



Make a note...

Mid-Island Ostomy Group's next regular

# COFFEE BREAK

begins at 10:30 a.m. on

## FRI., AUG. 3

**Sessions are held in the Second Floor meeting room at  
Country Grocer on Bowen Road in Nanaimo**

Access is via the stairs through the door to the left of the  
entrance to the store's cafeteria.

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These are not business oriented get-togethers but rather just a group of ostomates, families and friends who meet once a month to spend some time in informal conversation and discussions on the various aspects of living with an ostomy..

New people are always made welcome to the group,

**PHOTO:** Mid-July record-setting heat wave brought out the people to Nanaimo's Westwood Lake. The two beaches were crowded with sun worshippers, swimmers and watchers. Second Beach was even more crowded than this Main Beach. Vehicle parking was at a premium. The park and lake are popular year round with its views and relatively easy walking trails besides the attraction of the water itself. The lake was originally a shallow slough on land bought in the 1800s by William Joseph Westwood who operated a dairy farm until his death in 1872. The land changed hands repeatedly until eventually  
(Continued inside)



# COFFEE BREAK

## NEWS !!!

**Three new people attended** July Coffee Break, were introduced and their situations discussed.

**John, from Nanaimo**, attended seeking information before making a choice between an ileostomy or taking the J-pouch route. Two ileostomy members were to have attended to offer their findings but one booked off because of illness. He was also given a computer website where people who have already made the choice discussed their feelings. When contacted later, he said he had met someone who has gone the J-pouch route and was getting information from him as well.

**Vicki, a colostomate**, also from Nanaimo, was introduced and immediately began taking part in the general conversation.

**Ray, another Nanaimo-ite**, was also welcomed along with his spouse Marilyn. Ray has to undergo further surgery to reduce the size of his stoma.

**Got a note from Deb Rooney**, president and editor of the newsletter for the Vancouver group. When commenting on our newsletter she said she felt like she knew many of our members. When she read that our long-time local member Flo was moving to Vancouver to live with her daughter and family she speculated that she might be interested in joining their Vancouver group, but she added with a smile: “although she’ll probably find us rather dull after Mid-Island”.

Good heavens! Are we getting some kind of reputation? We’re not really strange, just a bunch of ostomates who sometimes stumble onto the humorous side of life in the world of ostomies.

**Two more well-known ostomates:**

**Red Skelton:**

Richard Bernard Skelton or “Red Skelton” was born in July 18, 1913. He was one of the great American entertainers and was known as a national television and radio comedian from 1937 to 1971. He was also the host of ‘The Red Skelton Show’ which was a long-running TV program. Skelton was known in the TV industry because of his presence in casinos, films, TV, nightclubs, and radio since he was a teenager. Along with his success, he also became known for wearing a colostomy bag, and that did not prevent from doing great things and performing well. He died Sept.17, 1997.



**Dr. Susan Rosenthal, MD:**

Dr. Susan Rosenthal was the founder of Crohns’ and Colitis Foundation of America (CCFA). She had her ostomy when she was diagnosed with Crohn’s disease. She died at the age of 78 years.

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**Next Mid-Island Group Coffee Break:**

**FRIDAY, AUGUST 3.....same time, same place**

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being purchased by the power company providing electricity to the little town of Nanaimo.

In 1907 that company proceeded to build the dam that formed Westwood Lake, the water pressure from which was used to operate a generating station far below on the Millstone River.



The power plant ceased operations in 1956 and in January 1957 the City of Nanaimo bought the land for \$1 and dedicated it as a city park.

Over the years, the park, with its 5.5 km walking trail around the lake, has become one of Nanaimo's best-loved parks.

**PHOTO:** The float anchored off the main beach at Westwood Lake has proven to be a very popular spot with swimmers and divers.



**PHOTO:** On a hot summer day every type of flotation device can be seen at either one of the two beaches at Westwood Lake, from simple floating air mattresses to the more impressive huge swan figures capable of supporting Mom and child so they can enjoy the sunshine and water in relative safety.

**Do you ever wake up, kiss the person sleeping beside you, and feel glad that you are alive? I just did and apparently will not be allowed on this airline again....**

**FREE SAMPLES:** Many manufacturers of ostomy appliances will send you a free trial of their products. Try e-mailing manufacturers and ask them if they have any programs for ostomates to try their products. Not every product available will work for every ostomate, which is why so many companies offer a sample. Get their address on Google by typing in company name.  
**SIMPLE TRICK:** To help the pouch flange stick better gently warm its sticky side – a low heat hair dryer for 30 secs is ideal for this. It helps make the glue super-tacky, and also makes firm flanges more pliable and mould-able to your personal skin.

