



Saskatoon Ostomy Association Bulletin

Internet web page -> <http://saskatoonostomy.tk>
Mailing Address -> 1610 Isabella Street, Saskatoon, SK, S7J 0C1

February 2005

SASKATOON MEETING INFORMATION

Location: **NorDon Drugs, Medical Centre -**
Louise Avenue & Isabella Street

- Wheelchair accessible
- Convenient washrooms
- Refreshments and visiting period after each meeting
- Spouses, family members and other visitors welcome

Monday February 7, 2005, 7:30 p.m.

Rap Groups - this is the time to come out and share stories with other individuals who have similar situations and to swap success stories!

Monday, March 7, 2005, 7:30 p.m.

Jan Lloyd-Vossen, the Convatec rep for Saskatchewan, will present our group with news about exciting new products.

NORTHEAST SATELLITE

The North East Satellite of the Saskatoon Ostomy Association meets for lunch the second Thursday every other month at 1:00 p.m. at Mr. Ribs in Tisdale.
Upcoming meeting dates are: March 10, May 12, September 8 and November 10, 2005. For information on upcoming meetings contact: Wally Derkach at 862-5381 or Shirley Klatik at 873-2156.

PRINCE ALBERT SATELLITE

The Saskatoon Ostomy Association has a branch in Prince Albert which meets for lunch every 2nd Friday of every 2nd month at 11:45 a.m. at the Travelodge.
Upcoming meeting dates are: February 11, April 8, June 10, September 9, October 14 and December 9, 2005. For more information on upcoming meetings please contact: Ed Frey at 654-4809.

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SASKATOON OSTOMY ASSOCIATION

(A Chapter of the United Ostomy Association of Canada)

The Saskatoon Ostomy Chapter is a non-profit mutual support society for the benefit of people who have had, or are about to have, Ostomy surgery. The purpose of our chapter is to:

- Assist the medical profession in the rehabilitation of ostomates by providing, at the request of the physician, reassurance and emotional support.
- To promote up-to-date information concerning Ostomy care and equipment to ostomates, and those involved in their care.
- To educate, develop, and promote public awareness and understanding of ostomies.

MEMBERSHIP & DONATIONS

The annual membership fee of \$25.00 entitles you to the chapter newsletters and a subscription to the Ostomy Canada Magazine, a U.O.A. Canada publication.

Bequests and donations over \$10.00 will receive an official receipt for income tax purposes.

VISITING SERVICES

We provide lay visitation service, at the request of the physician, either pre-operative or post-operative, or both. The visitor is chosen according to the patient's age, sex and type of surgery. A visit may be arranged by calling the Stoma Clinic therapists at 655-2138. They will contact the Visiting Chairperson of the local Ostomy Association.

ENTEROSTOMAL THERAPISTS AND STOMA CLINIC

STOMA CLINIC: Room 1610, A Wing, Royal University Hospital
Saskatoon, Saskatchewan S7N 0X0 655-2138

THERAPISTS: Phyllis Stephens, R.N., E.T.
Teri (Smith) Schroeder, R.P.N., R.N., B.Sc.N., E.T., IIWCC.
Kathy Guina, B.Sc.N., E.T.
Sandy Roberts, R.P.N., R.N., B.Sc.N., E.T.

MEDICAL ADVISORY BOARD

Dr. Provash C. Ganguli, Gastroenterologist
Saskatoon SK

Dr. Lawrence Taranger, Urologist
Saskatoon SK

Dr. Brian Colquhoun, Surgeon
Saskatoon SK

Phyllis Stephens, R.N., E.T.

**THE SASKATOON OSTOMY ASSOCIATION ADVISES ALL OSTOMATES
TO CONSULT THEIR PHYSICIAN OR E.T. BEFORE USING ANY PRODUCT
OR METHOD REFERRED TO IN THIS BULLETIN OR ANY OTHER PUBLICATION**

SASKATOON OSTOMY ASSOCIATION

PRESIDENT'S MESSAGE



It's a new year and it's with continued enthusiasm about our organization, that I reflect on past months while looking forward to the next few.

We've had 4 good meetings, all well attended, with content and visitors that have supported our cause and have given added insight into living life as an ostomate. The Christmas party was pleasant and jovial and at times tricky, given our ability to snag desirable gifts from the unexpected. We had a couple of super fund-raisers. The dinner & bingo night was a huge success with great attendance, a good meal and lot's of laughs. The meat drive was well orchestrated with many people contributing through volunteering and selling. Special thanks to those who committed the hours to pull these events off and who excelled at selling.

In recent months, we have lost a few members who have passed away and have had others who have had elevated illness. As a group, we wish continued encouragement and support to those members and their families during these difficult times. The organization is always there for members to lend an ear or a helping hand. Let us know how we can help.

Lot's happening in the new year. We have kids going to camp; we have the conference in Winnipeg. We would love to see a good size delegation go from Saskatoon.

Looking forward to continued involvement, friendships and acquaintances. All the best in oncoming months and a fantastic 2005!

James Maloney
SOA President

MEETING MINUTES



By Betty Tydeman

SASKATOON OSTOMY ASSOCIATION - MONDAY, NOVEMBER 1, 2004

1. President, James Maloney, called the meeting to order at 7:30 pm
2. Member announcements: The meeting welcomed newcomer. Gillis Rahier. It was announced that member, Mary Kozak, had died over the week-end,
3. The minutes of the October 4/04 meeting had been published in the last newsletter.
4. FUND RAISERS
Trish reminded everyone about the upcoming dinner and Bingo night

She asked that all sheets for the meat sales be turned in.

5. KIDS & PARENTS

Marlyne brought good news. The Muttart Foundation has awarded a grant of \$2,200. to this group under their Youth Grant Program.

The award is to be made at a banquet. Evan and Leland are to attend to receive the award, along with Marlyne.

6. OSTOMY CAMP - James reported that he had received a response from the camp co-ordinator, Pat Cimmeck. Between 67-70 children and youth attend each week and this time is shared with the Kidney campers. They are going to split the camp 50/50 - that is 35 spots each with Ostomy and Kidney campers.. At present they can only accommodate 70 campers per week. Eventually, they may be able to consider a secondary camp, perhaps at some other time of year.

7. MEMBERSHIP - Pat Crilly thanked everyone for their co-operation in the fee adjustment to accommodate the U.O.A. change of structure.

8. VISITATION: Don Adams reported 1 each of Ileostomy, Urostomy, Colostomy and Pelvic Pouch.

9. Chrohn's & Colitis - nil report

10. TREASURER'S REPORT: Wayne reported: \$6,984.00 in the checking account
2 term deposits of \$5,000.00 each.

Pharmacies are to be billed for the yeas.

11. SOCIAL The Christmas party is Dec.6th. Each person is to bring goodies or munchies and a gift (maximum of \$10.) for a gift exchange.

12. PROGRAM #1 - Gigi Eike from Hollister introduced some of her company's new products:

Drainable pouch

Cover has been discontinued.

Premier line, with or without filter and a lock & roll closure.

No clamp needed any more.

Premier has an ultra clear with one or two piece system.

Some of the names of accessory lines are changed to Adapt.

There is a new lubricant and odour barrier which also acts as a cleanser.

So far, not available on the mini pouch or for urostomates.

James thanked her for her presentation.

13. E.T.'s - Sandy finished the wound care course. They are going to the wound conference in Calgary next week.

14. FUNDING: \$30.00 was turned over to the Treasurer from sales of the decorated boxes.

15. PROGRAM #2

The meeting thanked Peter for the last Newsletter.

Peter Folk provided a review of the Web Page for our organization, which covered A to Z of our purpose, activities, etc.

Such an enormous amount of work !

Peter was thanked formally but also with much applause.

- 16. 50/50 was won by newcomer, Gillis.
- 17. MOTION TO ADJOURN: Bev. Fry/ Marg Chastakoff.

EDITOR'S MESSAGE AND WEB PAGE UPDATE



Hi all,

Did you know that all of our Bulletins are available on the Internet? It was mentioned that some people would prefer not to receive a mailed-out copy of the Bulletin, they would prefer it read it on the Internet. So, if you would prefer not to have the Bulletin mailed to you, please drop me an e-mail and I will take your name off of the mailing labels list, and we can save postage costs!

Here is the website for the Muttart foundation. There is some information on here about who or what the foundation is about.

<http://www.muttart.org>

Since its founding in 1953, the Muttart Foundation has provided millions of dollars to support worthwhile projects in Canada and overseas. The Muttart Foundation was incorporated as a private charitable foundation in 1953 by Merrill Muttart and Gladys Muttart.

Mr. and Mrs. Muttart were successful business people who believed very strongly in supporting worthwhile charitable organizations.

Even before they created the Foundation, Mr. and Mrs. Muttart were recognized as generous philanthropists, contributing their time and money to many community organizations.

Both Mr. and Mrs. Muttart died in the winter of 1969-70, but their strong belief in and support of private philanthropy have been carried on by a Board of Directors comprised of people from a variety of backgrounds. Working with a small staff, the Board of Directors considers applications for grants from registered Canadian charities.

The Foundation is incorporated under the Canada Corporations Act as a corporation without share capital. It is registered in Alberta as an extra-provincial corporation and holds registered charitable status from Revenue Canada.

The Foundation's assets total approximately \$60 million.

Since the early 1990's, the Foundation has focussed its funding in Alberta, Saskatchewan, the Yukon, and the Northwest Territories. Most of its funding has supported social service programs, particularly those related to children and youth. In recent years, the Foundation has also been active in programs that increase the capacity of the charitable sector generally.

The Foundation's main activity is providing grants to charities within its current guidelines. However, the Foundation also provides other supports to the charitable sector and produces material of interest to charities across Canada and beyond.

Peter Folk (peter.folk@shaw.ca)

VISITATION REPORT



The visitations coordinator is Don Adams. You can phone him at 374-4965.

	Sep	Oct	Nov
Ileostomy	1	1	0
Colostomy	1	4	5
Urostomy	1	3	0
Pelvic Pouch	1	0	1

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Prince Albert Satellite Chapter of Saskatoon Ostomy Association

September 10th, 2004

President Ed Frey presided over the meeting. There were 12 members and visitors present.

The blessing was asked by Leonard Blair followed by lunch.

The minutes of June 11th, 2004 were read and accepted.

Next Prince Albert meeting: October 8th, 2004

Next Tisdale meeting: November 4th, 2004, 1p.m. at Mr. Ribs.

Christina Jabusch, who received the camp scholarship, was not able to be at the meeting because of school. She may be present next month.

Treasurer's Report: The account balance is \$421.95. \$79.00 has been designated for a camp scholarship 2005.

Visitors were welcomed.

Meeting adjourned by Paul Kazinski.

Recorded by Devessa Blair

Prince Albert Satellite Chapter of Saskatoon Ostomy Association

October 8th, 2004

Regular Meeting—12 members present.

The blessing was asked by Leonard Blair. Lunch.

The minutes of the September 10th, 2004 meeting were read and adopted with no omissions or errors. Lydia seconded.

Treasurer's Report—balance \$421.25

50-50 draw won by Ed Frey and returned.

Ed was asked to get us the latest names of ostomates so we can phone them about meetings.

Christina Jabusch was unable to come because of school.

Next meeting is the Christmas Party, December 10th. An exchange of gifts will be done by numbers. Mary and Gertie are to buy door prizes. Gifts are to be no more than \$5.00.

The meeting in Tisdale will be November 4th instead of the 11th at Mr. Ribs at 1pm.

Gertie moved the meeting adjourned.

Recorded by Gertie Green.

Prince Albert Satellite Chapter of Saskatoon Ostomy Association

December 10th, 2004

Christmas luncheon with 24 members and visitors present.

Christina Jabusch, who was sponsored to go to the ostomy camp last summer, gave an encouraging report about the fun time she had making new friends.

Sally Shevela won the 50-50 draw. Paul Klatik, Devessa Blair, and Jim Davis won the door prizes.

Devessa Blair shared a Christmas reading.

Gifts were exchanged.

Next Prince Albert meeting, February 11th, 2005

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REGIONAL STOMA AND WOUND CLINICS



Throughout the year, the ET nurses hold stoma and wound clinics in Lloydminster, North Battleford, Melfort and Nipawin. Here are the upcoming dates and places:

February 8 & 9	North Battleford
March 8 & 9	Tisdale

SHARE DONATIONS

Please help ostomates in third world countries, who often have very few or no supplies, by donating supplies you cannot use or do not need. These can be brought to our meetings or dropped off at NorDon's Drugs for shipment overseas by FOW Canada. FOW (Friends of Ostomates Worldwide) has a web site now. www.fowcanada.org

DONATIONS AND BEQUESTS

Donations and bequests are gratefully accepted and are used to support chapter activities. Tax receipts are provided for all donations to the Saskatoon Ostomy Association.

WELCOME TO OUR NEW MEMBERS



Welcome to our new members. Hope to see you at the meetings soon!

Andrea Skiftun Prince Albert

DECEASED MEMBERS

We extend our sympathies to the families of the following members:

John Kurja	Middle Lake
Dennis Lyster	Saskatoon
Calvin Fitzimmonds	Lloydminster
Stan Fletcher	Outlook
Kristjon Johannessen	Okla
Mary Kozak	Saskatoon
Leslie Spence	Marsden

Leslie's wife sent a donation to the Saskatoon Ostomy Association with some kind words about our newsletters and magazine.

OUR 20/40 GROUP COULD BE FOR YOU



The Saskatoon Ostomy Association is inviting those under 40 (with an invitation to those 40 plus who are “Young at Heart”) to join others in this age group for periodic gatherings involving socializing, support, conversation and planned activities. Another bowling outing is in the planning stages. For further information please contact James Maloney at 933-4234.

OSTOMY SUPPORT GROUP FOR KIDS AND THEIR PARENTS



Christina Jabusch / Evan Wight / Leland Beaulieu

All wish to Thank the Saskatoon Ostomy Association for sponsoring them to Camp. New friends and happy memories were made. Evan and Leland presented a report on their trip to camp at the September meeting.

The Kids and Parents support group are also happy to announce that Youth Granting for Youth have accepted our application and awarded our organization \$2,200.00 to send youth to Ostomy Camp at Bragg Creek, Alberta. James Maloney (President of SOA) and Evan Wight (representative of the youth group) were presented the grant at a dinner banquet Dec. 1st. A big Thank You goes out to the angel in our association (Isabelle Cole) who presented this grant application to us. Without you this would never have happened.

THANK YOU TO ALL OUR BINGO NIGHT SPONSORS

- | | |
|------------------------------------|--------------------------|
| The Supper | Nordon Drugs and Medical |
| \$100.00 Sears Gift Card | Coloplast |
| \$100.00 Keg Restaurant Gift Card | Convatec |
| \$100.00 Gas Card | Hollister |
| Delta Bessborough Gift Certificate | James Maloney |
| Radisson Gift Certificate | Kathy Skomar |
| \$20.00 Gift Certificate | Ozzie's on Central |

- | | |
|-------------------------------------|--------------------------------------|
| Gift Certificate | Cindy Moleski Photography |
| CD's | Brad Johner |
| Golf Shirts& Golf Kits | Globe Excavating |
| Miniature Ford Galaxy | Jubilee Ford (Rob Wilson) |
| Electric Tooth Brush | Kenderdine Dental |
| Fixit Tool Kits & Pocket Knives | Remax (Don Fry) |
| Sears Certificates & Blades Tickets | Sears (Randy Wight) |
| Print | Wayne Duncan |
| Knapsack | Blue Cross |
| Digital Phone | United Pharmacists - (Ed Konotopsky) |

List of Bingo winners

- | | |
|------------------------------|------------------|
| \$100 Sears Gift Card | Edna Link |
| \$100 Keg Gift Card | Edna Link |
| \$100 Petro Canada Gift Card | Clarence Huffman |
| Bessborough Night | Marlyne Wight |
| Radisson Night | Victor Skomar |

Top Ten Blonde Inventions

- 1 The water-proof towel
- 2 Solar powered flashlight
- 3 Submarine screen door
- 4 A book on how to read
- 5 Inflatable dart board
- 6 A dictionary index
- 7 Ejector seat in a helicopter
- 8 Powdered water
- 9 Pedal-powered wheel chair
- 10 Water-proof tea bag

Sorry to all the blondes, but I thought it was too cute not to post.

Ed's Life Story

I've promised to do a story on my life with an Ostomy. I'm not a writer and my life hasn't been particularly impressive, just common ordinary I guess, so this may not be of that much interest to every one.

This January (January 26th 2005) will be my 50th anniversary with an ileostomy. Just recently a local nurse called me a "wonder man" and, believe me, sometimes I have wondered. To others, the 50 yrs I've had with an ileostomy since Jan 1955 are maybe more encouraging than the ups and downs that I've had in my life.

I believe it all started with stomach pains and cramps. During my school years I do remember sometimes in the evenings after supper with these symptoms but of this my memory is vague. In later years I guess I developed ulcerative colitis symptoms although I didn't wish to admit it. I can remember that I always had a terrible fear of all the stories of people with cancer. In about the 1950 's I was going to Drs for these pains and cramp symptoms and was put on some medications, so I was able to get by in this work-a-day world.

It was even pointed out to me as maybe the appendix but I continued without anything being done.

In about September 1954 I agreed to having an appendectomy. About four weeks later I entered hospital with a real case of ulcerative colitis. Many different medications were tried to no avail. I know I was frightened of what I thought might happen which didn't help my situation at all. By this time I was assured that it was not cancer but I was still a mighty sick fellow. In January, on my birthday, I was flown by Air Ambulance to the Grey Nuns Hospital in Regina. I didn't know the Drs to whom I had been directed, and all the hospital staff were strangers to me. To this day I can remember Dr McRae (head of the Dr group) who came in to see me, also many of the hospital staff that had to tend to me. I was very sick I can remember, and also very frightened. I remember that when the Dr told me of the surgery for the following Wednesday I cried a bit. All tried to assure me that this wasn't the end. One week later I had the surgery, which I was always hoping would not be required, and with the help and kindnesses from a Private nurse, and Drs & hospital staff, I came through the first part OK. I can vaguely remember my folks coming in to see me the day after the surgery, looking at me saying hello and then leaving, but no-one saying goodbye. Luckily, I don't think I ever realized how close to death I was.

I gradually got stronger and was able to walk a bit. I then began to do toy models which were brought in for me to do. This pleased the staff as well as the Drs., and myself. Then as my strength came somewhat back I was taken to the solarium on the 5th floor, where there were many pastimes and hobbies available, and help and instructions were also available. I also took to going out on the roof of the hospital for fresh air and a different area to walk in. Soon the staff knew that when I wasn't around the ward I could be found in the solarium. All was not well entirely with me as I had setbacks with pain and an upset system. A nurse told me that I had nothing to worry about as the Good Lord had had so many chances to come for me that she was sure He wasn't ready for me yet. That was about 50 years ago. Early in May, it was planned that I could go home after the weekend but shortly I was with pains and all, so my going home was delayed. I finally did get home early in June, approx 4 ½ months after the surgery, with a case of hospitalitis.

Now I was on my own in the big old world again and now where do I go for help as I was not near the nurses station but about a 2 ½ hr drive from the city. I found a Dr near home, who had had this surgery and his advise to me was, for me to be the boss and not let "it" be the boss. I think that was about the best advise I ever had, and I'm sure that helped me through-out the rest of my life. I stayed on the farm with my mother and brothers and did what I could to help. I know that I did amaze myself and others with the bit that I could do, to be a part of the farm life. Then in Oct., back to the hospital for more surgery to complete the job. In the

following spring I went back to work with the Sask Power and in July I ended up in hospital for adhesion surgery. When this was done I realized that I had better take more time and then after two years I resigned from my job so I could go back to the farm where I had more freedom as to whether I could do some work today or could not work today. This seemed better for me but I still occasionally got stomach pains and cramps which either put me to bed or back to the hospital in Regina. Eventually this lessened for me as I realized that a lot this was just nerves. As time passed I ventured into more travelling such as going to Toronto via train to stay at a hotel and attend a meeting for 4 days. I was more or less up tight about these ventures but as time passed I began to be able to relax more.

About year 1970, I met a local fellow who had then recently gone for ileostomy surgery. We were aware of the ostomy association at Saskatoon and so we decided to go to their next meeting. He asked me if I had ever gone to see an ostomy-therapist, but I had to ask, who are they. We arranged for me to see Mrs Deitz and so she wanted me to try the newest equipment. I insisted that I wasn't having any problem but decided to go the new equipment as it would put a smile on her face. I never did look back to the old, as the new was so much better. Thank you, Mrs Deitz. The new gave me so much more security and I got onto changing it, at anywhere up to 5 or 6 days. So much different to the old, changing every day and sometimes twice a day. This gave me such a boost in my confidence of living with an ileostomy. With the old appliances I was continually with sore skin and I was so often conscious of odors. Both of these problems have not been much of a problem to me anymore but rather if I am aware of odor I will check and correct the situation. I've always been sort of hesitant to travel with overnight stays and particularly for over night stays at somebody's house, due to the risk of leaks during the night but this certainly lessened with this new equipment. Now I always travel with a couple of extra towels to lay on at night so the towel might get any drip rather than the bed sheets.

During about the next 10 yrs, from about 1960 on, I tried several jobs but always came back to the farm. I've found the farm life good for me with the hard work and flexible hours. Marilyn and I were married in 1969 and about 1975 we took up Square Dancing and this put me more out in public and with a lot of fun-time in my life. I had an accident when the clip released from the bottom of the pouch after we had been dancing with a large crowd but as it happened in our friends room, they and Marilyn were the only ones that knew. If it had happened on the dance floor I'm almost sure that would have been the end of Square Dancing for me. I even then did some over-nite canoeing on the Churchill River north of LaRonge, with portages and all. On those trips the bathroom was over behind a big tree.

I now am nearing my 81st birthday and have been actively farming until this year. I have so many hobbies to take up my time, that I have to plan a lot of years yet. I've been married for 35 years and have two grown children who have good jobs at what they have wanted to do, and now two grand-daughters. I have a wonderful family who have been very supportive to me. My son is a Pilot now with WestJet Airline, and my daughter is a Dr of Chiropractic with a practice in Brandon Man. My friends have also, always been very supportive. Then there are those farther from me, like the E.T.'s - Mrs Deitz, Teri, & Phyllis, to name the three whom I have gone to. Then too there are the girls at Nordon's who are carrying on with the good things that Norm was with. I salute you all. I feel that even though we are sometimes feeling down we must stop to smell the flowers. All in all my life changed after the surgery and that different life has, I'm sure, added a new dimension and new meaning to my life. I feel so fortunate to be able to do the things that I'm able to do as there are people out there who are unable to do what I am able to. I now feel happy with what health and all that I have, and I do hope I have much time yet to enjoy that.



Ed Gillis (Centre) with Marilyn and Ed's brother

I hope my story, some of it untold, has maybe added a bit of new hope for some one who is going through a similar experience with similar hopes and fears as I went through. It wasn't easy, but I'm sure it was worth it all.

Ed Gillis edgil@sasktel.net

The Word is Out!!

BZZZ THE BUZZ IS ON!

WINNIPEG, MANITOBA

Winnipeg, the Heart of the Continent, has long been known as a centre for Arts and Culture, Recreation and Entertainment.

WHATEVER you choose

There is something for EVERYONE!!!

COME JOIN US FOR THE 8th ANNUAL CONFERENCE OF THE UNITED OSTOMY ASSOCIATION AT THE DELTA WINNIPEG AUGUST 18-20, 2005

BZZZ YOU THERE!!! &

Hospitality is Our Gamell

SASKATOON OSTOMY ASSOCIATION

OFFICERS

President

James Maloney
1020 East Lake Ave
Saskatoon, SK S7N 1A7
933-4234
jmaloney@deltahotels.com

Past President

Trish McCormick
389 McMaster Crescent
Saskatoon SK S7H 4E5
374-6807
r.mccormick@sasktel.net

Vice President

Colleen Demiczak
15 - 2311 St. Henry Ave
Saskatoon, SK S7M 0P6
374-7261
dembycg@shaw.ca

Secretary

Betty Tydeman
2906 14th St. E.
Saskatoon, SK S7H 4B5
374-8436

Treasurer

Wayne Duncan
207A - 1006 Albert Ave
Saskatoon, SK S7H 2C5
652-3192
waydun2@sasktel.net

COMMITTEE HEADS

Bulletin Editor / Webmaster

Peter Folk
107 Michener Cres
Saskatoon SK S7L 5T8
384-6059
peter.folk@shaw.ca

Bulletin Mailing

Violet Haight
514 Tobin Cres
Saskatoon SK S7K 4N9
242-8915

Friendship

Helen Pries
2119 Lansdowne Ave
Saskatoon SK S7J 1G6
343-1119

Liason with CCFC/ Literature / Library

Colleen Demiczak
15 - 2311 St. Henry Ave
Saskatoon, SK S7M 0P6
374-7261
dembycg@shaw.ca

Membership

Pat Crilly
206 - 1700 Main Street
Saskatoon SK S7H 5S1
955-1207
acrilly@sasktel.net

20/40 Group

James Maloney
1020 East Lake Ave
Saskatoon, SK S7N 1A7
933-4234
jmaloney@deltahotels.com

Kids and Parents

Laurie Beaulieu
Box 35
Vonda, SK S0K 4N0
258-2016

Program and Fundraising

Executive Committee

Social Events & Luncheon Co-ordinators

Rita Hazelhurst
1510 Victoria Avenue
Saskatoon SK S7H 0Z3
244-8629

Visitation

Don Adams
401 - 108th St
Saskatoon SK S7N 1R1
374-4965

Prince Albert Satellite

Ed Frey
Box 35,
Prudhomme, SK. S0K 3K0
654-4809

North East Satellite

Wally Derkach, President
Box 2682
Nipawin SK S0E 1E0
862-5381
w.derkach@sasktel.net

UOA Canada Office

P.O. Box 825
50 Charles Street East
Toronto ON M4Y 2N7
(416) 595-5452
1-888-969-9698
email: uoacan@astral.magic.ca
Web site address:
<http://www.ostomycanada.ca>

Saskatoon 2004 - 2005 Meetings

September 13, 2004
October 4, 2004
November 1, 2004

December 6, 2004
February 7, 2005
March 7, 2005

April 4, 2005
May 2, 2005

VISIT YOUR STOMA CLINIC regularly!

Room 1610, A Wing, Royal University Hospital. The help and expertise of our Enterostomal Therapists is available to you on an ongoing basis. It pays to keep in touch and keep updated, so see us soon.

FOR APPOINTMENT PHONE: **655-2138**

Service is free to all North Saskatchewan ostomates.
<http://www.sdh.sk.ca/pteducation/entwnd.htm>

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APPLICATION FOR MEMBERSHIP

I would like to become a member of the Saskatoon Ostomy Association. Enclosed is my cheque for \$25.00, for one year's membership. I understand that membership includes voting privileges, issues of the Saskatoon Bulletin, and U.O.A.

Canada's magazine Ostomy Canada.

I am: New Member Renewing Member

I have a: Colostomy Ileostomy Urostomy Continent Ostomy

I am a: Spouse Medical Professional Other Date: _____

Name:(Please Print) _____

Address: _____ City/town: _____

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The Saskatoon Ostomy Association
1610 Isabella Street
Saskatoon SK S7J 0C1

For information contact:
Nordon Drugs....374-1585 or
The Stoma Clinic....655-2138