



# Saskatoon Ostomy Association Bulletin

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

November 2003

## 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

## NEXT MEETINGS (In Saskatoon)

**Monday November 3, 2003**

### *Commonly Used Herbal Remedies*

Colleen Olson, a pharmacist at the Cancer Clinic, will provide information about popular herbal remedies, their effectiveness, and when they might not be right for you.

**Monday, December 1, 2003**

### *Annual Christmas Social*

Join us for a fun night of socializing and treats. Please bring a small anonymous gift for our gift draw.

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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.  
Gail Hogberg, B.Sc.N.

## **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



Hello Everyone!

I know it seems like I'm always thanking somebody, but that is the nature of a volunteer organization. This month I would like to recognize the efforts of those I have not had the opportunity to publicly thank and whose efforts contributed to the success of our conference and golf tournament.

For their support of the conference I'd like to thank Mableanne Anderson, Eve Crowston, Iris Hauser, Cliff Nickel, Helen Pries, Norma Ross, Sally Shebela, Betty Tydeman, and Erica Unruh for working at the registration desk; Clarence Huffman for the donation of dozens of authentic Saskatchewan farmer's hats; Don Adams for arranging for the flags for the Opening Ceremonies AND making sure they entered the hall in the order each province entered confederation (very cool); and Cliff Nickel for his very debonair appearance in our fashion show.

For their support of the golf tournament I'd like to thank Marg Chastakoff, Pat Crilly, Laurie and Leland Brelieu, Pat and Chuck St. Pierre, Leslie and Michelle (our friends from Nordon Medical) and Don Adams, who spent an afternoon on the hole in one but was rewarded for his efforts by winning a fishing trip at the banquet.

If I've missed anyone, believe me it is absolutely unintentional – the brain is getting older and the memory capacity isn't what it was!

Finally I want to thank Betty Tydeman and Evelyn Peters for their new initiative – selling beautifully decorated gift boxes as a fundraiser for our chapter. They can be seen (and purchased) at Nordon Medical. Don't forget these ladies will happily take your boxes (the lids have to completely come off) and scraps of material and wrapping paper. You can leave these at Nordon Medical or bring them to a meeting.

On the theme of thanks, I hope you all enjoyed a Happy Thanksgiving full of family and laughter. I would like to end with a prayer of thanksgiving shared with us at the conference by our closing keynote speaker, Cathy Fenwick.

Thank you for the gift of laughter;  
for the people who bring me joy,  
for the comedy that makes me forget,  
if only for a moment.

Thank you for the gift of creativity;  
for artists,  
whose work takes me out of sadness

and into a kinder place.

Thank you for the ability to find great joy in simple things;  
for the peace of long walks in the country,  
for a cool lake on a hot day  
for snow in winter  
for music, meditation and prayer.

Thank you for the gift of compassion,  
And the joy of forgiveness,

And please,

Let me be at peace with whatever happens today.

I would only add, thank you for those who volunteer.

Very Best

Trish

## MEETING MINUTES

By Don Purich



September

Minutes of the Saskatoon Ostomy Association held at Nordon Medical, September 8, 2003. 50 members and guests attending.

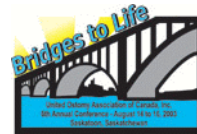
1. Call to order "a bit late".
2. Tributes salutes and recognitions
3. Trish made a moving tribute to Donna Gyup, a member and former treasurer of our association who died in mid-August.
4. Trish noted that our association is built on people who are often facing continuing health challenges, but who nevertheless continue to make important contributions to our association
5. Four new and future ostomates were welcomed
6. Special welcome to Ina (who was able to be with us after an absence of a few years) and a special welcome to Colleen
7. Sandy announced that Kathy Guinea was engaged.
8. Other exciting news: Alf won the senior golf tournament in Warman, Cliff's family had a big reunion with over 140 family members, James bought his first house and was featured on TV promoting the hotel Olympics, Robert was celebrating 6 years six his surgery
9. Minutes. A correction. The May minutes described Mr. Alf Keating as a "senior citizen". Even though he had made this pronouncement at the May meeting, he now sought to qualify it as he is only a senior for the "purpose of getting a discount at restaurants and golf courses."
10. Minutes otherwise. Moved accepted by Robert, seconded by Zach and carried.
11. Financial report. Marg Chastakoff reported that our association is doing extremely well. We have

- \$5,410.66 in chequing and \$10,000 in savings. Our association sponsored 25 members plus committee members at the national conference.
12. Membership. Pat Crilly invited new attendees to see her about memberships and announced that our membership stands at approximately 250.
  13. Newsletter. President McCormick again pronounced it to be an awesome newsletter and also noted the impressive website developed by our editor, Peter Folk. Peter thanked members who submitted articles, Sharon Hildebrand at Apex for printing it for us, Trish for picking it up and Vi Haight who does the mailout. He indicated that our website newsletter was recognized as one of two worthy of note by Stuart Online. Our e-group has 24 participants and our site has 160 conference photos. The next newsletter will be out in October and is also available on line in PDF format. And finally, Peter put in his plug to go to the national conference in Gander next year. Always start campaigning early.
  14. Snacks. Sign up now, Rita said, “we need people to bring goodies in October, November and on”. If no volunteers no snacks.
  15. Visitations. Report by Don Adams.  
May – 1 illeostomy, 1 colostomy  
June - 2 colostomies  
July – 2 illeostomies  
August – 4 colostomies, 3 urostomies  
Don also thanked Zach for taking over while he was away.
  16. Friendship. Helen reported sending two cards, also asked members to notify her of any events requiring cards.
  17. CCFC – Colleen briefly reported. The Saskatoon Heel and Wheelaton in June raised over \$28,000.
  18. ET report. A new part-time person Maureen Harrison.
  19. Correspondence – e-mails from across the country thanking us for the wonderful national conference. Trish thanked all those who worked and the 44 members and spouses who attended. Trish reported a “week of sadness after the conference – there was no more excitement – just a void.” Bev was not with us this meeting.
  20. Golf tournament. Alf thanked all who volunteered and a special thanks to Cliff and Don Adams. The latter won an \$1,100 fishing trip. What night are we having the fish and chips Don? Alf pointed out that money raised at the golf tournament help support young ostomates at camp, allowed us to sponsor ETs at national conferences and our members to attend the national conference. Finally, Alf indicated he is looking for someone to take over the golf tournament.
  21. Ham and turkey sale. Alf provided details on this

fall’s ham and turkey fund raiser. The hams are 2.2 kg, supplied by Boryski’s and available for \$20.00. The 20 – 30 turkeys are grain fed from the Hutterite colony and sold at \$1.50 a pound. Trish indicated they were so good she’s getting two this year. Two hundred ostomates for the New Year’s Levy – Trish better get 5 or 6.

22. Other fund raising. Betty and Ev proposed selling decorated boxes as a fund raiser. They will decorate the boxes, members are asked to supply boxes with removable tops to them (drop off at Nordon’s) and they will decorate and sell them with funds going to the association.
23. Other. James is continuing to word on developing the 20/40 group and indicated that many things were happening. There is also a support group for parents.
24. The 50/50 winnings were \$34.00.
25. Program for October will be report on the national conference, on the golf tournament and on youth camp.
26. President McCormick stressed the importance of having the meeting adjourned. Adjourned by Peter and Robert and everyone else.
27. Programming was rap groups.

## EDITOR’S MESSAGE



Hello Everyone

The UOA Canada “Bridges to Life” Conference was a huge success. The organizing committee did a fine job. The conference was a fine mixture of interesting presentations, great social mixers, and fun events. I really enjoyed myself and I met some interesting people from all over Canada and the United States. Thanks to the association for sponsoring the registration fee of 25 members to attend.



Did you see Art Robinson’s column in the Star Phoenix recently? It featured one of our members, Don Adams. Here is a reprint if you missed it: “Fitness clubs offer free visits to encourage exercise - WALTER MURRAY teacher Jill Konkin wants to acknowledge some community-minded seniors who have shared their enthusiasm for sport with some classes at the school. Jack Adams, **Don Adams**, and Ray Bergren have been excellent active role models for the Grade 11 and Grade 12 physical education classes at Walter Murray and other schools. These fellows have taught our students the finer points of the game of horseshoes at their club pitch on the Praireland Exhibition Grounds. Over the years, they have consistently volunteered their time when asked to conduct a pitching clinic and the students have truly enjoyed the experience of learning from these gentlemen.”

Congratulations, Don, well done!

I'm interested in your comments and suggestions. Let me know what you would like to see in your Bulletin! I need your input - **Ask us a question.** The way it works is - you send me a question and I will try to find out the answer for the next newsletter. You can drop off your questions at Nordon's or email me, or bring them to the monthly meetings.

Peter Folk  
Editor

**WEB PAGE UPDATE**



Hi all,  
Come and surf over to our web page for the latest information about upcoming events. You can even read an on-line version of the Bulletin and search for past articles. The URL is

<http://members.shaw.ca/saskatoonostomy/>

One of the neatest thing about the Internet is the ability to send e-mail to each other. Did you know that there are at least 25 members of the Saskatoon Ostomy Association with e-mail? Did you know that you can send an e-mail to all of them at one time? True! Just join our e-group at Yahoo. Directions for joining are on our website, or visit:

<http://health.groups.yahoo.com/group/saskatoonostomy/> and click on the link that says [Join this Group!]. Or you can send me an e-mail and I will do it for you.

Peter Folk (peter.folk@shaw.ca)

**ASK US A QUESTION**

**Question** - How much money did the 6<sup>th</sup> Annual Norm Faulkner golf tournament raise?

**Answer** - I asked our treasurer to respond, here is her reply - The last donation for our golf tournament is in. We made a profit of \$6,508.26, thanks to Alf.



Thanks  
Marg

**VISITATION REPORT**

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



	June	July	Aug	Sept
<b>Ileostomy</b>	0	2	0	0
<b>Colostomy</b>	2	0	4	2

<b>Urostomy</b>	0	0	3	0
<b>Pelvic Pouch</b>	0	0	0	0

**REGIONAL STOMA AND WOUND CLINICS**



Throughout the year, the ET nurses hold stoma and wound clinics in Lloydminster, North Battleford, Melfort and Nipawin. The following clinics have been scheduled.

November 4 & 5/03 - Melfort

December 2 & 3/03 - North Battleford

Ostomates interested in attending the clinics in their area should contact the Stoma Clinic at the Royal University Hospital at 655-2138 to have your name added to the mailing for the rural clinics.



The Stoma Clinic now has a bulletin board in the patient waiting area that we are hoping to fill with postcards from interesting places. So, a request to all people with ostomies, if you are going away on a wonderful holiday, to a conference, or just visiting friends or relatives, please send us a post card! Our mailing address is Ostomy/Wound Clinic, Box 5, Royal University Hospital, 103 Hospital Drive, Saskatoon, S7N 0W8. So far we have 5 cards - Barbados, Puerto Vallarta, Colorado, Hawaii and New Zealand. We all think this will be inspiring for new ostomates to see that there really is a life after surgery! We look forward to hearing from you - Happy Travels!!

**PRINCE ALBERT SATELLITE**

Prince Albert Satellite Chapter of Saskatoon Ostomy Association

October 10th, 2003

Secretary: Marian Davis

Regular meeting with 14 members and visitors.

Grace was asked by Marian Davis.

Lunch.

Minutes of September 12th, 2003 meeting were read and adopted with no errors or omissions. Seconded by Lee Adrian.

Paul Kozinski suggested a card be sent to Mary Beuckert who has been ill. Gertie Green volunteered.

Ed Frey expressed thanks for the cards he has received since his wife, Mildred, passed away.

A video was viewed which showed highlights from the National Ostomy Conference and Golf Tournament in Saskatoon, August 13-17, 2003.

A documentary about Easter Seals Camp Horizon was also shown. Ed Frey questioned whether the P.A. Satellite Ostomy Association could sponsor a child to go to Camp Horizon-a child in this area if possible or a needy child elsewhere. Discussion followed. It was decided to start a "Camp Horizon fund" at the next meeting. Ed Palchinski suggested making tickets for a 50/50 draw.

The draw for the crib raffle will be at the next meeting.

The next meeting is scheduled for December 12th, 2003.

Art Adrian asked about the number of ostomates in Prince Albert and area and how to interest others in coming to the Ostomy meetings. Reasons people don't come were discussed - i.e. some don't want others to know they have an Ostomy, meeting time discrepancies, some don't want to share at the meetings. Ed Frey expressed it well, "You can't do anything about what you get, but you can make the best of what you've got."

Next meeting in Tisdale is November 20th.

Paul Kozinski adjourned the meeting.

### **NORTHEAST SATELLITE**

The North East Satellite of the Saskatoon Ostomy Association meets for lunch the third Thursday every other month at 11:45 a.m. at Chicken Delight in Tisdale. **The next meeting is scheduled for Thursday, November 20, 2003.** For information on upcoming meetings contact: Wally Derkach at 862-5381 or Shirley Klatik at 873-2156.

### **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](http://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**

Deval Bellichak	Saskatoon
Arnold Knaus	Leroy
Robert Merilees	Saskatoon

### **DECEASED MEMBERS**

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

Glenn Mattoon                      Nipawin

### **LOST MEMBERS**



It is important to keep me informed of your current address. Norma Thiessen and Michael Whitmore's Newsletters came back as addresses unknown. If you know where they have moved to, please let me know.

Pat Crilly

### **OUR NEW 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. For further information please contact James Maloney at 933-4234.

### **SPOUSES AND SIGNIFICANT OTHERS**

At this year's UOAC Annual Conference in Saskatoon, the Spouses and Significant Others (SASO) Committee held a general meeting to discuss this coming year's plan of action. Those in attendance felt that there is a need to reach out to other spouses, partners and family members of ostomates at the chapter level.

It was decided that the best way to achieve this is to find a volunteer from each chapter across Canada, who is willing to be a contact person. The SASO Committee therefore seeking your help. If you are interested, please contact Trish.

### **NEW OSTOMY SUPPORT GROUP FOR KIDS AND THEIR PARENTS**



The kids and parents support group are planning a bowling and pizza outing for Sunday Nov. 2nd. Please contact Marlyne Wight at 249-5731 or Laurie Beaulieu at 258-2016 if you would like to come. Place and time will be determined if enough families are interested.

### **CAMP HORIZON**

Camp Horizon is the best place to go because you meet lots and lots of people and get to see your friends. The four best things there were the giant swing, white water rafting, sleeping in teepees and rock climbing wall. One night I got water poured over my head. We got to go swimming that was fun. Breakfast was the best. Supper and dinner were kinda okay. Thank you Ostomy group for sponsoring me to camp Horizon. Leland Beaulieu, age 10.

Having the opportunity to go to Ostomy camp for three years



has been a great privilege. The people that you meet there are life changing and have surely change my life dramatically. It was an experience that I intend to keep with me for the rest of my life. The relationships that were made there have surely lasted through time even after the end of camp. I have met many great people over the years and I'm sure that all of the other campers can say the same. It was a chance to just be you and not have to worry about the problems that each person has gone through in the past. The ability to talk to someone your age that has gone through the same thing that you did was incredible. You could talk to them about anything.

Non-stop activities make the visit that much more enjoyable. Rock climbing, rafting, or just doing crafts make the week a great experience for anyone. That week that I spent at camp was probably the best week of my life. I look forward to it every year and I have every member of our Ostomy association to thank for it. Evan Wight, age 17

### 30<sup>th</sup> ANNIVERSARY

2003 marks the 30<sup>th</sup> anniversary of the Saskatoon Ostomy Association. Here are a few comments about the last 30 years:



When I became involved with the Saskatoon Ostomy Assoc. Ronalda Adkin was the president and a very active president she was. Also involved was Katja Dietz who was the visitor training coordinator and also did the visitor training sessions. These women's dedication to the organization and the work they did was the inspiration to me to volunteer to be the recording secretary and from there the rest is history. I went on to become president, vice-president, past president, conference chair. It has been a most rewarding experience for me. I have met some awesome examples of perseverance and survival. It is a "WOW" group.

Bev Fry



I joined the SOA in 1996 at a time when the originators were no longer involved with the group in an active way except for Katja Dietz who ran the visitation committee. The other members of the original group were Norm Faulkner who was still a major supporter of the group although he did not play an active role and Erica Unrau who also helped out behind the scenes.

In my personal history with the SOA the two people who should go down in the books as the keepers of the flame for this decade are Bev Fry and Trish McCormick. Their leadership, energy and sense of purpose over the past number of years has carried us through the change in generations and led to a renewal of purpose within our not so little family. As we head into our fourth decade we are bigger and better than ever before and ready to take on whatever life throws at us.

Zach Hauser



I did manage to find some information about the first ten years of the Saskatoon Ostomy Association, mainly from a book that was put together by Ronalda Adkin. It is very interesting in that the symbol for the United Ostomy Association, to which Saskatoon Ostomy Association belonged at that time, included a Phoenix with the slogan "Reborn from the Ashes of Disease". It was dedicated to the founders who came together to work, to plan and support the formation of a chapter in this city: Katharina Dietz, Vesta Evans, Norm Faulkner, Anita Leavens, Olga Robinson, John Stephenson, Erica Unruh and Herb Unruh. You can read the entire book on our web page.

### OPTIMISTIC THOUGHTS

You may be only one person in the world, but you may be the world to one person.

Don't cry because it is over, smile because it happened.

We could learn a lot from crayons - some are sharp, some are pretty, some are full, some have weird names, and all are different colours . . . but they all have to live in the same box!

A truly happy person is one who can enjoy the scenery on a detour.

### HEALTHY EATING AND THE PELVIC POUCH

From "Pelvic Pouch Newsletter"

It is important to resume normal, healthy eating following your pelvic pouch surgery. After six weeks of following a fibre restricted diet post operatively, you can reintroduce the foods you have been avoiding. By returning to your regular diet, eating will be more enjoyable; and by minimizing food restrictions your diet will have more variety which means maximizing nutrient for your body! The following are some general diet tips, as well as identified food which may contribute to loose and frequent stool or anal irritation:

- Develop regular eating patterns to allow your pouch to adapt. This will help it to function in an appropriate and predictable manner.
- Smaller meals may be better tolerated. Make sure to eat more often, so you continue to get enough calories and other nutrients. Eating frequently helps to reduce gas.
- Eat your meals in a relaxed environment. Take your time; chew your foods slowly and thoroughly.
- Drink plenty of fluids each day especially between meals. In general, aim for at least 8 cups of liquid per day, not including caffeinated or alcoholic beverages.
- Add "potential" problem foods to your diet gradually to see how your body responds. Try one new food at a time, starting with small portions.

- When food causes a problem, you can temporarily eliminate it. Make sure to try it again at a later date.
- Eat a balanced diet. This means choosing foods from all four food groups using Canada's Food Guide. Aim for at least 3 food groups represented at each meal.

**What foods or beverages can cause loose stool or increase my stool/pouch output?**

- Green leafy lettuce (e.g. Romaine)
- Legumes, peas & beans (e.g. baked beans)
- Green beans
- Spinach
- Cabbage
- Brussel sprouts
- Broccoli
- Corn
- raw fruit & vegetables (e.g. berries, peels)
- Whole grain breads & cereals
- Dried fruits
- Chocolate
- Sweetened drinks (e.g. iced tea)
- Milk (e.g. chocolate milk)
- Beer
- Red wine
- Spicy foods
- Caffeinated beverages
- Pop/cola
- Juices (apple, prune, grape)

**What foods can thicken my stool or decrease my stool/pouch output?**

- White rice
- Barley
- Bread
- Pasta
- Potatoes
- Pretzels
- Matzo
- Oat products (e.g. oatmeal, oatbran, bread, muffins, cereals, cookies)
- Smooth nut butters (e.g. peanut or almond butter)
- Bananas
- Applesauce

- Marshmallows
- Yogurt
- Cheese
- Tapioca
- Buttermilk

**Are there any foods that may contribute to anal irritation?**

- Popcorn
- Oriental vegetables
- Coconut
- Seeds
- Citrus juices & fruits
- Some raw fruits & vegetables (apples, cabbage, celery and corn)
- Tomato sauces
- Nuts
- Dried fruits (raisins, figs)
- Spicy foods

Keep in mind that food tolerance following the pelvic pouch surgery is very different for everyone. What may upset or create problems for one individual may be well tolerated by another person. Try all foods and only avoid those that repeatedly cause unacceptable results. Tolerance may change with time, so periodically retry small quantities of any foods avoided.



**"I'm afraid the bug you've got happens to be an endangered species"**



# SASKATOON OSTOMY ASSOCIATION

## OFFICERS

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P.O. Box 825  
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## Saskatoon 2003 - 2004 Meetings

September 8, 2003

October 6, 2003

November 3, 2003

December 1, 2003

February 2, 2004

March 1, 2004

April 5, 2004

May 3, 2004

June 7, 2004

**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.

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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.

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For information contact:  
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