

Jo's Bit

Well folks, another year has just about passed us by, and it has been a year of ups and down, but that is what life is about. We have made a lot of new friends but have also lost a few of those that were close to us.

We have changed the layout of the rooms, which has given one side of the association plenty of room to work in but has also highlighted the lack of room that we have for other parts of the running of the association. It has brought home to us that we have to seriously start thinking of our future building needs, and what type and size building that is going to see us through the next 20-30 years.

The GOA website is finally online and will continue to be developed as time permits. This will hopefully be a great resource for new and existing members who have access to the web.

I would like to take this opportunity to thank all the volunteers who have given their time, in some form, to us over the year, whether it has been working the counter, packing out, moving furniture or even proof reading. I will list them here in no particular order: Kelly & Lyn Holmes, Brenda & Ken Ebbels, Brenda Little, Faye Panton, Colin Giles, Sam Reid, Laurie Bensted, Elleray Combridge, Netta Coleman, (the Late) Hazel Drew, Kerri & Nick & Mario Barnao, Daniel Z., Stefan & Billy Demur, Graeme & Gwen Johnson, Graeme Kelleher, Hilda Russell, Phyll McElroy and lastly the ever cheeky Ian Combridge.

Joanne
7/11/07



Answers to the Quiz (p35)

- | | | |
|--|----------------------|----------------------|
| 1. Stringybark Creek | 2. Glenrowan | 3. Euroa |
| 4. Chinese | 5. Sir Redmond Barry | 6. Harry Power |
| 7. Wombat | 8. Cameron/Euroa | 9. Eleven Mile Creek |
| 10. "Oh Christ! I'm Shot"/"I'm shot" | 11. Faithful Creek | |
| 12. Author Loftus/ Maule/Mauled Steele | 13. Tom Lloyd Jr. | |
| 14. Australian Son: The Story of Ned Kelly | 15. Eight | |

Geelong and District Ostomy Association Inc.

COMMITTEE OF MANAGEMENT

2007 - 2008

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Les Allen	Hazel Drew (the late)
Brenda Ebbels	Margaret Dickson
Laurie Bensted	George Burrell
Tony Palamara (the late)	Joanne Holmes

AFTER HOURS EMERGENCY NUMBERS

Joanne Holmes

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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



By the time you read this my wife and I will have returned from a trip to sunny Queensland. It's hard to imagine another year has flown by since we were in Tasmania. Could there be truth in the old saying that 'time flies when you're having fun'? I think that when you are on a holiday, the time does fly. You seem to just have left home for a restful time and next thing you are looking at the 'hills of home' again. Maybe I just have the wander lust, but that doesn't change the fact that, to me, the year seems to have flown. Just a few weeks ago we had our 'Christmas' break-up which many of you attended. I trust those of you who did attend had an enjoyable time. It was sad to note a couple of our regular faces missing, but that is just the way of life. I guess the next thing is Christmas, then the New Year. It won't be long before Easter is on the doorstep again and the end of the financial year follows, which, in turn, is followed by Christmas again.

How do we react to all this time passing so quickly? Does it make us feel as though we are getting nowhere? Look at all those jobs that need doing. How are we going to get all those things done?

It does us all good to remember that none of us are indispensable and those pressing tasks will still be there tomorrow. Fretting about these things will not get them done any faster, nor will it help our health. We all need to learn to relax in this 'rush along' 'chuck away' world. Only in inner peace and a calm spirit will we find our mental and physical being flourish.

When you make your New Year Resolutions (if you can keep them) just remember not to try to crowd too much into the time you have.

Well, with Christmas on top of us again, it's time to wish you all a happy Christmas and a prosperous New Year.

Keep smilin' 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 4 th	to Friday January 25 th
Monday February 4th	to Wednesday February 27th
Wednesday March 5 th	to Wednesday March 26 th
Friday April 4nd	to Friday April 28th
Monday May 5 th	to Monday May 26 th
Wednesday June 4th	to Friday June 27th
Friday July 4 th	to Friday July 25 th
Monday August 4th	to Wednesday August 27th
Friday Sept 5 th	to Friday September 26 th
Friday October 3rd	to Monday October 2^{7th}
Wednesday Nov 5 th	to Wednesday November 26 th
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 will soon be 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!!)

So keep an eye out on the web site for when this service becomes available



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!!

Goodbye To Two Life Members

Since the last issue of GOAN we have unfortunately said goodbye to two of our Life Members.

Firstly, Life Member Tony Palamara, after a long battle passed on in late June. Tony became a temporary member of GOA and after his reversal he started to volunteer his time at the rooms. He was our stock man, worked the counter, helped out on pack out days and eventually became our President. He was a true gentleman who never complained about his health issues and always had a kind word for everyone. Although he has not been coming into the rooms for a few years he is sadly missed (especially at the Christmas Luncheon which he never missed). He once made a microwave cake when he first learnt to cook and used the whole egg (including the shell) and was not too proud to admit it!!!

Secondly, Life Member Hazel Drew after a very short illness passed on early in September. Hazel was a great lady who was one of the first members of GOA and she has been a volunteer with us for over 25 years!! She would do anything from folding the order forms to learning the computer in her 70's. Hazel was on our Management Committee and was our Vice-President for many years and she kept us on our toes. She was well know for her quick quips including calling Kelly "Ugly" and asking him "If he had been injected with a gramophone needle" when he was talking too much. She saw the Association begin and grow and change in so many ways and her contribution was endless and generous.

Both of these gentle people are missed by all and have both contributed greatly to the Association and to the memories of the volunteers who have worked with them.



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



2007 Annual General Meeting Reports

These are usually printed in the GOAN but from now on are available on the website. If you don't have access to the internet and you want to read the reports, just ask Joanne for a copy.

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.

HINTS & TIPS

Parsley is nature's finest deodorant - it is a breath freshener and also reduces odour in your body's waste. Chew a couple of sprigs after your meal - especially after garlic.



GOOD OLD DUNNY DAYS

Copied from Grass Roots No 163 June/July 2004

Story by Maggie May of Morwell

During my childhood in the 1930's the outdoor dunny was commonplace. It was the first structure erected on any building site and was usually constructed from wood or galvanised iron. I recall one superior model made of bricks and covered by a slate roof. Two little gothic-shaped openings in the side walls provided ventilation and a view of the outside world.



In those days the word toilet was not in vogue and we referred to these structures as lavatories, outhouses, closets or dunnies. Dad, who was a WW1 veteran, used the army term Latrine. Some of my male playmates coarsely referred to them as thunderboxes.

When nature required us to pay a visit to the dunny, we used the phrase 'going down the back'. Our more sophisticated cousins from the city referred to their visits as 'going to spend a penny'. The public toilets in the city were connected to the sewerage system and people using these facilities were charged a penny entrance fee.

In rural areas, such as where we lived, there was no sewerage and we had to rely on the outdoor dunny. These were always situated some distance from the residence for hygiene reasons and, as often as not, acted as a temporary habitat for spiders, insects, lizards and the occasional snake.

When my parents purchased their property in the 1920's the sale included 5 acres of land, a weatherboard house, cow sheds and the all-important outdoor wooden dunny. Inside the lavatory was large wooden box with a hinged lid to enable the pans to be removed when necessary. An oval hole cut into the lid was covered by a toilet seat. A hessian bag hanging on the wall was filled with old newspapers, which served the same purpose that toilet rolls do today. On a high shelf, places out of reach of little fingers, stood a bottle of phenyl. The contents of this bottle were poured into the pan to kill any lurking germs and mask the unpleasant odours.



When dad built our new house he also erected a new lavatory made from cement sheeting with the usual tin roof. This structure was far superior to the old one because it had a cement floor and the cans could be removed by opening a small door at the rear of the building.

Some people covered the outside of their dunnies with creepers and vines. This did not appeal to my father. With 6 children, he considered he had enough wildlife on the property without encouraging any more to take up residence in the vines. Dad did, however, make one concession by giving the inside of the building a couple of coats of whitewash.

Other folk went a step further and brightened up their loos by pasting picture on the walls. One friend's grandfather has a marvellous outhouse covered with pictures taken from various magazines and old calendars. Dame Nellie Melba, Phar Lap, Charles Kingsford-Smith, the Leaning Tower of Pisa and Charlie Chaplin were among the collection that could be viewed while seated therein.

Another family of our acquaintance had the seat boards of their latrine scrubbed white on a daily basis. The lady of the house boasted that the boards were clean enough to eat your dinner from. Why anyone would wish to eat their dinner in the dunny was beyond my childish imagination.



Our lavatory can was replaced once a week by a mysterious person known as the nightman. In my mind this was a rather contradictory title because our pans were always collected in the morning. Empty cans replaced the full ones, which were then shouldered to the waiting nightcart.

A favourite schoolyard riddle was: What has four wheels and Flies? Answer A nightcart.

With 8 people in our family the pan was often full well before the nightman was due to call. My father had to resort to disposing of the excess in a deep hole that he dug in the bush area of our property. He loathed this task and his complaints had the effect of making us all feel a little guilty because we children were the main contributors to the full pan.

In her early years my older sister suffered the embarrassing experience of falling into the lavatory pan. As she was preparing to use the toilet she was peering through the cracks in the wall watching one of her siblings playing with some friends. So engrossed was she in their action that she accidentally lifted both lids on the toilet, sat down and found herself jammed into the container of smelly waste. She was eventually extricated by my mother and underwent the further humiliation of being scrubbed clean in a tub of hot water in the backyard. She had a hard time living down her sordid experience.

You might expect the lavatory to be the one place where you could have complete privacy. A place where you could relieve yourself and, during the process, browse through some of the old newspapers in peace and quiet. This was not the case in our large family. As soon as you settled yourself comfortably on the seat someone would be banging on the door and yelling that their needs were urgent. My brother resorted to throwing well-aimed stones on the roof in the hope of dislodging any occupant. On one occasion, in desperation, he inserted a hoe in the back of the outhouse, resulting in the prompt eviction of the hapless victim.



Encounters with the nightman while he was carrying out his duties were considered by women to be embarrassing and the height of bad taste. My Aunt Maggie recalled with shame her traumatic experience with the local nightman. She had been answering the call of nature when her sister noticed the arrival of the nightcart. Sooner than face the nightman and inform him that the toilet was occupied, her sister called out "Stand up Maggie! Stand up!" My Aunt was oblivious to her sister's frantic calls and presumed the noises at the back of the outhouse were being made by their old horse, who liked to rub himself against the structure.

Yelling, "Get out you old devil" to the horse, aunt was horrified to get a response from the rear of the building, where a male voice said, "Excuse me madam". Before she had time to collect her scattered wits, one pan was whisked from beneath her and replaced by another. Aunt was so traumatised by this encounter that she had to resort to a swig of brandy from Grandma's swoon bottle. She declared she would never be able to look the man in the eye again. Her sister tried to calm her by assuring her that as the nightman had only seen her bottom he would be unable to recognise her again. Unfortunately, this remark sent my aunt into a further bout of hysteria.



My younger sister and I decided to play a trick on our local nightman. We had been given a very lifelike toy snake. We waited until the nightman was busy removing the pan and placed the snake on the path some feet from the lavatory.



On his return trip, with the full can balancing on his shoulder, our intended victim spotted the snake. Throwing the can to the ground he grabbed a nearby stick and commenced beating the fake reptile. His anger at being duped and the mess he had to clear up resulted in my sister and I receiving a sound spanking from our mother.

Another incident occurred in our little town and greatly amused everyone. Our nightman was driving his nightcart around a sharp bend when several full cans fell off. While he was busy shovelling the mess back into the cans he was approached by a passer-by who laconically asked, "Did you have an accident mate?" The nightman tersely replied, "No. No. I'm just bloody stocktaking!"

The nightmen of that era were an unappreciated tribe. They carried out their distasteful but necessary task until the introduction of septic tanks and sewerage eventually led to their redundancy and a place in our childhood memories of the good old dunny days.



From the Ed.

I hope you enjoyed reading the above story and that it activates a lot of memories of your own "Good Old Dunny Days". When I first read it I couldn't stop laughing and smiling.



My parents built a house in the early 1960's in Whittington and there was no septic tanks or sewerage connected out there in those days. The house was built with an indoor toilet which was used for many years as a storage room until we were finally connected. Once connected the old outhouse then became the outdoor shed for the mower and the gardening equipment and stood there for many years, next to the dog kennel.

To this day, I can honestly say, that I hate the smell of phenyl !!!!!



Stef's Scuttlebutt

LOO PEOPLE

People who have stoma's are unique. They have a unique way of looking at life. One area they are very knowledgeable in is - Bathrooms. You can speak to plumbers, interior designers but no one can offer more practical and comprehensive advice than people with stomas.

Little did these convenience rooms realise that after a stint in the hospital they would become so popular. There is not an ostomate's bathroom that has not been added to, painted or decorated - individualism becomes personalisation of the "Outhouse" whether it be a stool, mirror, improved lighting - the environment is changed to accommodate the new lifestyle direction.

Recently I met an ostomate at a shopping centre by chance. The conversation turned to the toilet. The lady pointed out seven, yes seven, such places in the vast complex - this alone astounded me. What her take home message was - how the hygiene was appalling in this case. She prefers McDonalds Family Restaurants to do her changing.

Another fact which surprised me is the length of time ostomates spend in the bathroom. Some are quick to visit their "Aunty" others take a little longer with their "friend". So it is not surprising that these rooms are an extension of peoples personalities.

My wife's friend's husband's (who is classed as "a sitter") story goes like this. They moved house, to only one bathroom, with 3 children under 7 and it was pandemonium. On his return home from work the following week, a portaloos greeted him in the driveway. When he opened the door - his newspapers, car magazines, drink bottle and cordless phone were there. Within a month the family had an ensuite added to their house - and this gentleman has not got a stoma.

I look at all the magazines and all the glossy bathrooms and think they do look good - but they are not at all practical. Large rooms with double sinks,

showers and fancy splashbacks are a good advertising gimmick - but practicality and time would soon reduce their appearance.

Thanks God the outback dunny has come inside to be incorporated into our homes. I often marvel at the book " The History of the Australian Dunny" and how our lives have changed.

So be proud of your bathroom and the fact that, as a person with a stoma, you are an expert in this area.

Stefan Demur Barwon Health Stomal Therapy Department

The House Behind The House



One of my fondest memories
As I recall the days of yore
was the little house, behind the house,
With the crescent o'er the door.

'Twas a place to sit and ponder
With your head all bowed down low;
Knowing that you wouldn't be there,
If you didn't have to go.

Ours was a multi-holer, three,
With a size for every one.
You left there feeling better,
After your job was done.

You had to make those
frequent trips
In snow, rain, sleet, or fog--
To that little house where you usually
Found the Sears-Roebuck catalog.

Oft times in dead of winter,
The seat was spread with snow.
Twas then with much reluctance,
To that little house you'd go.

With a swish you'd clear that
wooden seat,
Bend low, with dreadful fear
You'd shut your eyes and grit
your teeth
As you settled on your rear.

I recall the day Ol' Granddad,
Who stayed with us one summer,
Made a trip out to that little house
Which proved to be a bummer.

'Twas the same day that my Dad
 had
 Finished painting the kitchen green.
 He'd just cleaned up the mess
 he'd made
 With rags and gasoline.

He tossed the rags down in the hole
 Went on his usual way
 Not knowing that by doing so
 He'd eventually rue the day.

Now Granddad had an urgent call,
 I never will forget!
 This trip he made to the little house
 Stays in my memory yet.

He sat down on the wooden seat,
 With both feet on the floor.
 He filled his pipe and tapped it down
 And struck a match on the
 outhouse door.

He lit the pipe and sure enough,
 it soon began to glow.
 He slowly raised his rear a bit
 And tossed the flaming match below.

The Blast that followed, I am told
 Was heard for miles around;
 And there was poor ol' Granddad
 Sprawled out there on the ground.

The smoldering pipe still in his mouth,
 His eyes were shut real tight;
 The celebrated three-holer
 Was blown clear out of sight.

We asked him what had happened,
 What he said I'll ne'er forget.
 He said he thought it must have been
 The pinto beans he et!

Next day we had a new one
 Dad put it up with ease.
 But this one had a door sign
 that read: No Smoking, Please!

Now that's the story's end my friend,
 Of memories long ago,
 When we went to the house
 behind the house,
 because we had to go.



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

“Fiction is life with the dull bits left out.”

Clive James (Australian Critic b. 1939)

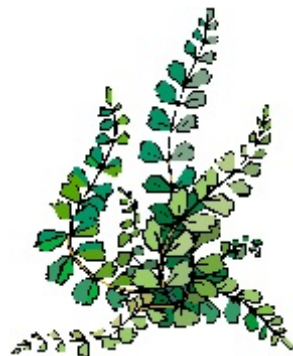
The Indoor Garden: Plants that Clean the Air

By Gwen Stewart

There are many reasons for creating an indoor garden – significant among them is the need to clean the toxins from our homes and offices. As a consequence of the energy crisis in the 1970's, today's homes and offices are built to conserve energy and the outcome has been a lack of air exchange, with the resulting increase of indoor air pollution. The World Health Organization has stated, "there's probably more damage to human health from indoor pollution than from outdoor pollution." Symptoms associated with indoor pollution include allergies, asthma, eye, nose, and throat irritations, fatigue, headache, nervous system disorders, respiratory and sinus congestion. In today's society more and more people exhibit these symptoms as a result of staying indoors the majority of the time.

One of the ways we can change this predicament is to become knowledgeable about and responsive to the environment that we live and breathe in. Foliage plants give us the opportunity to not only provide the calming influences of nature in our homes and workplaces, but also provide us with the oxygen we need to live. In a study conducted by N.A.S.A., researchers found that plants also clean the air inside our homes, buildings, and offices. The sources of chemical emissions that cause indoor air pollution include: acetone, alcohols; ammonia; benzene; chloroform; formaldehyde; and xylene.

These chemicals are found in cosmetics, nail polish remover, office correction fluid, pre-printed paper forms, adhesives, carpeting, caulking compounds, ceiling tiles, floor coverings, paints, particleboard, stains, varnishes, cleaning products, electrophotographic printers, microfiche developers, photocopiers, photography supplies, plastics, spot removers, solvents, tobacco smoke, wall coverings, carpet glue, draperies, fabrics, facial tissues, furniture made from preserved wood, gas stoves, grocery bags, paper towels, permanent-press clothing, plywood, upholstery, computer VDU screens, and community water supplies that add chloroform to chlorinated tap water.



Researchers have discovered the most effective plants are:

Aloe vera (*Aloe barbadensis*) – removes chemical vapours;

Arrowhead vine (*Syngonium podophyllum*) – removes chemical vapours;

Azalea (*Rhododendron simsii* hybrids) – removes chemical vapours;

Boston fern (*Nephrolepis exaltata* 'Bostoniensis') – the best fern for removing air pollutants;

Chinese evergreen (*Aglaonema modestum*) – removes chemical vapours;

Christmas cactus (*Schlumbergera* 'Bridgesii') – removes chemical vapours;

Cyclamen (*Cyclamen persicum*) – removes chemical vapours;

Dracaena (*Dracaena deremensis* 'Janet Craig') – best of the dracaenas for removing chemical toxins from the indoor environment;

English ivy (*Hedera helix*) – particularly effective at removing formaldehyde;

Florist's mum (*Chrysanthemum* x *morifolium*) – one of the best flowering or seasonal plants for removing formaldehyde, benzene, and ammonia from the atmosphere;

Golden Pothos (*Epipremnum aureum*) – removes chemical vapours;

Miniature date palm (*Phoenix roebelinii*) – one of the best palms for removing indoor air pollutants, especially effective for the removal of xylene;

Peace Lily (*Spathiphyllum wallisii*) – excels in the removal of alcohol, acetone, benzene, and formaldehyde;

Red emerald philodendron (*Philodendron erubescens*) – one of the best philodendrons for removing indoor air pollutants;

Snake plant (*Sansevieria trifasciata*) – good for removing chemical vapours;

Spider plant (*Chlorophytum comosum* 'Vittatum') – effective for removing indoor air pollutants as well as chemical vapours; and

Wax begonia (*Begonia semperflorens*) – good for removing chemical vapours.

These are some of the plants known to contribute to healthy air quality in our homes, buildings, and offices. Some plants may be better than others are but all plants clean the air as they beautify our surroundings and add oxygen and humidity to the indoor environment. Horticulturist Ken Beattie suggests, "The next plant you buy may save your life."

Gwen Nyhus Stewart, B.S.W., M.G., H.T., is an educator, freelance writer, garden consultant, and author of the book The Healing Garden: A Place Of Peace – Gardening For The Soil, Gardening For The Soul and the booklet Non-toxic Alternatives For Everyday Cleaning And Gardening Products.



Thomas The Cat



Here is another picture of Thomas doing what he does best - finding the sunniest spot and sleeping in it!!! He obviously doesn't believe in the old saying about walking under a ladder and having bad luck because he not only walks under a ladder but sleeps under it also!!

Unfortunately he has had a bad result from the vet (his PH was too high) and has also been losing weight - Another trip to the vet yesterday has found that he has an infection which is causing the high PH and his lack of appetite. Hopefully after the antibiotic have taken effect he will be eating again and gain some weight back on.

Other than this, he is full of life and as the weather is starting to warm up he is getting cheeky and running away when it is time to come in for the night (just like a little kid that doesn't want to come in from playing outside!!). Kelly has learnt not to chase him as it takes hours to get him home. You have to pretend you don't want him and ignore him and he will eventually come in.

“LOST FOR WORDS”

“Lost For Words” is a book by Hugh Lunn who spent 16 years collecting the words and phrases that Australians once used everyday. As he points out, we have slowly given away our own rich language and have allowed it to be replaced by global TV shorthand: As if, you wish, get real, puh-leese, whatever....

On reading the book it brought back many memories of saying that my parents and friends once said. One section that brought back memories that Hugh wrote was:

“ Mothers would refer to themselves as *general dogsbody* or *chief cook and bottle washer* or slave no.42, saying “I’m working my fingers to the bone.” No wonder mums looked forward to *Endowment Day* when the government gave mothers (not fathers) some money for each child.

If you asked her to do something for you at such a time your mother would say:

- * Who was your slave last week?
- * What did your last slave die of?
- * Kill the old ones off first.
- * I’m one step from grumpy.
- * I’m at the end of my string.
- * I’m at the end of my tether.
- * I’m waiting on you hand and foot.
- * I’m being dragged from pillar to post.
- * Not this little black duck!
- * Not on your life!
- * You can whistle for it. “



My mum was known to say quite a few of these and in today’s society of politically correctness she would be frowned upon for saying the ones I remember the most - “Not this little black Duck!” or “When did your last Black Boy die.”

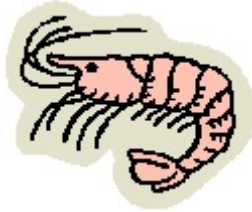


There are so many different sayings mentioned in this book that I found it hard to find just the right ones for here- as soon as I thought this is a good one, the next page had another etc.

“Old Chestnuts” is the title on page 210 and are they!! Hugh wrote:

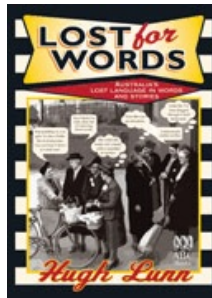
“When you talk about the Australian language, most people immediately think of these old words and phrases:

- * Stone the crows
- * and starve the lizards
- * It's only two miles as the crow flies
- * Give him a fair go
- * Bonzer
- * Aussie cobber, digger, mate
- * Spun me a yarn
- * Fair dinkum
- * Crikey
- * A yarn spinner
- * Come in, spinner
- * Gone bush
- * Gone walkabout
- * I hope all your chooks turn into emus and kick your dunny door down
- * Shoot through like a Bondi tram
- * Stir the possum
- * Don't come the raw prawn with me
- * In like Flynn
- * It's better than a poke in the eye with a burnt stick.



“Lost for Word” covers a vast range of lost words and sayings and it is well worth reading. Joanne can get you copies of the book for \$10 through the book club, so if you would like a copy please see her to order one.

Or it can be purchased from ABC shops for \$32.95.



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:

B.Y.O. B.B.Q.

Thursday 17th January 2008 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.



HOW TO BURY A GOOD IDEA

- ☹ **It will never work**
- ☹ **We've never done it that way before**
- ☹ **We're doing fine without it**
- ☹ **We can't afford it**
- ☹ **We're not ready for it**
- ☹ **It's not our responsibility**





❁ 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 returned their raffle books or left a donation instead. This is greatly appreciated.



ANNUAL RAFFLE

Once again the Annual raffle was well supported and we thank everyone involved. As this issue will be printed before the raffle has been drawn we can not give you the winning ticket numbers but if you have one you will have been contacted by Joanne on the phone.

Congratulations to all the winners!!!

Getting Into the Swim of Things

Adapted from www.ostomyok.org

Can I go swimming with an ostomy? The answer is a resounding “YES!!!” Swimming is an excellent exercise—an opportunity for a good cardiovascular workout without overly stressing your joints (like knees and hips) or your spine. The pool is a great place to work on those range-of-motion exercises, too. The water helps support you while you move. And water exercises can be done in the deep end or while sitting in the shallow end of the pool. Best of all, swimming is an activity you can enjoy with family and friends of all ages and abilities!

So why are so many of us afraid to get back into the water? Here are some of our issues and solutions:



“I’m afraid that my appliance will leak or come off while I’m in the pool.” This is by far everyone’s number one concern. The thing to remember is that your pouching system is designed to be leak-free and water-proof, and your wafer adhesive actually gets *stronger* in water. As long as your seal is strong and intact, strap on your swim fins and jump in.

TIP #1: Don’t go swimming right after you’ve put on a new wafer.

TIP #2: Make sure your pouch is empty.

TIP #3: Picture framing your wafer with water-proof tape isn’t necessary but may give you the extra confidence you need.

TIP #4: Avoid wearing pouches with filters into the pool. Water may get in through the filter.

“I’m concerned that people will be able to see my pouching system under my bathing suit.” A *dark coloured suit with a busy pattern* will camouflage your appliance better than light colours like white or yellow, which can become almost transparent when wet. Note: your pouch will dry just as quickly as your suit will, so no need to worry about a tell-tale damp spot.

TIP #1: For women, choose a suit with a small, well-placed ruffle or skirt.

TIP #2: For men, choose a suit with a higher cut waist or longer leg.

TIP #3: You may wish to wear a smaller, non-drainable pouch (those designed for intimate moments work well here, too!).

TIP #4: If you have a colostomy and you irrigate, you may try wearing a stoma cap while you swim.

"I'm embarrassed about changing into/out of my bathing suit in the locker room and people noticing my ostomy appliance." Some of us don't care who sees what, while others are more modest when it comes to who knows about our ostomies and pouching systems. If you're a little on the shy side, try to find a spot that's out of the way or less crowded. Don't let the possibility of problems arising when changing prevent you from an enjoyable afternoon swim with family or friends.

TIP #1: You may wish to change and towel off in a convenient bathroom stall.

TIP #2: Put on a dry, oversized T-shirt as a cover-up while you change.

TIP #3: A dry suit is easier to take off than a wet one. Relax by the side of the pool with a good book or a talkative friend before heading for the locker room.

TIP #4: Wear your bathing suit under a jogging suit or sweat pants and don't worry about changing at all.



"What about using the hot tub or Jacuzzi?" Go ahead. Again, as long as your appliance seal is good and your pouch is empty you should have no problems with your stoma.

General Tips:

Do some planning – you know your body better than anyone and how long after eating your stoma starts to work. Try to arrange your swimming for a time when your output will be minimal. If you are still concerned about entering the pool with your appliance, try this: put on your bathing suit, fill your bathtub with water and sit in it for half an hour. You'll feel more confident when you see there's no leakage. You'll also get to see what your suit (and your covered pouching system) look like wet.

A support garment or bike shorts under your suit or a snug, Lycra bathing suit can help to keep your pouching system in place and prevent your pouch and clip from migrating to the groin area. Some ostomates sew pockets into the inside of their suits as a way of providing additional pouch support, if needed. If you wear an ostomy belt, you should know that cloth belts stretch in the water – wear a rubber one if you want to wear a belt in the pool. Again, remember to get your doctor's okay before you take to the water or begin any exercise.

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)

Three women die together in an accident and go to heaven.

When they get there, St. Peter says, "We only have one rule here in heaven: don't step on the ducks!"

So they enter heaven, and sure enough, there are ducks all over the place. It is almost impossible not to step on a duck, and although they try their best to avoid them, the first woman accidentally steps on one.



Along comes St.. Peter with the ugliest man she ever saw.

St. Peter chains them together and says, "Your punishment for stepping on a duck is to spend eternity chained to this ugly man!"

The next day, the second woman steps accidentally on a duck and along comes St. Peter, who doesn't miss a thing. With him is another extremely ugly man. He chains them together with the same admonishment as for the first woman.

The third woman has observed all this and, not wanting to be chained for all eternity to an ugly man, is very, VERY careful where she steps.

She manages to go months without stepping on any ducks, but one day St. Peter comes up to her with the most handsome man she has ever laid eyes on very tall, long eyelashes, muscular, and thin.

St. Peter chains them together without saying a word.

The happy woman says, "I wonder what I did to deserve being chained to you for all of eternity?"

The guy says, "I don't know about you, but I stepped on a duck!"

(Thanks Denise for this one!!)

A Little Beam Of Laughter (2)

Fifteen minutes into the flight from Kansas City to Toronto, the captain announced, "Ladies and gentlemen, one of our engines has failed. There is nothing to worry about. Our flight will take an hour longer than scheduled, but we still have three engines left."



Thirty minutes later the captain announced, "One more engine has failed and the flight will take an additional two hours. But don't worry . . . We can fly just fine on two engines."

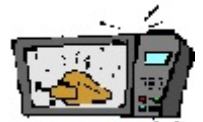
An hour later the captain announced, "One more engine has failed and our arrival will be delayed another three hours. But don't worry... We still have one engine left."

A young blonde passenger turned to the man in the next seat and remarked, "If we lose one more engine, we'll be up here all day!"



A blonde went to the appliance store sale and found a bargain. "I would like to buy this TV," she told the salesman.

"Sorry, we don't sell to blondes," he replied. She hurried home and dyed her hair, then came back and again told the salesman "I would like to buy this TV."



"Sorry, we don't sell to blondes," he replied. "Darn, he recognized me," she thought. She went for a complete disguise this time, haircut and new color, new outfit, big sunglasses, then waited a few days before she again approached the salesman.

"I would like to buy this TV." "Sorry, we don't sell to blondes," he replied. Frustrated, she exclaimed "How do you know I'm a blonde?" "Because that's a microwave," he replied.

FOOD for PLEASURE

Quick Garlic & Chilli Bread

- 1 ¼ cups S.R. flour ½ cup hot water Pinch of salt
¼ cup chopped fresh parsley 2 cloves of Garlic crushed
1 teaspoon dried chilli (optional)
2 tablespoons olive oil



Sift flour & salt together in a large basin & mix in parsley, garlic & chilli. Blend in oil & then add water all at once.

Mix to a soft dough & turn onto a floured surface & knead gently.

Cut into 4 even size pieces & roll into thin circles & lightly brush with oil.

Cook circles on an oiled hot BBQ plate for 2 mins each side, flattening as you go. Serve warm with meat & salads or with dips

Peaches & Cream Dessert

- 60 gms Butter ½ cup sugar
1 cup S.R. flour 3 eggs
300mls thickened cream 425 can sliced peaches drained
½ cup milk ¼ teaspoon cinnamon
2 teaspoons sugar



Beat butter, sugar, 1 egg & flour with milk for 3 minutes. Pour into a greased oven proof dish (7" x 11" or 18cm x 28cm) & top with peaches. Bake in a moderate oven for 40 mins. Pour combined cream & 2 eggs over peaches and sprinkle combined cinnamon & 2 teaspoons of sugar over top. Bake a further 15 minutes or until set. Serve hot or cold.

The Einstein Factor's Ned Kelly Quiz

Answers on page 1

1. On October 1878 the Kelly gang killed 3 policemen who were camped where?
2. In June 1880 the Kelly gang took over the hotel in which town, where they made their last stand?
3. In December 1878 the Kelly gang robbed the national bank in which country town?
4. Ned Kelly was first arrested in 1869, at age 14m charged with assaulting a man of which ethnic background?
5. Which judge who sentenced Kelly to death died less than 2 weeks after Kelly was hanged?
6. In 1870, the charge that Kelly was an accomplice of which bushranger was dismissed because of lack of evidence?
7. Following the alleged wounding of trooper Alexander Fitzpatrick, Dan & Ned Kelly went into hiding in the what ranges?
8. Which other letter was written by Kelly and Joe Byrne 2 months before the Jerilderie Letter?
9. After John Kelly's death, Mrs Kelly moved her family to a slab hut at which location between Greta & Glenrowan?
10. When shot at Stringybark Creek what is constable Lonigan said to have cried?
11. Needing a base before entering Euroa, the Kelly gang took over the house at what station?
12. At the climax of the Glenrowan battle, Kelly, wearing his armour, was shot in the legs by which sergeant?
13. Who was the cousin and close friend of Kelly who fathered 11 children with Ned's sister Maggie?
14. The Jerilderie Letter was published in which 1948 Kelly biography by Max Brown?
15. How many children did Kelly's mother have with her first husband?