



Saskatoon Ostomy Association Bulletin

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

April 2004

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 April 5, 2004, 7:30 p.m.

Rap Sessions

A chance to meet with members who have had the same ostomy surgery to discuss experiences, challenges and triumphs!

Monday, May 3, 2004, 7:30 p.m.

Annual Elections and Strawberry Social

Come out and meet the new executive, enjoy strawberry shortcake and socialize. Our last meeting of the year!

NORTHEAST SATELLITE

The North East Satellite of the Saskatoon Ostomy Association meets for lunch the second Thursday every other month at 11:45 a.m. at Chicken Delight in Tisdale. 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. **The next meeting will be Friday, April 16, 2004 because the 2nd Friday falls on Good Friday.** For more information on upcoming meetings please contact: Ed Frey at 764-8423.

BATTLEFORDS SATELLITE

The Battlefords Satellite of the Saskatoon Ostomy Association meets at 7:30 p.m. on the third Tuesday every other month at the home of Bob McDonald, 8910 - 18th Ave, North Battleford. For more information on upcoming meetings please contact Robert McDonald 445-8882.

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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



Hello Everyone!

Hope the weather is as beautiful on the day you receive this newsletter as it is the day I am writing it. The water is running in the streets and the little ones are having a ball playing in it. The teens I teach had a real feel of spring fever about them today.

At this time we're not sure if this will be the last newsletter for this year, so I want to take this opportunity to thank the executive members who will be "retiring" from their positions:

Bev Fry (Vice President), who has served us tirelessly in the positions of secretary, president, and past president, chaired the National Conference, and continues to chair the fundraising committee and sit as a member of UOA Canada National Board;

Don Purich (Secretary), who has delighted us with his humorous minutes and the BIG Bag logo proposal;

Marg Chastakoff (Treasurer), who has kept our accounts organized and up to date - no small feat what with our various fundraisers and the national conference; and

Zach Hauser (Past President) who has served as our President and Past President and always pitches in any way he can, whether it's providing transportation or a monthly program.

Thanks so much for your service to our organization. I know you will continue to support our group and will mentor those who will be elected at our May meeting. It has been great serving with you!

I am quite happy to be stepping down as President and assuming the role of Past President. As I reflect on my term, I must say that hosting the national conference will always be an experience I will look back on with fond memories. A second will be Alf Keating and his initiatives in fundraising. Alf's enthusiasm for golf tournaments, and ham and turkey sales, brought our organization together and provided us with a solid financial situation which has allowed us to send ET's to conference, kids to camp, and members of the association to the national conference. With Alf stepping out of the picture we will no longer be having a golf tournament. None of us feel we have Alf's expertise or contacts to continue. How lovely that he was able to organize one last tournament at the conclusion of conference in August. That doesn't mean we will not be fund raising!! Watch for more ham and turkey sales and events with a "social flare" to keep our association well in the black.

Thanks, also, to those who will be continuing in their roles chairing our various committees:

Peter Folk (Newsletter Editor), Vi Haight (Mailing), Helen Pries (Friendship), Pat Crilly (Membership), Rita Hazelhurst (Social), Don Adams (Visitation), Marlyne Wight (Kids and Parents) and James Maloney (20/40).

Also thanks to our ET's and the Stoma Clinic for their continuing and unwavering support of our organization.

Finally, thanks to all of you who support our organization by becoming members, training and visiting on our behalf, supporting our fundraising efforts, and coming to the meetings. You are a terrific group of people. I can truly say meeting you has been a highlight!

Very best to all - especially the new executive!
Trish

MEETING MINUTES

By Don Purich



Don was not able to attend the February meeting. In his absence, the minutes were taken by Bev Fry.

MINUTES OF THE MEETING OF THE SASKATOON OSTOMY ASSOCIATION

Held Monday, February 2, 2004

President McCormick called the meeting to order at 7:30 pm (might have been 7:34 but....) with 24 people in attendance.

Ms. McCormick welcomed everyone and thanked them for coming out on such a cold evening.

Bev read the minutes of the December 3 meeting (she wished she had been in attendance!). Bev moved the minutes be adopted as read. Zach seconded. CARRIED.

Treasurer's Report

Marg reported that she has 23 shopping bags left from conference. If you want one pick them up tonight. Any left will be left at Nordon.

Anyone wanting the name tags (little brass pin-on), Marg's son will make up at a price of \$4.00 each. Let her know if you want one.

We have \$10,004.45 in our chequing account and \$10,000 in a term deposit.

Newsletter Report

Terri gave one correction to a name that appeared in the ET article. Peter elaborated on how the article re the car accident came about. He thanked those who sent in questions for "Ask the ET" and hoped the same would happen for the next issue.

A questions was raised about our Medical Advisors. Trish told those present that at a recent executive meeting it was decided that letters of thanks would be sent to the doctors who have served as our advisors. In the future we would like our ETs to serve as our medical advisors as they are the ones we call on anyway.

Visitation

Don Adams reported that in December their were 7 visits - 2 colostomies and 4 ileostomies. In January there were 3 - 2 colostomies and 1 ileostomy.

There will be a visitor training session held at the Bessborough on Saturday, March 20. If anyone is interested in attending, please sign up tonight.

Social

Rita reported that she had left her sign up sheet at home but March is looked after.

ETs

Terri reported that Sandy had done a wound care workshop for the Province on telehealth. It involved 70 onsite participants and televised 6 or 7 remote sites. Following the workshop, they received a question from Flin Flon, Manitoba.

ETs will be doing a clinic in North Battleford next Tuesday & Wednesday.

20/40

James reported that not much had taken place through the holiday season. With that now done, he is putting a push on to get a social event planned.

Kids & Parents

Marlyne reported that due to the cold weather the PlayStation 2 party in January had been postponed to February. There are now 6 kids involved so she is pleased.

New Business

- a. Youth Camp - Executive agreed to fund as many young people to camp as apply.
 - b. Conference in Gander - Executive agreed to send 4 to Gander to a maximum of \$1,250/person. Please let Trish know by April 1 who is interested.
- The 2005 conference is in Winnipeg. Our chapter would like to send as many people as they can to that one - perhaps charter a bus, etc.

c. Nordon Drugs has shipped 100 kilos (220 lbs.) of supplies for SHARE. Many came from Nordon's but a pharmacy in Yorkton had send some as well.

d. Golf Tournament
Bev has agreed to chair a committee to keep the golf tournament going. She now needs a committee. Anyone interested, please see her tonight.

e. Elections - Zach reported that all of the executive have now served the maximum (in some cases more than the max) as allowed by our bylaws. We now need to fill all spots so please seriously consider serving.

f. 50/50 Draw - Robert won at total of \$28.

Adjournment

Peter moved we adjourn at 8:03 pm. Robert seconded. CARRIED.

EDITOR'S MESSAGE AND WEB PAGE UPDATE



Hi all,

There is a correction on a name that appeared in our last newsletter. The correct spelling is Donna Marchinko. She was one of the nurses who worked in the ostomy wound clinic as a casual. she was not an E.T. but is a good nurse.

Peter Folk (peter.folk@shaw.ca)

VISITATION REPORT



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

	December	January	February
Ileostomy	4	1	2
Colostomy	3	2	4
Urostomy	0	0	1
Pelvic Pouch	0	0	1

The Seriousness of Diabetes

Kathi Cridland

- More than 2 million Canadians have diabetes; that's one in 13 people. By 2010, this number is expected to rise to 3 million Canadians. These numbers most likely underestimate the prevalence of diabetes. In Canada, it is estimated that at least \$13.2 billion is spent annually on treating diabetes and its complications.

WHAT IS DIABETES?

- Diabetes is a disease in which the body cannot properly store or use fuel for energy. The fuel that the body needs is called glucose. Glucose comes from foods such as breads, cereals, pasta, rice, potatoes, milk, yogurt, fruits and some vegetables. To use glucose, the body needs insulin. Insulin is a hormone made by a gland in the body called the pancreas.
- A person has diabetes because either:
 - Their body makes too little or no insulin, or
 - Their body can't effectively use the insulin it makes.
- Insulin is the key that allows glucose to enter the cells and supply energy. If there is not enough insulin, or the insulin is not working effectively, blood glucose levels - also known as blood sugar levels - rise. High blood glucose levels may make a person feel tired, thirsty, or urinate often. A person may also lose weight, have blurry vision, or get infections. Over time, high blood glucose levels can lead to serious or life-threatening complications.
- There are three main types of diabetes:
Type 1, Type 2 and Gestational Diabetes
Type 2 diabetes may be prevented through lifestyle changes. Certainly, you can lower your risk for developing type 2 diabetes.

WHAT ARE THE RISK FACTORS FOR DIABETES?

- There are two types of risk factors for type 2 diabetes. The risks that you can control to a certain degree are called modifiable risk factors. The risk factors that you have no control over are called non-modifiable risk factors.
Non-modifiable risk factors for developing type 2 diabetes include:
 - a) Age - The risk of developing type 2 diabetes increases with age.
 - b) Family History - Having a blood relative with type 2 diabetes increases your risk of developing it
 - c) Ethnic Background - Being of Aboriginal, Asian, Hispanic or African ancestry increases the risk of developing type 2 diabetes.
- Modifiable risk factors for developing type 2 diabetes include:
 - a) Physical Inactivity
 - b) Being Overweight
 - c) Other Risk Factors: These can include: high blood pressure, a history of gestational diabetes, high cholesterol or other fats in the blood, impaired glucose tolerance or impaired fasting glucose

The signs and symptoms of diabetes can include the following:

- a) Unusual thirst

- b) Frequent urination
- c) Unusual weight loss
- d) Extreme fatigue
- e) Blurred vision
- f) Frequent or recurring infections
- g) Cuts and bruises that are slow to heal
- h) Tingling or numbness in the hands or feet

In type 1 diabetes, the symptoms usually progress quickly and are often dramatic. In type 2 diabetes, the symptoms progress more slowly. It is possible to have no apparent symptoms, and still have type 2 diabetes. Regular screening for diabetes is so important. Screening involves simple, inexpensive blood tests that can often be done right in your doctor's office. Early diagnosis of diabetes is extremely important. The earlier it is diagnosed, the sooner steps can be taken to manage it and prevent or delay complications. The alarming rise in type 2 diabetes is occurring because of an aging population, unhealthy diets, rising incidence of obesity, and sedentary lifestyles.

Diabetes can be the direct cause of a number of serious complications, including heart disease, kidney disease, blindness, and limb amputation. The risk of developing complications exists whether you have type 1 or type 2 diabetes. There is no "safe" kind of diabetes. Diabetes is a leading cause of death by disease in Canada. Other long-term complications can include high blood pressure, dental disease, and a higher susceptibility to infections and death from pneumonia or influenza.

Fortunately, with good management and the support of a strong diabetes health care team, people affected by diabetes can lower their risk for developing many of these complications.

So what can we do?

Start by taking small steps towards a healthier, more active life. Eating healthy foods more frequently and being physically active may help prevent the onset of type 2 diabetes. The right balance of food and activity helps us keep a healthy body weight. Studies suggest that physical activity can reduce the risk of type 2 diabetes by more than 50 percent. The earlier you start, the greater your prospects are for healthy aging, but it's never too late to benefit from activity. Being active regularly helps improve overall health and quality of life, including physical, emotional and social well being.

There is - at present - no cure for diabetes, but the disease can be managed. Today, more than ever before, people with diabetes can expect to live active, independent and vital lives if they make a life long commitment to careful diabetes management.

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. For more information on upcoming meetings please contact: Ed Frey at 654-4809.

Prince Albert Satellite Chapter of Saskatoon Ostomy Association minutes February 13th, 2004

President Ed Frey opened the meeting. There were 18 members and visitors present.

The next meeting date was discussed and April 16th was selected (Good Friday is on the usual meeting date).

Ed announced the visitor training program in Saskatoon at the Bessborough Hotel on Saturday, March 20th, 2004. Marian Davis plans to attend. Anyone else interested can contact Ed at 654-4809 (new phone number).

The blessing was asked by Leonard Blair followed by lunch.

The minutes of the October meeting were read with no admissions or errors. Adopted as read by Mary Buekert. Seconded by Gertie Green.

Treasurer's report by Mary Bueckert:

Opening Balance:	\$186.37
Ticket Income	330.00
New Balance	\$516.37

Approved by Peggy Dorton. Seconded by Ed Frey.

Lydia suggested that the phoning list needs to be updated. Ed Frey, with the help of Gertie Green and Marian Davis, will update the list on Tuesday, February 17th, 2004 at Gertie's home.

Gertie Green volunteered to take over Gordon Larson's phone list since Gordon has not been well.

Jessie Corrigan expressed thanks for the card sent by the Ostomy Association for Lydia McRury following surgery in January.

Next Tisdale meeting on March 11, 2004.

Gertie Green moved that the meeting be adjourned.

Note: Mindy Mitchell won the beautiful cradle—the draw was made at the December 12th, 2003 Christmas Party.

Secretary: Marian Davis

NORTHEAST SATELLITE

The North East Satellite of the Saskatoon Ostomy Association meets for lunch the second Thursday every other month at 11:45 a.m. at Chicken Delight in Tisdale. **This is a change from the previous third Thursday.** For information on upcoming meetings contact: Wally Derkach at 862-5381 or Shirley Klatik at 873-2156.

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.

May 18 & 19/04 - Lloydminster

June 15 & 16/04 - Nipawin

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!

Eileen Tatarynowicz	Saskatoon
Frank Holmes	Preeceville
Ron McLean	Strongfield

Special "THANKS" to the sponsors who contributed to the 2003 UOA Canada Conference!



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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 Playstation 2 party. Please contact Marlyne Wight at 249-5731 mwight@sasktel.net 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



Calling all campers! The executive has approved sponsorship of up to six campers to attend Camp Horizon this July. The campers must be between 9 and 18 years of age. Contact Trish McCormick by April 1 if you are interested.

Canadian Ostomy Youth Camp

When: July 5-11, 2004

Where: Camp Horizon, Bragg Creek Alberta, southwest of Calgary

Who: Children between the ages 9-18 who have had or who will have bowel or bladder diversionary surgery or who have related special needs (i.e. self catheterization, bowel and bladder incontinence), due to birth defects, trauma or disease (e.g. Crohn's disease, ulcerative colitis, cancer, spina bifida.)
Cost: Registration fee is \$460/child plus airfare (transportation to and from camp, room and board are included)

Contact: UOAC office or Camp Coordinator, Pat Cimmeck at pvs@shaw.ca

Application forms: Available upon request from Coordinator

Deadline for Application: June 1, 2004

COME SOAR WITH US!



Soaring means going to greater heights. The Gander and District Chapter of UOAC invites you to come and explore new heights August 19-21, 2004 at our annual conference.

Gander is a unique town. It is classified as the

crossroads of the world. It has historic grounds, a history in aviation, and the beauty of the Gander Lake is awesome.

Whether you visit the aviation museum, the Silent Witness, or take a stroll along Cobb's Pond, you will find Gander's got it all. So, come join us and explore the hospitality of true Newfoundland.

Chair, Murray Norman

NATIONAL CONFERENCE IN GANDER

The executive has approved sponsorship of four people to attend the UOA Canada conference in Gander, Newfoundland and Labrador in August. A flat rate of \$1,250.00 will be reimbursed per person attending the conference. Contact Trish McCormick by April 1 if you are interested.

EXECUTIVE POSITIONS AVAILABLE

According to our by-laws, no person is allowed to occupy the same office for more than two consecutive one-year terms. With all positions being declared open, with the exception of Past President which Trish has agreed to take, Zach Hauser is seeking your involvement on one of the executive positions. Please consider participating in the important work of the Saskatoon Ostomy Association.

Come to the 11th IOA Congress

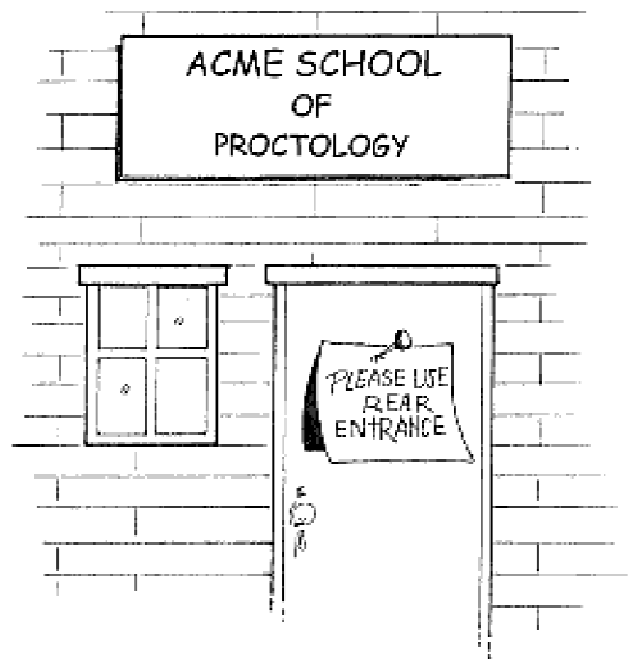
The International Ostomy Association (IOA) in cooperation with the European Ostomy Association and the Liga de Ostromizados de Portugal (LOP) invite you to join them for the 11th IOA World Congress to be held in Porto, Portugal in August 26 - 31, 2004. The Congress will also include activities for the 20/40 age group.

This congress is especially interesting for Canadians, as UOAC past president Di Bracken, who is currently IOA Vice President, will be running for the position of President of IOA, and Gene Zapf, UOAC Treasurer, will be nominated for the position of Treasurer of IOA.

Attendees will be able to participate in two Congresses if you so desire in an absolutely intriguing location. Portugal's second-largest city, Porto, retains all the charm of a riverside community while still keeping alive ancient traditions. The town is names on UNESCO's World Heritage List, while still being the country's most important and manufacturing area.

To see the Congress programme and for registration information, visit www.ostomyinternational.org.

Be part of the Canadian contingent in Portugal.



SASKATOON OSTOMY ASSOCIATION

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933-4234

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mwight@sasktel.net

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244-8629

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Program

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Web site address:
<http://www.ostomycanada.ca>

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

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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MEDICAL PHARMACY

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 Prince Albert, SK, S6V 4W1
 Phone: 763-2637 ** Fax: 763-5981

- Breast Prosthesis and Bras
- Hernia Supports
- Back Belts
- Surgical Support Stockings
- Support Pantyhose
- Incontinent Supplies
- Ostomy Supplies
- Prescription Blister Packaging

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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: _____

Postal Code: _____ Telephone(s): _____

*Please make cheque payable to:
 and mail to:*

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

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