

Jo's Bit

It is with great excitement that I have started this edition of GOAN with some positive news. GOA have finally taken the bull by the horns and have made the initial first step to our future. We have placed a deposit on a block of land and I am very very excited as I can see finally that we are soon going to have plenty of room for our stock, orders, staff and equipment. We will even have room to swing the cat!!! (See more info inside)

A quarter of the year has gone and once again I don't know where to. Easter is right on top of us as I write this and gone by the time you read it. I hope that you had a restive break and didn't over indulge in the chockies.

I would like to thank my volunteers and especially Kelly who held down the fort while I was ill lately, everything ran smoothly except for Peter T's order which I forgot to print. Thank you all for doing such a great job.

Nationally, the ACSA Secretary for the last 12 years has retired and we wish him all the best. We in Geelong have nominated him in to this position for the last 12 years and it is sad to see him go but also understandable. To Ed and Nola all the best.

Also the ACSA President will be retiring in October after 14 years and we also extend our best to Gerry.

I hope you all enjoy reading this latest edition and I hope the old fashioned remedies brings back memories of your childhood and the home remedies inflicted on you. (I remember the toothache one, with oil of cloves my mum used!!!)

Joanne
14/03/10

Answers to page 32 quiz.

- | | | | | |
|---------------------------------------------------------|------------------------|----------------|-----------------|----------|
| 1. Pumpkin | 2. 1927 | 3. Monash | 4. Uranium Mine | 5. Kenny |
| 6. Bathurst | 7. Blundstones | 8. Lamington | 9. 11 | |
| 10. It was drawn out of a hat in a national competition | | | | |
| 11. Introduction of Decimal currency | | 12. Fruit | 13. Lizard | |
| 14. Tully | 15. Sturt's Desert Pea | 16. Apollo Bay | 17. Mt Isa | |
| 18. Bodalla | 19. Yeast Extract | 20. 1948 | | |

Geelong and District Ostomy Association Inc.

COMMITTEE OF MANAGEMENT

2009 - 2010

PRESIDENT:	Ian Combridge
VICE PRESIDENT:	Kelly Holmes
SECRETARY:	Joanne Holmes
ASSISTANT SECRETARY:	Marion Taylor
TREASURER:	Bob May
ASSISTANT TREASURER:	Kerrie Barnao
SOCIAL SECRETARY:	Brenda Ebbels
COMMITTEE MEMBER:	Rhoda Lynch Elleray Combridge Margaret Dickson Sandra Oriander
ADMINISTRATOR/ APPLIANCE OFFICER:	Joanne Holmes

LIFE MEMBERS

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

GOAN CONTRIBUTIONS

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

GOAN PRODUCTION

Issues of the GOAN are produced in April, August 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



We have begun another year and it seems as though the last one just flew by. I wonder if that's a sign of ageing, whoops! I mean maturing. We have survived and are facing an unknown future. As each day dawns, a new set of experiences await us. How will we face them and how will we respond to them? It's easy to say that we'll meet them as they come, but it's how we address each issue that will control whether our day is successful or not.

Imagine this scenario. We are working behind a supermarket checkout counter and are confronted with a customer with a HUGE pile of groceries to check through. How would we greet this person? Maybe, if it's fairly early in the day we will smile and pleasantly say, "Good Morning, how has your morning been?"

The reply may be pleasant and lead to a conversation, but I wonder! It is more than likely going to be a reply from a person who is tired and frustrated from trying to find those items that just seem to keep moving from the normal shelf to another spot in the store, or noticing the ever rising cost of the items in their shopping trolley. In their mind the day hasn't started very well. We also don't know what has happened in the home before the shopping excursion began. Possibly it was an effort to get the children off to school, the car wouldn't start because they left the headlights on last night or some other catastrophe has happened. Now they are greeted with, 'Good morning!'

I can just imagine the reply, a grumpy "What's good about it?" followed by a commentary about the events of the morning, ending with "And now this!" looking at the pile in the shopping trolley disappearing through the checkout as it goes 'Beep, Beep', and with each beep the tally goes up. Now you're wishing you hadn't said "Good morning, how has your day been?"

You see, our perception of the day is influenced by experiences and our reactions affect other people. It's up to us as to how we are viewed by others. We will have a much better day if we treat each event in our lives as an adventure. Once it is over, let it go, and face the next adventure with renewed energy. This attitude will make our world and that of others we meet a better place.



Till next time,
Ian Combridge.

Postage & Cash Sales Payment

Your postage account and your cash sales (**Linen and postage orders only**) & future memberships can be now paid by direct deposit. You need to make sure you have your name in the reference area, so that we know who has paid us.

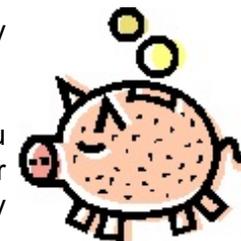
The bank details are:

A/c Name : Geelong & District Ostomy Assoc
BSB No. : 633000
A/C No. : 102191087
Bank: : Bendigo Bank

Do you know that you can pay for your postage up to 12 months in advance?

This can save you money, especially if you have to pay for your cheques or if you use money orders.

It costs \$4.50 for every money order you get, so if you were to pay for 3 months postage on one money order (\$30) you would save yourself \$9.00 which is nearly another months postage!!!



We will also take up to 6 months of orders in advance - so if your stoma has settled down and you order the same thing each month this might be the way for you to manage your orders and postage.

If for some reason you have orders placed in advance and you need to change them, that is no problem, as that can be done with a phone call or by sending in a new order.

PICK UP DATES 2010

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.

PLEASE NOTE: Members ordering Braun, Welland, Pelican and Omnigon Support garments will not be able to pick up their order until the 10th of the month. Please ensure that you have adequate products to last until then - if you don't then please see your STN.

Pick up at 100 Lt Myers Street between: 2010

~~Wednesday January 6th to Wednesday January 27th~~
~~Friday February 5th to Friday Feb 26th~~
~~Friday March 5th to Friday March 26th~~
Wednesday April 7th to Wednesday April 28th
~~Wednesday May 5th to Wednesday May 26th~~
Friday June 4th to Friday June 25th
~~Monday July 5th to Monday July 26th~~
Wednesday August 4th to Friday August 27th
~~Monday Sept 6th to Monday September 27th~~
Monday October 4th to Wednesday October 27th
~~Friday November 5th to Friday November 26th~~
Monday Dec 6th to Friday Dec. 24th

CLOSED FOR THESE PUBLIC HOLIDAYS

Monday April 26th (Anzac Day Holiday)
Monday June 14th (Queens Birthday)
Monday December 27th (Christmas Day)

CLOSING DATES for ORDERS 2010

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. **Be aware of holidays & place your orders early.**

PLEASE do the right thing and order on time (earlier is preferable)!

REMEMBER: Late orders placed could incur a special deliver fee.

2010

Wednesday 18th December '09	for January	Pickup
Wednesday 27th of January	for February	Pickup
Friday 26th of February	for March	Pickup
Friday 26th of March	for April	Pickup
Wednesday 28th of April	for May	Pickup
Wednesday 26th of May	for June	Pickup
Friday 25th of June	for July	Pickup
Monday 26th of July	for August	Pickup
Friday 27th of August	for September	Pickup
Monday 27th of September	for October	Pickup
Wednesday 27th of October	for November	Pickup
Friday 26th of November	for December	Pickup
Friday 17th of December	for January 2011	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 has available for those who wish to do this, a "Microsoft Word" file that she can send to you. It is the same as the ordinary order form except that you type in the info and then send it to the above e-mail address as an attachment.

If you want a copy of the "Microsoft Word" file then just ring or e-mail Joanne at goainc@ncable.net.au

ORDERING VIA THE INTERNET

Orders are now able to be placed via our web site
www.geelongostomy.com.au.

The same rules apply as for posting, hand delivering, fax and e-mail (Especially regarding the dates!!)

Go to the "Orders" page and then click on the "Order Form" button and complete the form.



Remember to put in your correct e-mail address so that we can acknowledge your order.

ARE YOU OVER ORDERING !!

Over ordering is a problem that all members must be aware of and be responsible for.

Over ordered and returned stock can not be reused as per government regulations and is a total waste!!

We are extremely lucky in Australia in that all you need to pay for your stomal needs is your membership fees and over ordering puts the Stoma Appliance Scheme in jeopardy!!

PLEASE DO NOT OVER ORDER - ONE MONTHS SUPPLY IN RESERVE IS ENOUGH



ARE YOU UNDER ORDERING !!

Although over ordering is a major problem so is under ordering. Running your self short does not help yourself, the association or even the STN's - you need to keep one months supply in reserve to cover for emergency events, like gastro, faulty product, going on holidays, etc.

One major problem that the STN's have brought to our attention is that members are going to them to get holiday issues or certificates for holidays - but leaving it until a couple of days before they leave!!!

Everyone plans their holidays and your stoma care should be an essential part of that holiday planning. If you are going to be away for an extended time, then you need to see you STN to discuss an ordering plan with them. Also remember that the Government only allows one months holiday per calendar year.

PLEASE DO NOT UNDER ORDER - KEEP ONE MONTHS SUPPLY IN RESERVE

Membership Renewal

On the 1st of April your membership renewal forms will be sent out to you. And these need to be paid by the **30th of June** and **early payment it appreciated**. Don't forget late payment will add a penalty of \$10 to your membership.

It is important that you read both sides of the renewal form as it has relevant information about paying this account.

If paying by Bank Deposit -please REMEMBER to place you name as the reference.

If you are having difficulty paying your membership renewal please see Joanne (but before the 30th of June, please!!!) and she can work out a payment plan for you.



DONATIONS ARE TAX DEDUCTABLE

Yes, in case you are not aware - any donation made to GOA over \$2 is Tax Deductable.

So save your receipts and if you have to do a tax return don't forget to claim for your donations to us.

We thank all members who have given us a donation

Our Solution to the Future Needs of GOA



Your Management Committee has committed the association to the purchase of the above block of land at 6 Lewalan Street, Grovedale. We have placed a deposit on it with the balance to be paid on the 30th of June.

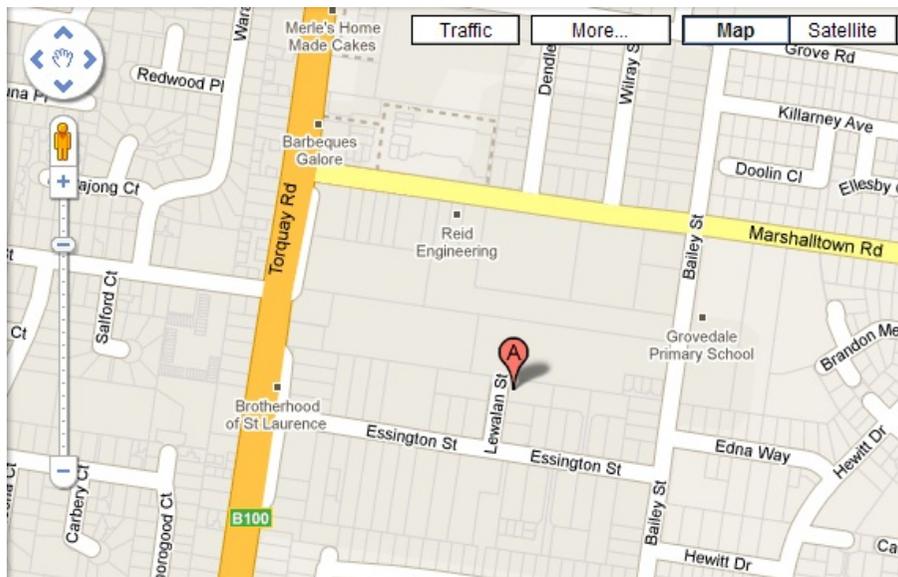
Your building committee has spent many hours and months driving around Geelong looking at buildings and land for our future needs and this is the perfect block for our needs. It is a nice flat block with access to major roads, without being on a busy street. Buses run along both Bailey Street and Torquay Road, for those who use public transport. It is in a new developing industrial area, which is clean and quiet. And best of all the block is big enough for us to have at least 12 car parks and some street parking which beats the hell out of our 3 car parks out the front and the squeezed out 6 in the back of Ostomy House.

Of course, we realise that the location of Ostomy House is in the ideal site at present but unfortunately we have out grown the capabilities of the building (we now have to have 3 pack out days to cope with the amount of boxes and orders and the lack of room in the stock room.)

We have concept plans of the new building that we are going to build, displayed on the notice board in the reception room, so take a couple of minutes to take a look at what your new building will look like.

We are looking at a 12 month building time frame and we will keep you informed as to the progress via the GOAN and on the notice board.

You might ask why Grovedale, I live in Norlane? We have looked at the statistics of our membership and 2/3rds of our membership lives in the Bellarine, City, South Barwon and Surf Coast areas and with the development of the Armstrong Creek project this is going to increase. We looked at land etc in the Northern suburbs but the price was much more higher due to the proximity of the ring road.



On your next Sunday drive take a drive out to Grovedale and start to familiarise yourself with the location and how to get there. It is quite easy.

DONATIONS TO BUILDING MUCH APPRECIATED!!

Once we build our new premises, we are going to need to purchase many new fixtures etc.

We will take as much of the furnishings etc that we can from the old Ostomy House but we are going to need to buy a lot of new items to suit the new building.

Just for a start we are going to need to buy new shelving for both the distribution area and for the stock room. The distribution shelving costs about \$600 for 2 metres and the stock room shelving will cost about \$200 for 2 metres, so it is going to cost a lot to fit it all out.

We not only need shelving but a new reception counter to fit the new building, new chairs and couch for the reception area, so that you can have a comfortable seat while waiting for your order to be found, or to just take a rest on. The list is endless!!!

On your membership renewal form there is an area that you can fill in if you would like to help us out in setting aside some money for the building refitting.

Any donation is appreciated and all donation over \$2 are tax deductible.

(As an old Holmes family saying goesEvery little bit helps says the sparrow, as he pees in the Yarra!)



CERTIFICATES FOR ADDITIONAL STOMA SUPPLIES

The Government has set 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. (as 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 extra 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 who order each month!!

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



TO MY BETTER FRIENDS

There were **probably** many, many times last year when I **may** have
disturbed you,
troubled you,
pestered you,
irritated you,
bugged you,
annoyed you
or got on your nerves....

So Today I just wanted to tell you



Suck it up Cupcake!!!

'Cause there are NO CHANGES planned for 2010 !!!

Housekeeping Tip

Another Maxine Tip...



**Always keep several
get well cards on the mantle...
So if unexpected guests arrive,
They will think you've been sick and unable to
clean.**

TEMPORARY STOMAS

Do you have a Temporary Stoma? Have you been given a date for your reversal? Do you no longer need our services?

If you can answer YES to the last two questions we need your help please.

Firstly if you have been given a date for your reversal it is important that you see your STN before going to hospital for that procedure. There are always a few questions that need to be answered and few tips that can be given to help you return to your *no stoma* status.

Also please let us know AFTER you have been reversed so that we can adjust our records etc. Doing so before your reversal could be a bit too early because for some reason your surgery might be postponed (Your Surgeon may break a finger playing Hockey the night before, or even get the flu, you never can tell!)

DISABILITY TOILET CARDS

There is now available, a card for members to show that they are entitled to use the Disabled Toilets.

New members are sent these with their welcome letter. Other members please place your name on the list at the reception counter and one will be sent out to you. They are of a business card size and should fit in your wallet or purse comfortably and are laminated. Also if you misplace your card just contact us for another one.

These cards are already helping our members who use the disabled toilets and were being challenged by people who do not know what you have under your clothes.



Old Fashion Home Remedies

Our ancestors did not have access to our vast range of goods and services that we have today, and this is most obvious in health care. Chemeists did not stock the range of medicines available now and a visit to the doctor was only if you were seriously ill. They often had to rely on folk remedies which had been passed down through generations and were based on everyday items found in the kitchen cupboard. Here are just a few remedies I have found (but please note that if any condition is serious or continuing you should consult you G.P. because modern medicine has been invented for a reason!)

Bruising and Sprains:

- ★ An ice pack wrapped in a cloth and applied to the injured area, followed by a bandage to support the area (still the preferred way today).
- ★ Strong sage tea (cold) or diluted vinegar applied to the area.
- ★ A liniment made from an egg lightly beaten and shaken well with one cup each of apple cider vinegar and spirits of turpentine (not recommended for black eyes).

Cuts and Abrasions

- ★ Freshly picked lemon or lime juice squeezed on to a cut will heal it fast - but it stings like hell!!!
- ★ To clean wounds - a solution of salt and water was a favourite, as was a mixture of 2 tablespoons baking soda and 1 teaspoon apple cider vinegar in a cup of warm water.
- ★ Cabbage, carrot and potato were all used as poultices to heal wounds.
- ★ Bruised raw cabbage leaves, boiled cabbage or fresh cabbage juice were placed over the wound, secured with a bandage and replaced every 4 hours.

Animal Health

- ★ For flea - induced eczema - roughly chop a bunch of fennel, pour over it an equal amount of boiling cider vinegar. Leave over night. Dab on affected areas with a sponge or cloth.



Coughs, Colds & Flues:

- ★ For coughs - the juice of one lemon and 1 or 2 tablespoons of honey in a cup of hot water, sipped slowly while hot.
- ★ For sore throats - gargles from either warm water and salt or a vinegar and water mix (1 tablespoon vinegar to ½ cup water.
- ★ For laryngitis - eat a whole bulb of garlic five times a day - (don't know if the garlic worked on the throat or if it kept everyone away so that the throat was rested!!)
- ★ At the first sign of a cold drink this lemon and honey drink 2 or 3 times a day. Combine 1 cup water with 1 whole clove and a pinch of cinnamon and bring to the boil and simmer for 1 minute. Allow to steep for 20 minutes off the heat. Strain, reheat and add juice of one lemon and honey to taste. Drink while hot.
- ★ Another cough cure - add 1 tablespoon of linseed, 7 g raisins and 60g liquorice to 2 1/4 litres of water. Simmer gently until reduced to half quantity. Store in fridge and have 1 wineglassful, 2 or 3 times a day. Add a dash of lemon before drinking.



Hangover Treatment

- ★ A dessertspoon of olive oil taken before indulging and another before bed, plus olives eaten throughout the time when drinking (enough to put me off having a drink!!)
- ★ Before retiring drink a very large glass of water, then drink copious amounts of water every time you wake and the next day - helps to flush it all out!

Nose Bleeds

- ★ Apply a wad of cotton wool soaked in lemon juice to the nostrils.

Bed Wetting

- ★ Have a honey sandwich or a teaspoon of honey before going to bed.

Arthritis

- ★ Place a whole lemon (uncut) into a jar and add 500mls of methylated spirits. Seal and leave stand for 1 week. Dab the liquid on affected areas with cotton wool.

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.

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.

Thomas The Cat



During January and February I was at home sick in bed with "Giardia" (Believe me you as an ostomate do not want to get it!!) And Thomas the Cat was a great comfort to me. (He sure loved the Doctor and the Blood test ladies when they came to visit, as he wouldn't leave them alone!!)

He spent most of his time sleeping with me, which is something that he hardly ever did except in the early morning when it was time to get up he would come in to make sure I was awake! But when I was sick he stayed by my side most of the time.

He even took to sleeping curled up to my back, where as before he would only lie on top of me. He seemed to be able to sense that he couldn't do that when I was sick.

As for his health he got a great result for his last check up and doesn't need another one for 6 months so being at home is keeping him healthy.

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. _____

USELESS INFORMATION

- ☺ 'stewardesses' is the longest word typed with the left hand.
- ☺ 'lollipop' is the longest word typed with the right hand.
- ☺ 'typewriter' is the longest word that can be made using only letters on one row of a keyboard.
- ☺ The sentence " the quick brown foxed jumps over the lazy dog" uses all letters of the alphabet.
- ☺ No word in the English language rhymes with MONTH, ORANGE, SILVER or PURPLE.
- ☺ There are only 4 words in the English language that end in 'dous' - tremendous, horrendous, stupendous & hazardous.
- ☺ There are two words in the English language that have all 5 vowels in order - abstemious & facetious.
- ☺ The average person's left hand does 56% of the typing.
- ☺ A 'jiffy' is a actual unit of time for 1/100th of a second.
- ☺ A cat has 32 muscles in each ear.
- ☺ A shark is the only fish that can blink with both eyes.
- ☺ A snail can sleep for 3 years.
- ☺ An ostrich's eye is bigger than its brain.
- ☺ There are more chickens than people in the world.
- ☺ Rubber bands last longer when reffridgerated.
- ☺ Peanuts are one of the ingredients of dynamite.
- ☺ Leonardo Da Vinci invented the scissors.



ENJOY A GOOD TIME !!!

The Social Secretary, Brenda Ebbels organises events for members, like 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.



A Little Beam Of Laughter _____

Hymn #365

This is a hoot, but I suspect the minister didn't appreciate it.

A minister was completing a temperance sermon. With great emphasis he said, 'If I had all the beer in the world, I'd take it and pour it into the river.'
With even greater emphasis he said, 'And if I had All the wine in the world, I'd take it and pour it into the river.'
And then finally, shaking his fist in the air, he Said,



'And if I had all the whiskey in the world, I'd take it and pour it into the river.'
Sermon complete, he sat down.
The song leader stood very cautiously and announced with a smile, nearly laughing,
'For our closing song, Let us sing Hymn #365,
'*Shall We Gather at the River..*'

Smile, life is too short not to!!



- * A big thank you to the members who continue to contribute to the Volunteers morning tea supplies - they really appreciate your thoughtfulness.
- * Thank you to the Volunteers who do a wonderful job of looking after the 600 members who attend the rooms each month! WELL DONE !!!!

PLEASE NOTE: According to food and safety regulations we can not accept food items that have been opened or past their use by date - so to those members who like to share their lollies etc, thank you for thinking of us **BUT** we can not accept open or out of date food items.

OLD VICTORIAN REMEDY FOR GOOD HEALTH (from an old Victorian cookery and household guide)

**Keep your head cool by temperance, your feet warm by exercise;
Rise early and go soon to bed;
And if you are inclined to fat, keep your eyes open and your mouth shut.**



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.



More Little Beams Of Laughter

A young engineer was leaving the office at 3.45 pm. when he found the Acting CEO standing in front of a shredder with a piece of paper in his hand.

"Listen," said the Acting CEO, "this is a very sensitive and important document, and my secretary is not here.. Can you make this thing work?"

"Certainly," said the young engineer. He turned the machine on, inserted the paper, and pressed the start button.

"Excellent, excellent!" said the Acting CEO as his paper disappeared inside the machine, "I just need one copy."



Lesson: *Never, Never, ever assume that your boss knows what he's doing.*

A 2007 study found that the average Australian walks about 900 miles a year.

Another study found that the average Australian drinks 22 gallons of beer a year.

That means the average Australian gets about 41 miles per gallon.

Bloody good value that!



FOOD for PLEASURE

SAUSAGE CASSEROLE

Ingredients

8-10 thick beef sausages	1 carrot, cut into 2-3 mm rings
1 onion, sliced	1 tablespoon brown malt vinegar
2 tablespoons sugar	2 tablespoons SR flour
2 tablespoons Worcestershire sauce	1 ½ cups warm water

Method

1. Place sausages in a medium casserole dish and add carrot and onion.
2. In a jug mix sugar, vinegar, sauce and flour, then add water and whisk until smooth. Pour over sausages.
3. Bake at 180°C until sausages are brown on top and sauce has thickened (about 1 hour).



CHINESE HAMBURGERS

Ingredients

500g minced steak, chicken or pork	2 rashers bacon
1 ½ cups S.R. flour	3 eggs
1 teaspoon curry powder	2 sticks celery, chopped finely
2 cups cabbage, finely shredded	1 onion, chopped
1 teaspoon soy sauce	Salt & Pepper

Method

1. Mix all ingredients together in a large bowl.
2. Form into hamburgers
3. Cook in a greased frying pan or on the B.B.Q.

(NOTE: these do not freeze well due to the cabbage!!)



CASH SALE ITEMS

Deodorisers:

Orange or Lime or lemon Power - 100% natural	\$3.50
Floral Air Freshener	\$3.00
Ozium Aerosol Spray Purse size	\$12.50

Tapes:

Micropore - 25mm (1 inch)	\$1.10
- 50mm (2 inch)	\$2.20
Hyperfix	\$18.50

Disposable Washers:

Mastercloths - 50 per box	\$5.50
Adept Cloths - 70 per box	\$6.50

Mattress Protectors:

Disposable - large single	\$3.00
Washable - Queen size	\$6.00
Washable - Double size	\$6.00
Washable - Single size	\$6.00

Nappy Bags - 100 per box \$2.25

Rediwipes wet wipes \$4.50

Latex Disposable Gloves - 100 per box \$6.00

Curved Scissors \$8.50

Night Drainage Bag Stands

Metal	\$25.00
Plastic	\$8.50

Belly Bands - all sizes \$10.00

Wheat Heat Bags \$8.00

Don't forget there is no returns on Cash Sale items, especially the Belly Bands, so make sure that you get the correct size or only buy one at a time to make sure they are what you require.

AUSSIE QUIZ

(Sourced from That's Life Aussie Quiz book)

- Which vegetable has a variety called Queensland Blue?
- In what year was the federal seat of government moved from Melbourne to Canberra?
- Which Melbourne university is named after a celebrated military leader in World War 1?
- Rum Jungle is the site of Australia's first what?
- What is the name of Dame Edna's "Flamboyant" son?
- Name Australia's oldest inland city?
- Which popular boot brand was invented in Tasmania in the 1870's?
- Which popular little cake was named after a governor of Queensland?
- How many ships made the First Fleet?
- Where did the name "Vegemite" come from?
- Which significant event occurred in Australia on St Valentine's Day, 1966?
- Is a Quandong a fruit or a marsupial?
- What type of animal is the perentie?
- Name the wettest town in Australia?
- What is the floral emblem of South Australia?
- Which Victorian bay bears the name of a Roman God?
- In terms of area, which Queensland city is the fifth largest in the world?
- In which town do you find the Big Cheese?
- What is the main ingredient in Vegemite?
- What year did the first Holden go on sale?



Answers on Page 1