doldrums is that we can see no further than our own feelings. In other words we have 'I' trouble, and by looking beyond one's self, we begin to see other people have problems, too. It may be I can't do anything about my own situation, but I sure can help someone else. Sometimes it only needs a smile or a caring word. By being nice to someone else you will help your own attitude to life, and, who knows, you might be the only one who has been nice to them today! It doesn't cost anything to be pleasant. It's all up to you and me!

So often I hear people in shops ordering the assistant to get things with no mention of the word 'please', and then walk out without a smile or 'thank you.' I hope you always use these words when you come in to get your supplies. If it wasn't for our fantastic team of volunteers you wouldn't have things so

easy, nor would the supplies be so regularly available. Another thing is that our volunteers like their service to you to be recognised with a smile. Imagine yourself behind the counter being faced with a 'grouch', and you are only there to help the customer. Please treat our staff to at least a smile and a 'thank you'. They like it.

Now I would like to thank all our volunteers for the wonderful job they do in sorting and packing supplies, and a hundred other tasks they perform around the place. Thanks to you all!

A special thanks to Brenda for her organisation of the lunch outings throughout the year. It's always a very pleasant time if anyone cares to join us.

What would we do without Joanne? Thanks Joanne, for all you do. It seems so mean to just say thanks to you; maybe we should all come in and give you a big kiss and a hug. Maybe you would rather us just pop our heads into the office and say 'THANKS'.

Laurie; thanks to you for keeping us in good financial standing. It's no mean task keeping our heads above water in the finance sector, so please accept my appreciation for all your efforts.

Thanks to you all for allowing me to be a part of this organization through this past year.

As we come to the end of this year, may we all look forward to another successful year and hope some rain comes to keep the water coming out of the taps. That's something none of us can do much about!

Keep Smiling

Ian Combridge.



MANAGEMENT COMMITTEE REPORT

Annual Meeting 28th August 2006

This report is a brief summary of the Management Committee's Minutes and activities over the last year.

August 2005

- ★ The windows sills and weather boards to be replaced as needed.
- ★ An unofficial approach has been made for us to employ a STN here at the rooms. The feeling was no, but to also wait until we get a formal request.
- ★ Two new complete computers needed- one for the claims and one for the assistant Secretary.

November 2005

- ★ The Colac distribution centre for the Linen Pick up has changed again but this time the guys are happy to do it and it will be available all day now instead of just the mornings.
- ★ CleanAway is collecting our cardboard but this has increased dramatically from \$10 per pick up to \$100 per quarter. We will see how it goes and if need be look for an alternative.
- ★ Weather boards have been replaced as needed
- ★ New computers up and running with all computers except the claims computer now having flat screens.

February 2006

- ★ A member gave us two more food hampers to do something with so it was decided that we would hold an Easter raffle. 50c each or 3 for \$1. Brenda L also donated a prize that could be used for the raffle
- ★ Quotes for a new photocopier to be obtained. The current one is 5 years old and has done 300,000 copies and is starting to get a bit old. New one to have duplexing to help with GOAN.
- ★ Hoss Refrigeration to be contacted to see about getting the Airconditioners serviced.
- ★ GOA to nominate Ed Webster as ACSA Secretary at the next AGM.
- ★ It was decided at this stage not to send any excess stock overseas. It

was thought that a united state distribution would be a good option especially for smaller associations. Our excess stock is not a major concern at the present minute also.

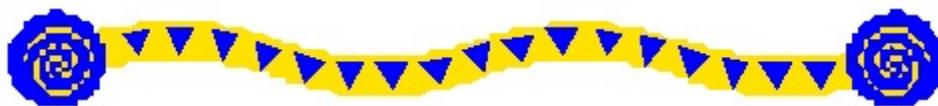
- ★ Christmas Luncheon was a great success with all present and has been booked for this year.

April 2006

- ★ A meeting was called to discuss the postage rates. It was passed that the Victorian Postage rates be increased to \$9.00 per month and the interstate rate to remain at \$10 per month.
- ★ It was brought to the attention of the meeting that the owner of 98 Little Myers had grievances with us putting up the No parking signs on the side of his building. He seems to have forgotten that he gave us permission to do so when we gave our approval for the building to be built on our boundary.

May 2006

- ★ Easter Raffle takings were \$241.50 with \$180 being profit.
- ★ Photocopier - Has been purchased and is working well.
- ★ Air Conditioners have all been serviced for \$100
- ★ Paper Towels - Due to health issues we have replaced the hand towels and Tea Towels with paper towels.
- ★ As a extension of the paper towel issue it was decided to obtain a quote for an air hand dryer for the Toilet. This has been purchased and installed.



ANNUAL RAFFLE

By the time you read this the Annual Raffle will have been drawn and winners contacted by phone. We congratulate all the winners and hope you enjoy your prizes and thank you all for your support in buying tickets for this raffle.

ADMINISTRATOR'S ANNUAL REPORT 28th August 2006

MEMBERSHIP

Our active membership as at 27th of August was 660 (21 of these are also dual members (ie 2 stomas) and 3 have triple stomas. This is 8 more members who have dual stomas than in 2005. We have 60 Veteran Affairs members which is 5 more than this time last year.

These statistics can be further broken down 339 colostomies, 213 ileostomies, 113 urostomies and 19 others (these stats include the duals and triple stoma members).

We have 323 female members and 337 male members. Our youngest member is aged 5 months old and the oldest is aged 96. We have 32 members who are aged over 90 years old, of these 14 are males and 18 are females.

Of our present members we have 519 permanent stomas, 81 temporary stomas and 84 stomas whose status is unknown.

In the last 12 months, 70 new patients have come from The Geelong Hospital, 66 from St John of God and 19 from other hospitals in the state. This is compared to 72 from the Geelong, 59 from St John of God and 15 from other hospitals in 2005.

CLAIMS

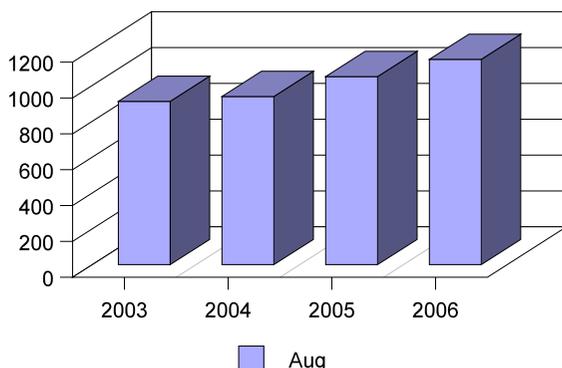
The number of items being claimed each month is still rising, and this can be contributed to many factor including the increase in membership and the use of more pharmaceuticals. On average each month half of the members who place an order for supplies, only order one item, the others on average order 4 items (this

was worked out counting a two piece system as one item), this shows us the prolific use of accessories. Monthly we process at least 530 members orders. The table below shows the increase in appliances since 2003 each month.

Number of Items Claimed per month

	Jan	feb	mar	apr	may	jun	jul	aug	sep	oct	nov	dec
'03							935	911	944	928	930	986
'04	866	959	921	915	970	969	968	938	950	975	1012	1063
'05	928	1024	954	904	932	999	996	1049	1056	1034	1029	1064
'06	1065	1048	1080	1061	1055	1108	1121	1145				

No. of items claimed



STOMA APPLIANCE SCHEME

The Stoma Appliance Scheme continues to grow and be edited with many companies now cleaning up their list of products and deleting items that have no users or very low sales. During the last 12 months 22 new appliances have been added to the scheme and 2 new pharmaceutical products this was a lot better than the previous 12 months, where 21 new appliances were added but 11 pharmaceuticals were also added.

The introduction of the support garment at the high cost of over

\$100 each has made a huge impact in the scheme's cost but the companies continue to apply and successful achieve to get new pharmaceuticals added. If ostomates had to pay for their creams, lotions, wipes and support pants you would see a dramatic reduction in the use of these items and the cost of the scheme would be reduced by a few million per year.

Company	Product	Cost per year
Dansac	nodor - 08000	\$ 5,000
Dansac	Skin Lotion wipes - 71000	\$22,000
3m	No Sting Wipes - 3344	\$35,000
Omnigon	Hydroframes XWAFH33	\$20,000
Convatec	Orabase - D9715	\$ 3,300
Convatec	ConvacareRemover wipes - 37443	\$ 4,800
Coloplast	Corsinels	\$18,000
Coloplast	Comfeel cleansing wipes - 4715	\$ 3,100
		<u>\$111,200</u>

This is only a quick calculation of some of the items that we pack out and if all the non appliance items that we processed over 12 months, were added together it would equate to about one months claim to the government that we send off, which means that one twelfth (1/12) of the cost of the scheme is non appliance stuff.

CASH SALES

As usual, the cash sale items are doing well. This is one of the most popular services that we offer our members with members often coming in for the cash sales items and not an order for supplies. It is a great service to our members who can come in a purchase nappy bags etc and not go to the chemist or supermarket and be embarrassed about purchasing these items. We also are cheaper than the chemist and supermarket

Curved Scissors have been added to the cash sales list this past year and have been selling quite steadily for the type of item that they are.

IMPROVEMENTS

After last years big projects, this year has been a quiet one with only regular maintenance being done. We have had the weatherboards checked and replaced and a couple of the window sills that needed repair have also been done.

We have built a ramp in the rear car park that is of help to delivery men and the cardboard waste removal man. This is not a wheelchair ramp as that would have meant that we would have had to get a council permit and make it longer and put rails and boards up the side. It is for deliveries and walking up. It has been well used by both the delivery men and the volunteers who after a long packing out day find the ramp easier than the steps.

We have also had installed a new fluro light in the area outside the toilet and also in the passage way. A new Air Hand dryer has been installed in the toilet for hygiene purposes.

FINALLY THANKS MUST GO TO - VOLUNTEERS

The volunteers do a fantastic job for not a lot of thanks or smiles and I would like to take this opportunity to acknowledge all the volunteers that we have. They are, in no set order: Hazel Drew, Marion Taylor, Brenda Little, Brenda Ebbels, Laurie Bensted, Kelly Holmes, Sam Reid, Faye Panton, Kerry Barnao, Colin Giles, Netta Coleman. There are times when it is hard to keep a smile on their faces but at the end of the day they go home tired but with a feeling of achievement that they have helped someone today.

MEMBERS:

I also sincerely thank the members for their support, in writing, by telling us and by the gifts for morning tea, it has been a pleasure to interact with them all. I thank those members who also thank the volunteers, as this makes the volunteers know that they are appreciated and that it is worth volunteering their time. The aim of the association is to provide good service to the members and it is great to see that so many members appreciate what is done for them and the effort that it takes.

MANAGEMENT COMMITTEE:

I wish to thank the Management Committee who has supported me. They are always ready to listen and give support. They are supportive to new ideas and recognise the need to be professional in what we do. Special thanks to our President Ian Combridge who always makes me smile and threatens me with a kiss. He always seems to know when the job gets you down and he can always bring me back up. They have allowed me to extend myself in looking at ways to help all the members and the volunteers, and I look forward to working with them once again.

Joanne Holmes

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.

The 10 most ANNOYING Motorists

- 1 Road Ragers - drivers who communicate with their horn, their fist or their middle finger
- 2 Turtle Racers - who drive 30km/h slower than the rest of the traffic in the outside lane on freeways
- 3 Wacky Weavers - incessant lane changers
- 4 Space Invaders - changing lanes without indicating
- 5 Speed Racers - lane splitting motorcyclists
- 6 Motor Mouths - who drive while talking on their mobile
- 7 Gap Snatchers - who accelerate just to stop you changing lanes
- 8 Driving Divas - who shave or apply make-up while at the wheel
- 9 Morse Coders - drivers who signal their intention to turn several km before the actual turn
- 10 Piggybackers - tailgaters

Source: RoyalAuto November 2006



Two little old ladies were attending a rather long church service. One leaned over and whispered, "My butt is going to sleep." "I know," replied her companion, "I heard it snore three times."

Thomas The Cat

I thought I would introduce you to another of the team that brings your supplies to you. Once a month we receive our big monthly orders from Melbourne which are delivered by Federation Transport - A Melbourne based transport company and Mark is the driver who delivers our goods every month.

What has this got to do with Thomas the Cat you say? Well Mark is a dog lover and he has 3 dogs - "Hannah" who is about 15 years old and full of arthritis and hobbles around very slowly; "Steps" who is a Whippet like dog who travels in Mark's Brothers Truck and; "Taijan" who is an absolutely gorgeous Malamute. Taijan is just a big puppy and is into anything she can put into her mouth. She loves Thomas's Play Rats and loves to destroy them!!!.

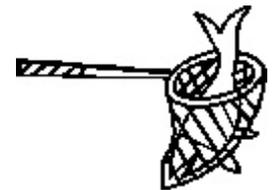
When Thomas hears Mark's truck pull up (And yes he can distinguish it from all the other trucks we have throughout the month) he bolts for it and disappears until they have gone and he will not touch his rats again.



Words That Mean Something Online

Source: *TheEye*, Herald Sun, Feb 2006

- Log On:** Adding wood to make the barbie hotter
- Log off:** Not adding any more wood to the barbie
- Monitor:** Keeping an eye on the barbie
- Download:** Getting the firewood off the ute
- Hard Drive:** Making the trip back home without any cold tinnies
- Keyboard:** Where you hang the ute keys
- Windows:** What you shut when the weather's cold
- Screen:** What you shut in the Mozzie season
- Byte:** What Mozzies do
- Megabyte:** What Townsville mozzies do
- Chip:** A bar snack
- Microchip:** What's left in the bag after you've eaten the chips
- Modem:** What you did to the lawns
- Laptop:** Where the cat sleeps
- Software:** Plastic knives and forks you get at Red Rooster
- Hardware:** Stainless Steel knives and forks - from K-mart
- Mouse:** The smallest rodent that eats the dry dog food in the shed
- Mainframe:** What holds the shed up
- Web:** What spiders make
- Website:** Usually in the shed or under the verandah
- Search Engine:** What you do when the ute won't go
- Cursor:** What you say when the ute won't go
- Yahoo:** What you say when the ute does go
- Upgrade:** A steep hill
- User:** The neighbour who keeps borrowing things
- Network:** What you do when you need to repair the fishing net
- Internet:** Where you want the fish to go



ENJOY A GOOD TIME !!!

Brenda Ebbels the Social Secretary organises get togethers 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.



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



Letter to the Editor

We would like to thank Brenda Ebbels for arranging our get together lunches during the year and also thank you Brenda and Ken for opening your home to us all.

Joan & Ian Brown



PAT YOURSELF ON THE BACK

Sourced - www.ostomy.evansville.net

Have you ever had the experience of having someone, learning about your ostomy for the first time, express amazement at your ability to live a normal life and admire your ability to carry on despite your "infirmary"? Then, have you asked yourself if you have really accomplished some miracles and overcome such difficult obstacles? We, who have been through trying times, sometimes do not realize our mettle was tested. So...lift up your chin with pride and give yourself a pat on the back once in a while. Those who have not been tested, wonder about their own ability to stand up under severe adversity, and so admire us. We have proven our ability, so we ought to occasionally take personal pride in this accomplishment.

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.

REASONS FOR SKIN BREAKDOWNS

Sourced - www.ostomy.evansville.net

Skin breakdown is one of the most common problems ostomates encounter, but can be avoided by proper care and management. Different problems arise for ileostomates, colostomates, and urinary diversions, but no matter what the disorder or whom it affects, prevention is always much easier than treatment at late stages. For this reason, the ostomate should give particular attention to the state of the skin and take immediate steps if he or she notices anything unusual. This is especially important because good, healthy skin makes for a better fitting appliance which, in turn, makes for a good, healthy skin.

Skin breakdown may be due to one of three causes:

Allergy: An allergy may be due to the adhesives, or the material of which the appliance is made. If there is any suspicion of allergy, the ostomate should test whatever material he seems to be allergic to on a part of the body remote from the stoma, say the chest or arm for example. One can do this by putting a small amount of tape or suspected material in a patch in the area and observe for further effects. Should the skin break down here, it will not interfere with adherence of the appliance. Sometimes one can eliminate allergic response simply by switching to another brand. But again, this is best determined by trial, using the patch test as suggested.

Exposure of Skin to Digestive Enzymes: This problem is more common to ileostomates than to colostomates or to people with urinary diversions, since the ilea excretions are rich in digestive enzymes whereas the other two fluids are not. Prevention also begins with a sufficiently protruding stoma for the ileostomate. If skin breakdown is present, there are a number of substances which can be used to promote healing and your Stomal Therapy Nurse can handle this problem.

Infection with Bacteria or Fungus: This problem often gets started from one of the other two problems, especially when there is a poor fit to the appliance, and leakage occurs.

**MOST IMPORTANT
- IF YOU HAVE A SKIN PROBLEM -
SEE YOUR STN**



- * Special thank you to all the members who bought tickets in the over the counter raffle. Thanks to Brenda L. for selling the majority of Tickets once again and to Mr J.B. for the wonderful food hampers he donated and to Kerrie for the Avon Gift Pack she donated. We raised \$150 for this raffle that we ran for the month of September and we appreciate your support.
- * 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.
- * A Special thank you to the families that have recently lost family members who were our members, and who have thought of us at this very sad time and gifted us with their generosity in making donations in lieu of flowers an option at their funerals. Their kindness is very much appreciated.



HEALTH CORNER

Sourced - www.ostomy.evansville.net

Many adults suffer from fatigue on a daily basis. Although there are a multitude of problems associated with fatigue, one of the most common causes of

tiredness during the day is a poor night's rest. I venture to guess that all of us could benefit from getting enough sleep at night. Your performance at work, interaction with your family and friends, and your energy level can get a boost by following some general guidelines for sleep.

Zzz Go to sleep when you are tired.

Zzz If unable to fall asleep, get out of bed and go somewhere quiet to read a book or listen to music. Return to bed when you are drowsy.

Zzz Never fall asleep outside of your bedroom.

Zzz Maintain the same sleep schedule daily-even on weekends.

Zzz Use your bedroom only for sleep.

Zzz Never take afternoon naps.

Zzz Avoid caffeine

Zzz Avoid strenuous activity at least six hours prior to bedtime.

Zzz Do not eat large meals prior to bedtime.

Zzz Minimize light, extreme temperature changes and excessive noise in your bedroom.

Zzz Do not have a television in your bedroom.

Zzz Try taking a warm bath, drinking decaffeinated hot cocoa or tea for relaxation prior to bedtime.

Zzz Exercise regularly but not late in the day.

Zzz Write down your worries on paper to clear your head and avoid mulling over them in bed. Hope these ideas will help you get some Zzzzzzzz!



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.

MOMENTS IN LIFE

There are moments in life when you miss someone so much that you just want to pick them from your dreams and hug them for real!

When the door of happiness closes, another opens;
But often times we look so long at the
Closed door that we don't see the one,
Which has been opened for us



Don't go for looks; they can deceive.
Don't go for wealth; even that fades away.
Go for someone who makes you smile,
Because it takes only a smile to
Make a dark day seem bright.
Find the one that makes your heart smile

Dream what you want to dream;
Go where you want to go;
Be what you want to be,
Because you have only one life
And one chance to do all the things
You want to do

May you have enough happiness to make you sweet
Enough trials to make you strong,
Enough sorrow to keep you human and
Enough hope to make you happy.



The happiest of people don't necessarily
Have the best of everything;
They just make the most of
Everything that comes along their way.

The brightest future will always
Be based on a forgotten past;
You can't go forward in life until
You let go of your past failures and heartaches.

When you were born, you were crying
And everyone around you was smiling.
Live your life so at the end,
You're the one who is smiling and everyone
Around you is crying.



Please pass this message to those people
Who mean something to you;
To those who have touched your life in one way or another;
To those who make you smile when you really need it;
To those who make you see the
Brighter side of things when you are really down;
To those whose friendship you appreciate;
To those who are so meaningful in your life.

Don't count the years - count the memories



A Little Beam Of Laughter (1)

Stevie Wonder is playing his first gig in Tokyo and the place is absolutely packed to the rafters.

In a bid to break the ice with his new audience he asks if anyone would like him to play a request.

A little old Japanese man jumps out of his seat in the first row and shouts at the top of his voice "Play a Jazz chord ! Play a jazz chord!".

Amazed that this guy knows about the jazz influences in Stevie's varied career, the blind impresario starts to play an E minor scale and then goes into a difficult jazz melody for about 10 minutes.

When he finishes the whole place goes wild. The little old man jumps up again and shouts "No, no, play a Jazz chord, play a Jazz chord". A bit peeved off by this, Stevie, being the professional that he is, dives straight into a jazz improvisation with his band around the B flat minor chord and really tears the place apart.

The crowd goes wild with this impromptu show of his technical expertise.

The little old man jumps up again. "No, no. Play a Jazz chord, play a jazz chord".

Well and truly peeved off that this little guy doesn't seem to appreciate his playing ability Stevie says to him from the stage "OK smart ass. You get up here and do it!"

The little old man climbs up onto the stage, takes hold of the mike... and starts to sing...

"A jazz chord to say I ruv you..."



A Little Beam Of Laughter (2)

Night out on the town

A couple are going out for a night on the town. They're all dolled up, ready to go; the lights left on, the dog put out. But just as the taxi arrives and they step out of the house, the dog darts back inside and won't come out.



They don't want to leave the dog inside, so the husband goes upstairs to find it, while the wife goes to wait in the taxi.

Not wanting it known that the house will be empty, she explains to the driver that her husband had just gone "to say good-bye to my mother".

A few minutes later, the husband gets into the cab. "Sorry I took so long," he says. "Stupid bitch was hiding under the bed and I had to poke her with a coat-hanger to get her to come out! Then I had to wrap her in a blanket to keep her from scratching and biting me as I hauled her butt downstairs and tossed her in the backyard! She'd better not poop in the vegetable garden again!".

The silence in the cab was deafening.



FOOD for PLEASURE

Salmon & Cheese Cob Loaf

450gm cob loaf
210g can red salmon (or Tuna if you prefer)
2 cups finely grated cheese
1/4 cup lemon juice
1/3 cup finely chopped fresh herbs
4 spring onions finely sliced

250g packet of cream cheese
1/4 cup sour cream
1 teaspoon season all
1 red capsicum diced

Heat oven to 160C. Cut top off bread & scoop out centre of bread, leaving a 1cm wall on inside of loaf.

In a food processor, blend salmon, cheeses, sour cream, lemon juice, season all and herbs until smooth. Fold through spring onions and capsicum.

Pour into the bread and replace lid. Wrap in 2 sheets of foil. Cook on baking tray for 1hr 50min or until heated.



Curried Egg Dip

1 x 35g French onion Soup
2 teaspoons curry powder
1 tablespoon fresh dill chopped
cracked black pepper to garnish

300ml sour cream
2 hard boiled eggs chopped
1 tablespoon lemon juice

Combine all ingredients and mix well. Serve dip garnished with cracked black pepper.

???? EINSTEIN FACTOR QUIZ ????

Source: ABC Einstein Factor Quiz Book

Answers on page 1

1. Martin Luther set in train which great religious movement of the 16th century?
2. In November 2004 a burglar escaped after being held in a headlock by which former rock star?
3. Which actor; star of *The Pawnbroker* and *The Illustrated Man*, dies in November 2002?
4. What is Mickey Mouse's dog's name?
5. What Famous speech was delivered at the dedication of a national cemetery by Abraham Lincoln in 1863?
6. Separating Africa and the Arabian Peninsula is the what colour sea?
7. Which Country won it's first ever Federation Cup in 2004?
8. The most prestigious prizes for excellence in Australian journalism are the what awards?
9. Janine Haines led the Australian Democrats for most of the second half of which decade?
10. Which Australian multimillionaire sold Michael Jackson the rights to The Beatles' music?
11. What is the name of the woods where Winnie the Pooh lives?
12. Which Melbourne actor played the son of Nick Nolte's movie character in *The Hulk*?
13. According to the Cole Porter song, 'Have you heard, it's in the starts, next July we collide with what?
14. To defenestrate is literally to throw someone or something out of a what?
15. Name the former name of the Indian city Kolkata?