



Saskatoon Ostomy Association Bulletin

Internet web page -> <http://saskatoonostomy.tk>

Mailing Address -> 1610 Isabella Street, Saskatoon, SK, S7J 0C1 November 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 November 1, 2004, 7:30 p.m.

Internet Cafe

Peter Folk will show us the Saskatoon Ostomy Association webpage.

Monday, December 6, 2004, 7:30 p.m.

Annual Christmas Social

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

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: November 4, 2004; January 13, 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: December 10, 2004; 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

MEETING MINUTES



By Betty Tydeman

SASKATOON OSTOMY ASSOCIATION,
MONDAY, OCTOBER 4, 2004

1. 30 people met at Nordon Medical. Pres. James Maloney, called the meeting to order promptly at 7:30 pm.

2. MOTION: Betty Tydeman/Bev. Fry to accept the minutes of the September 13, 2004 meeting as read. CARRIED.

3. TREASURER'S Report: Wayne reported: Checking account \$5332.27, 2 term deposits

4. COMMITTEE REPORTS:

MEMBERSHIP: Pat Crilly reports that U.O.A. has changed their billing from twice a year to once a year. Renewal notices are going out the beginning of October. There will be some overlap. Memberships are due to Pat by November 30th.

SOCIAL: Rita was able to report that everything is in order at this time.

VISITATION: Don Adams reports for September; 4 Colostomies, 3 Ileostomies. Visitations are going well.

NEWSLETTER: Peter reported that articles for the November newsletter need to be in to him by the end of the current week. He asked that those who were presenting life stories tonight, send them to him by the end of the week

Peter will report about the Website next meeting. He is now the Web Ring Master, a network for stoma resources.

Crohn's & Colitis: Nothing new to report.

5. PROGRAM.

Bev Fry, Don Purich and Colleen Demiczak had been asked to share their life stories as relating to their ostomies. If they have been able to submit more full accounts, these will appear elsewhere in the newsletter.

Bev's story started in her later teens with a diagnosis of Crohn's disease and a subsequent ileostomy.

Don Purich is a one-of-a-kind double ostomate.

Colleen had ulcerated colitis in her teens and she has had multiple surgeries since. She gave credit for great encouragement to a 20/40 Conference she attended.

6. FRIENDSHIP: Helen Pries was asked to send a card to Dennis Lister.

7. FUND RAISING: Trish reminded everyone about the Bingo and supper at Nutana Legion November 6th

8. PROGRAM 2 - A presentation was made by Jim Gawluk of Coloplast. He was introducing some of their newest products which some members might like to discuss with their E.T's. At this time, these are available for Colostomies and Ileostomies but not Urostomies yet. He was thanked by President, James.

Coloplast had provided some draw prizes, won by: James Maloney, Peter Folk, Robert Crawford, Dorothy Berger and the Walkman won by Helen Pries.

9. Ted Berg won the 50/50 draw of \$31.50

10. CONFERENCE: Next Conference is in Portugal. Ostomy Day is October 7, 2006.

There was a letter of thanks from U.O.A. for Saskatoon's donation of \$150.00

11. ANNOUNCEMENTS:

- James has sent an e-mail TO Pat Cemmick re our camp concerns.

- The Muttart Foundation is asking for youth to help administer the \$800,006. funds they will be providing for scholarships.

- The 20/40 group initiatives are being explored at the national level rather than each chapter trying to come up with some programs.

- James receives newsletters from other groups and these are available for anyone wishing to read them.

12. MOTION TO ADJOURN: Bev Fry/Robert Crawford. CARRIED at 9:15pm

EDITOR'S MESSAGE AND WEB PAGE UPDATE



Hi all,

UOAC Conference Report - submitted by Peter Folk

The United Ostomy Association of Canada held their 7th Annual Conference in Gander Newfoundland and Labrador from August 19th to 21st, 2004.

My wife Donna and my two youngest girls Stacey and Erin arrived in Gander around supper time on August 18. We had flown from Saskatoon to Calgary on the 17th, then on to Toronto and Halifax. Before landing in Halifax, we were informed that the airport in St. John's was closed due to fog. We had flown with WestJet and they were very gracious in putting us up at a hotel in Halifax for the night. However, we waited at the airport for 2 ½ hours before getting the vouchers for the taxi and hotel. Then by the time we got to the hotel, we only had time for about 4 hours sleep before heading back to the airport to catch our flight to St. John's.

We rented a car in St. John's and had a nice trip to Gander, only about 4 hours away. We registered for the conference and got all the information - see this nice bag and the conference pins? We decided to go to the hotel for supper because we were so hungry. Little did we know that the "Meet and Greet" on Wednesday night would have almost a full meal included. Oh well. I spent an hour or so at the "Meet and Greet" and met some very interesting people from a new ostomy supplier called "Ostomy Products for an Active Lifestyle". Their products are not on the market yet, but are unique in that they have colours and shapes that are not like the usual ostomy pouches, for example, they have teddy bear pouches for children.

Thursday's grand opening session was different than the one in Saskatoon. They did have the parade of flags, but did not have a piper. Instead, each province or territory was announced with the year of joining Canada. Our Saskatoon

Chapter president, James Maloney carried the Saskatchewan Flag. (Pass out photos)

The Keynote address was by Hon. Ed Byrne, the minister of Natural Resources for Newfoundland and Labrador. He gave some good information about Newfoundland and Labrador, for example, that Newfoundland is second only to Alberta as a producer for crude oil. And if the Federal government did not claw back royalties, the province would be self-sufficient.

After that, the nominations for the upcoming UOAC board were introduced. (Also on photos)

In the afternoon, I took in a medical session. Then at 3:00 p.m., the doors were opened to the Exhibit Hall. One product that looked interesting was from Hollister called Adapt. It is sold in an 8 ounce bottle and is designed to deliver the dual benefits of lubrication and odour control. Add a few drops of Adapt Lubricating Deodorant to your pouch, then rub to coat the inside of the pouch. Lubrication eases emptying, helps prevent pouch static and sticking. It works by neutralizing the odour, not a perfume or masking agent. I requested some samples from four suppliers. So far, I've received samples from Convatec, Hollister and Coloplast.

Thursday nights program was called "A Taste of Newfoundland". We got to try some of the foods that are common in Newfoundland. We were entertained by a Maritime folk music group called "The Split Peas". They had 3 CDs available for sale, and I purchased one of them. They were very entertaining. A little Philippines girl came in and did a candle dance. During their break, the past executive of the UOAC were made true Newfoundlanders by kissing the cod and drinking the Screech. Lorne had to have an extra drink of Screech to get the words right.

Friday morning I attended a session on Nutrition. Importance was given to keeping to the Canada Food guide, especially for ostomates. What amazed me was that the recommended daily requirements for meat and alternatives was 2 - 3 servings. A serving being 3 ounces. How many of us have a 10 ounce steak for supper? Vegetables and fruits are 5 - 10 servings and grains are 5 - 12 servings. Milk and milk products are at 2 - 4 servings.

Also Friday morning was a medical session on some of the surgical concerns and history of ostomy surgery.

Friday at noon was the closing of the exhibit hall. But before the closing, the raffle ticket draw was made. Unlike Saskatoon, they also had 10 items up for auction. One of the paintings sold for \$400.00 - another good way to raise funds.

Friday afternoon had a Tai Chi session open to everyone. I joined my wife Donna and my daughters Stacey and Erin on the front lawn of the Gander hotel, and about 30 of us went through the 24 moves of a Tai Chi workout. Sure got some looks from truckers driving by!

I then attended the Friday afternoon session on an ET's role in Ostomy Surgery with Delilah Guy. Delilah has 33 years as a nurse and 6 years as an ET. She gave an interesting presentation and 6 out of the 8 ET's in

Newfoundland were there. Delilah is also current president of the Gander chapter.

Friday night was the Convatec 2004 Grand Prix Renaissance Banquet. Very good supper and there was a nice presentation by Convatec during which they announced a new program called "The Renaissance Awards". Its purpose is to recognize Canadians LIVING with an ostomy. Enrollment Criteria: 1. You must have had ostomy surgery and 2. You must submit an essay that is 500 - 2500 words in length. All participants will receive a gift. 5 regional \$250 gift certificates will be awarded with commemorative plaques. One national award of \$500 will be given. This year's winner was Shelah Zaph from Edmonton.

Saturday morning, my family and I took some time to do some shopping in the Gander Mall. In the afternoon, there were the ever popular rap sessions. Despite being told that the rap sessions should have been longer, they were limited to just one hour. However, our group had lots to share and could have used more time.

Saturday's Betha Susan Okun Lecturship series was well attended by all the conference people. And we got to meet and acknowledge Bertha Okun, the first ET nurse in Canada. The lecturer was Claude Elliot, the Mayor of Gander. His presentation was entitled "Flying over Gander Sky - 9/11/2001". It was quite the tale of how small town Gander, with a population of 10,000 people was able to take in and serve 6,000 visitors from 38 planes that were grounded in Gander during the 5 days of closed American airspace starting on September 11, 2001. The town's open-hearted response won the Mayor a standing ovation by all present.

Saturday's evening program was the Hollister Farewell Banquet. The old board of directors was retired in a formal manner and thanked. The new board was installed and sworn in. The conference planning committee was introduced and thanked. The E.T. of the Year award was presented to Delilah Guy, one of the organizing committee. She also revealed that it was herself who dressed up as the little girl that danced with the candles during the Thursday night banquet. The President's award was presented to Roger Ivol who was instrumental in turning the Ostomy Canada magazine into what it is now. The Maple Leaf Award was presented to Verna Petrie. Then the banner was passed from Gander to Winnipeg.

The Saskatoon Ostomy Association's half-page advertisement was on page 69 of the conference booklet. Also attending the convention from Saskatoon were Pat and Ray Ramage. Pat and Ray are both nurses and Pat has the ostomy (pelvic pouch). And from Canwood were Arthur Adrian and his wife Lee. Arthur is a retired farmer who recently had a colostomy.

My family and I drove back to St. John's on Sunday, stopping for some tourist sites on the way. We spent 3 more nights in St. John's and then flew on to Toronto to visit my daughter. We got back to Saskatoon on the 30th.

I would like to thank the Saskatoon Ostomy Association for sponsoring me on this conference. My family and I had a very enjoyable time and will treasure this for

years to come. I put my plug in to attend the Winnipeg conference.

Peter Folk (peter.folk@shaw.ca)

VISITATION REPORT



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

	May	June	July	Aug	Sep
Ileostomy	1	1	4	3	3
Colostomy	0	4	4	3	4
Urostomy	0	3	0	0	0
Pelvic Pouch	1	0	0	0	0

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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:

December 7 & 8	North Battleford
January 18 & 19	Humboldt
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.

Paul Kostochenko and his wife have donated a projector screen that they no longer use. It is in very good shape. It will be kept in the back at NorDon's for our use.

WELCOME TO OUR NEW MEMBERS



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

Robert McKenzie	Saskatoon
Gilles J. Rahier	Rosthern

DECEASED MEMBERS

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

Helen Penry	Saskatoon
Paul Pilon	Saskatoon
Harry Coote	Saskatoon

CHANGE TO BILLING



At the annual UOAC Conference held in Gander in August it was passed that the UOAC revert to a once a year billing system. In the first year of implementation those members who were on the 1st half of the year billing (had to have their dues paid by June 30) will now receive a notice to pay their dues by November 30. We realize this may cause some confusion and concern for those of you that this affects. We apologize for this but need to follow the plan of our National organization. Should you have any questions or concerns on this, please call Pat at 955-1207.

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. For further information please contact James Maloney at 933-4234.

OSTOMY SUPPORT GROUP FOR KIDS AND THEIR PARENTS

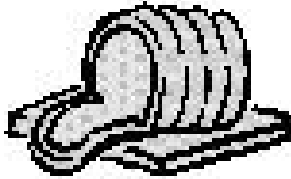
The kids and parents support group are planning a Playstation 2 party. Please contact Laurie Beaulieu at 258-2016 if you would like to come. Place and time will be determined if enough families are interested.

Special Announcements



November 1 meeting is the deadline for buying tickets to the supper/ bingo and for handing in meat sales sheets. Tickets are available at Nordon Medical and meat orders can be placed there as well. Thanks, Trish

Annual Meat Sales Fund-raiser



This year we will be selling:

Drake Boneless Hams 3 lb. average \$15.00
Drake Farmer Sausage 2 x 500 grams \$12.00
Christmas Turkeys 15 - 25 lbs. \$1.75 / lb.

Order forms available at SOA September and October meetings

To order by phone call: Trish at 374-6807

Sales close: November 1, 2004
Delivery in December

All proceeds used to sponsor children and youth with ostomies to Ostomy Youth Camp and adult ostomates to National Conference

Supper and Bingo Night

B I N G O				
9	17	39	49	62
8	23	36	56	73
15	29	FREE	X	59
		FREE		75
5	25	43	50	70
12	21	33	52	68

Start with letter X to receive free
5 BINGOS STRAIGHT ACROSS UP
AND DOWN OR DIAGONALLY WITH
12 DIFFERENT WAYS TO WIN ON EVERY CARD

32

Saturday, November 6, 2004

Nutana Legion, 3021 Louise Street
Cocktails 5:00 - 6:00 p.m.
Supper 6:00 - 7:30 p.m.
Bingo 7:30 - 9:00 p.m.

Cost: \$25.00/person - includes supper and 8 games of bingo (additional bingo cards available for purchase)

Major Sponsors: Nordon Medical, Coloplast, Convatec, Hollister

LOTS of prizes!!

Top prizes: \$100.00 Sears gift certificate
\$100.00 gift certificate for The Keg Restaurant
\$100.00 certificate for gas
A night at the Delta Bessborough

Tickets available at September, October and November SOA meetings and Nordon Medical. To order by phone call: Trish at 374-6807

All proceeds used to sponsor children and youth with ostomies to Ostomy Youth Camp and adult ostomates to National Conference

AWARDS AT CONFERENCE

(From the September edition of "The Connection")
A national conference is a time for celebration of an organization's successes in the previous year. And what better time to celebrate the successes of many people who have helped than organization thrive. At Gander, where the theme of the 2004 United Ostomy Association of Canada's seventh annual conference was held, the theme was Come Soar With Us. The following people soared and soared again to make UOAC what it is today – a strong and vibrant organization that provides support education and camaraderie for its 3000 members.

F.O.W. (Canada) Allan Porter Memorial Award - Astrid Graham, Ottawa, has worked tirelessly to ensure ostomates in foreign nations, too poor to have a steady supply of ostomy

necessities receive those supplies regularly. In one of her most recent accomplishments, Astrid arranged for good to be shipped to Cuba at a total cost of about \$85, compared to an original quote of \$4,000, a savings of virtually 100 per cent to UOAC.

E.T. of the Year Award - Delilah Guy, Gander, who was so very instrumental in the success of the conference, has 33 years experience in medical and surgical nursing. She has developed two valuable teaching programs for ostomy and mastectomy patients. She was a pioneer in the Distance Learning Program offered by CAET. The Canadian Association of Wound Care honoured her in 2001 for her contributions to wound care in Canada. As the ET at James Paton Memorial Hospital in Gander, Delilah is the resource person and consultant throughout her region of Newfoundland,

and is very, very active in the Gander chapter of UOAC.

President's Award - Roger Ivol, Hamilton, has been the glue that has kept national communications together. A tireless worker and a detail man, Roger has edited Ostomy Canada since its inception and. Before that, he was editor of a much briefer communication. It has been his persistence that pushed advertisers to spend their money, writers to get their material

to him on time, printers to keep their costs down, designers to give of their time with little expense to UOAC. He has also been the editor of the convention book, a thankless job, as he hounded information providers relentlessly. He "retired" as Ostomy Canada editor, but remains assistant editor, ensuring a smooth transition and a continued fine product.

ConvaTec Renaissance Grand Prix Award - Sheelah Zapf has worked endlessly for UOAC for many years, in her home chapter in Edmonton, as the first chapter of the national body in 1992, as a member of the board from 1997 to 1999, and as an inspiration to those living with ostomies. Her enthusiasm is infectious. Her feistiness and ability to get things done and her voice heard means great strides for ostomates. She is atypical, yet typical, of an ostomate, a woman who refuses to lie down, but wants to continue living life to the fullest.

Maple Leaf Award – Verna Petrie, Sydney, has been very, very instrumental in the success of the Cape Breton chapter of UOAC, working hard on behalf of her small chapter, serving

on the board of directors of UOAC from 1995 to 1998 and allowing her name to stand for election again in 2004. With her charm and charisma, she was a successful candidate and will serve the board well again. Verna has attended almost every UOA and UOAC convention since they were invented, has been president of the Cape Breton chapter several times, and has been the centre of the excitement created by the Cape Breton delegation at each event.

Unsung Heroes - Those people honoured with the Unsung Hero Award included: Charlie Baird of Metro Halifax Chapter, Ken Zomer of the Ottawa Chapter, Minerva Holton of the Moncton Chapter and Muriel Kinnear of the Toronto Chapter.

Joel Jacobson

TEN (NEW) COMMANDMENTS FOR OSTOMATES

Via: Vancouver Ostomy HighLife & Regina Ostomy News

- 1) Thou shalt allow thyself to be sad, or angry, or depressed on occasion. Who said you always have to have a good attitude.
- 2) Thou shalt not let the above emotions become a way of life.
- 3) Thou shalt seek help, education, and support if thine unhappy emotions overcome thee.
- 4) Thou shalt learn to care for thy ostomy. Letting others do it for you if you are physically able is a cop-out.
- 5) Thou shalt seek out thy ET nurse if thou art not satisfied with thine products.
- 6) Thou shalt not hide thyself away. Get out and do the things you used to do. You can.
- 7) Thou shalt not be ashamed.
- 8) Thou shalt cultivate a sense of humour about thine ostomy. There are worse things. Far worse.
- 9) Thou shalt set an example to the non-ostomy world. An example of triumph over adversity, courage over pity, and pride over embarrassment.
- 10) Thou shalt help other ostomates. Join your local UOA chapter, donate money, volunteer your time.

HUMOUR

What is the difference between a pigeon and a farmer? A pigeon can still make a deposit on a John Deere.

HOSPITALITY NO BIG DEAL FOR THE FOLK OF GANDER

By JOEL JACOBSON Bright Spot

WHY GANDER? was the question people asked about the isolated location picked for the seventh annual national conference of the United Ostomy Association of Canada held in mid-August.

Previous conferences took place in larger centres like Edmonton, Montreal, Saskatoon and Halifax. Could a small chapter of ostomates in Newfoundland plan a conference that entailed so much detail? Could they keep the crowd entertained? Could they present educational sessions on how ostomates live with an external pouch for waste collection, installed after major surgery for bowel or urinary tract disease?

Gander passed the test with flying colours. That should have been a given after the town of 7,000 passed an even greater test three years ago when 42 airplanes from Europe, carrying almost 7,000 people, landed at its international airport, the result of the 9/11 attack in New York and elsewhere in the U.S., and stayed for up to five days.

Claude Elliott, now in his third term as mayor of the town in the northeast part of the province, held 150 conference attendees in the proverbial palm of his hand for almost 90 minutes one afternoon. He spoke of Gander's role in 9/11 and its after-effects on the town. He spoke with humour, but what Newfoundlander doesn't? He also brought tears to many eyes, with the poignant stories of townsfolk opening their wallets, homes and hearts to strangers.

First a laugh. "The first thing people in Newfoundland do is invite people to their homes and feed them," he said. "It would have been just like one of us to take bin Laden home and feed him."

Then a heart-warming tear. "Every church organization, service club, the legions, were called on to help get buildings throughout the town ready for the visitors, to prepare places to sleep and eat even though we didn't know how long the passengers would be stranded. We asked for sleeping bags and bedclothes to be left at the church. Within a half hour, we found it was too small. In 24 hours, more than 13,000 pounds (6,000 kilograms) of clothing had been donated."

As an aside, Halifax, too, was a landing spot for 41 planes and 7,000 passengers, but there were 300,000 people in Halifax Regional Municipality to offer help. Gander has a bit over two per cent of that.

Back to Elliott. "My day usually starts at Tims. If there's anything happening in town, you'll hear about it there. But I didn't know anything (about 9/11) until I got to the office. Then everything went crazy. At one point, we were told there would be 200 aircraft landing here. But we could handle that. We're on the Great Circle Route and are known as the Lifeboat of the Atlantic."

By 11:45 a.m. on Tuesday Sept. 11, 2001, the town manager had set up an emergency operations centre, but the mayor says now, "We never had a plan. I say that's why everything worked so well."

At 2 p.m., as planes landed, the people of Gander were offering their homes and bedrooms. Eventually, about 500 people were billeted in private homes. More than 400 volunteers were at the airport to give passengers food and drink. The Gander arena, with ice in place for hockey, became what Elliott calls "the largest refrigerator in the world, as food that was prepared was kept fresh. At one point, we really had too much food."

Ostomy conference co-ordinator Murray Norman, a minister in a village 50 kilometres from Gander, said later his community contributed 3,000 meatballs. "I snuck a few on the drive to Gander," he jokes, patting his ample girth.

The mayor recalls how passengers were forced to leave all their belongings on the planes. "The first thing stores ran out

of was underwear. An 80-year-old woman went to Wal-Mart and the only panties they had left were thongs. She bought 'em."

What was amazing, he said, was that people who were rich enough to buy Gander, if they wanted, asked for no special privileges.

The mayor said people were kept together by flight number. When one plane was ready to go, all but one male passenger was located. "We discovered he was taken moose hunting by three Newfoundlanders."

Elliott says 7,000 strangers arrived. "By the time the last plane left five days later, we had 7,000 new family members.

"We made sure a rabbi had the proper food. We arranged for a place for daily religious services for those asking for them. We became a family."

Visitors have responded tangibly to their hosts with gifts and honours, including cash donations of more than \$200,000, which has been used for scholarships and town improvements. Germany's Lufthansa Airlines named a plane Gander-Halifax, christening it in Frankfurt, with Elliott and Halifax Mayor Peter Kelly in attendance.

"Today, we're a better community, closer together, and really appreciative of what we have. I hope we don't, but if we faced the challenge again, we'd be ready for it," says Elliott.

Bright Spot appears Monday, Wednesday and Friday. Be sure to read Great Kids weekly in The Sunday Herald.

Contact Joel Jacobson via e-mail at jjacobson@herald.ca or by phone at 426-0128 or by fax at 426-1158.

SASKATOON OSTOMY ASSOCIATION

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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.

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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

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Please make cheque payable to: The Saskatoon Ostomy Association For information contact:

and mail to: 1610 Isabella Street Nordon Drugs....374-1585 or

 Saskatoon SK S7J 0C1 The Stoma Clinic....655-2138