



IT'S IN THE BAG



January 2010

Next meeting:
Tuesday, January 19
@7:15 p.m.

Dr. Scales, Chiropractor
Exercises to avoid hernias

Royal Canadian Legion Branch 350
57 Lakeport Rd, St. Cath (Port
Dalhousie)
The Dalhousie Room



Coming Up:

3rd Annual Beef on a Bun
Fundraiser
February 16, 2010

With Special Guest:
WALTER OSTANEK

Tickets still \$15.00 – available at
January meeting
or call Ostomy cell phone 905-321-2799



The Niagara Ostomy Association is very proud and grateful that Canada's Own Polka King has agreed to join us for our 3rd annual Beef-on-a-Bun Fundraiser. Please come out and support your local chapter and enjoy a great night of wonderful food and great entertainment.

The story of Walter Ostanek, "Canada's Polka King", begins in the small town of Duparquet, Quebec, where he was born Ladislav John Ostanek on April 20, 1935, of Slovenian heritage (descent). Who could have known then, that this young boy would become the world's polka music ambassador.

When he was four, Walter's family moved to the St.Catharines, Ontario area, and by the age of nine, Walter began playing polka music on the button diatonic accordion. At age 12, he received his first piano accordion, and only four years later, in 1951, he broadened his horizons and formed his own group, his first Country-Western/Polka Band.

Two years later, he had joined with Abbie Andrews and the Canadian Ranch Boys, and was an instrumental part of their radio show, (three programs per week).

At age 21, Walter Ostanek felt he was ready to proceed further on his own, and on Sunday, January 26, 1957, his new polka band played its first engagement at the German Village in Niagara Falls, Ontario. The day had finally come after 13 years of study, hard work, and determination, Walter's dream had come true - the Walter Ostanek Band was now a reality, and polka music had a future king.

The next milestone in Walter's life bears the date February 22, 1957, when he and his bride, Irene, exchanged their vows in marriage. With their two children, they now reside in St.Catharines Ontario, Canada.

In leisure time, Walter favours a quiet evening at home, where he immerses himself in his favorite music including Polka Music and Country. Some of his favourite artists are America's Polka King, Frankie Yankovic, and Country artists Ray Price, George Strait, Randy Travis, Charlie Pride, George Jones, Alan Jackson, and Clint Black, to name a few.

Some other favourite pastimes are collecting Polka albums, and Polka Videos, in addition to Country LP's and CD's, collecting autographs, photography, video, and DVD recordings.

Other than working with the band, Walter owns, "Walter Ostanek Music Centre Ltd.", at 41 Geneva Street, St.Catharines, Ontario, Canada.

To Walter Ostanek, the title, "Canada's Polka King" is much more than just a name. It is a special honour that carries with it an obligation to a special dedication and a promise to his fans and followers that wherever and whenever the Walter Ostanek Band appears in public, the band will do their utmost to please the audience and keep them happy.

It is through this special kind of hard work and dedication throughout the 49 years that Walter has managed many memorable accomplishments.

Walter works very hard at his craft and he expects, moreover, he demands that his fellow musicians do likewise... and when performing on stage, the result is a happy blend of enthusiasm and mutual respect.

The obvious love of not only polka music, but good music in general is combined with talent to create a winning combination that has earned Walter Ostanek the title, "Canada's Polka King"... and has earned the band a devoted audience.

WALTER SAYS... "We Love our Fans!"

Upcoming Events:

Bus trip to St. Jacob`s

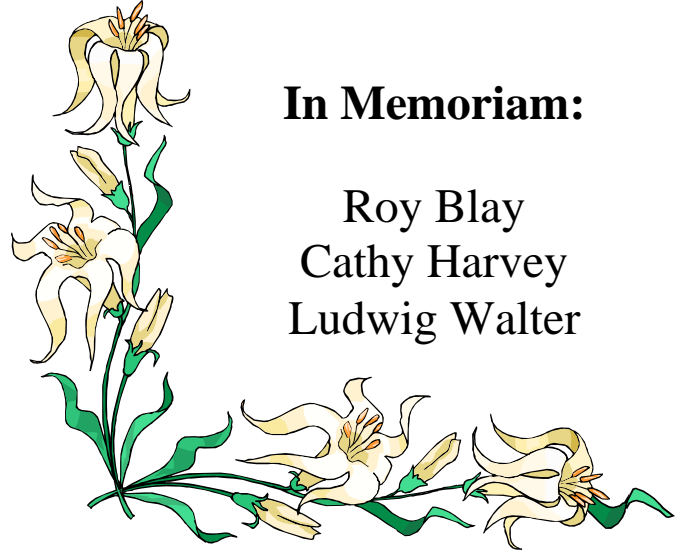
Social event to include
Niagara/Hamilton/Halton Peel /&
Brantford Chapters

To be a Hwy coach with washroom, not a banana bus. The trip will be approx 8 to 10 hrs . bus will leave St. Catharines, pick up in Hamilton for both the Hamilton chapter, and the Halton Peel chapter, pick up in Brantford and head north to St. Jacobs.

Cost will be a not more than \$30, (final cost to be determined), that will include transportation and any other incidental costs such as purchases and food will be the responsibility of the member. Non members are most welcome; this is merely a social event, and a way to meet your fellow Ostomates in southern Ontario. We need to know the general interest as the only way this can work is if we can nearly fill a bus. Trip will be a Saturday in May or early June of 2010. We need to have 45 or more people interested from all chapters in order for this to be viable. Please contact us if you are interested.

Visitor Training

Anyone that wishes training or retraining please let us know. Roger Ivol (Our District Rep from UOAC) is looking into training & retraining sessions. Date to be announced in the near future.



In Memoriam:

Roy Blay
Cathy Harvey
Ludwig Walter

HAPPINESS IS—A COMFORTABLE APPLIANCE

*Via: L.A. Ostomy News & Cheers &
Tears, Whittier, CA*

There is nothing more irritating than having to change your appliance before you normally do, when the faceplate loosens or springs a leak. The first thing to do is look for the reason. Sounds easy doesn't it? We should be so lucky! About the first thing to look for is the change in texture of the skin. Several things can cause that, medication, vitamin pills or menopause. Excessively oily skin can affect adhesion. Wiping the skin around the stoma with alcohol is helpful, but be careful the alcohol does not contain glycerin, as this kind of alcohol will hinder adhesion. Also some soaps contain oil or hexachlorophene (soaps with baby oil to soften skin); these must be rinsed off if you hope to attain adhesion. With hot, humid climate, excessive perspiration will undermine the adhesive. A cotton appliance cover is great for soaking up perspiration.

Also, loose clothing will help if you know you are going to be doing work that will cause excess perspiration. Be careful about using anti-perspirant, they cause skin irritation. A skin rash (contact dermatitis) is a common happening for many ostomates at one time or another. The rash may be caused by an allergy to the adhesives, the tape, skin barrier, or any other product used. A change to different products helps to determine if the problem is an allergic one. Be sure to dry the area. A blow dryer, set on cool, is very quick and a light bulb placed about a foot away is also useful in drying the area. If you can't get rid of the rash or any disturbed area within a reasonable length of time, contact your doctor. A change in weight (either gain or loss) can cause a change in the contour of the abdomen, which will affect adhesion. Try to stay at the same weight. Ideally, no more than ten pounds either way. Where the faceplate was once flat against the abdomen, it may now have creases or valleys under it. Stomahesive works well to fill in these valleys. There are also some pastes on the market. Karaya tends to break down when exposed to liquid over a period of time. Redistribution of weight will often necessitate refitting. This may mean entirely different appliance will be necessary. A person with an ileostomy may notice that diet affects the length of time an appliance stays on. If the stool is of a watery consistency rather than paste-like, it may lesson the length of time the appliance stays secure. Change the appliance regularly before leaking; you may detect an itching or burning sensation beneath it. Ignoring these symptoms can lead to skin irritation. Illness, inactivity, and lying in bed can also lessen the seal security because the discharge pools around the stoma and

seal longer than if you were up and around. If you have checked all these possibilities and still have a leaky faceplate, you had better see your ET at once.

TRAVELING AND CRUISING WITH AN OSTOMY

BY Mel Fishman, Via Broward, FL

Just because you happen to have an ostomy, you should not let that stop you from enjoying traveling. I have had a colostomy for the past 35 years and that has never stopped me from grabbing my hat and taking off to parts unknown. My wife and I have been blessed to take 32 cruises lasting from only one-night jaunts to up to seventeen-day vacations. We've also taken approximately ten land tours ranging from seven to fourteen days. To be on the safe side, I always take more than enough ostomy supplies with me for the length of the trip. I make sure that the tour buses are restroom equipped and that all the airplanes I'm aboard have enough restrooms available so I can change my appliance if necessary. On cruises, I always make sure that I have a chair that fits into the bathroom, so that I can irrigate my colostomy. Also, I ask the Cabin Steward for extra towels. We have been approximately three-fourth's of the way around the world, from Israel on the East to Bangkok on the West, Alaska on the North and to Chile in the South. We enjoyed every trip and made lots of new friends. I'm always available at our meetings to answer any travel questions you may have. Don't allow your surgery or unnecessary fears keep you at home. Just go for it and enjoy yourself. I am sure that you will have a great time.

CALENDAR OF EVENTS

Where:

**Royal Canadian Legion 350
57 Lakeport Rd, St. Catharines
Dalhousie Room**

January 19, 2010:

Dr. Scales, Chiropractor
Exercises to avoid hernias

February 16, 2010:

Beef on a bun Fundraiser
6:00 p.m.
With Walter Ostanek

March 16, 2010:

Coloplast- Mary Ann Enns

April 20, 2010:

Recovering from Abdominal Surgery
Judy Cline

May 18, 2010:

TBA

June 15, 2010:

TBA

Our Website:

www.niagaraostomy.com

SASO (Spouses and Significant Others)

UOA Committee contact: Betty Scarlett
bettyscarlett@sympatico.ca

Telephone Numbers:

Niagara Ostomy Association: 905-321-2799
Coloplast: (800) 533-0464
ConvaTec (800) 465-6302
Hollister: (800) 263-3236
Community Care Access Ctr: (905) 684-9441

Notice to Readers:...

Products and methods mentioned in this newsletter are not endorsed by the Niagara Ostomy Association and may not be relevant to everyone. Consult your doctor or ET nurse before deciding to use any of them.

Thank you to **SERVICE MASTER OF NIAGARA** for generously paying our room rental fee.

Application for Membership

Name: _____

Address: _____

Postal Code: _____ Phone: _____

Email address: _____

Type of Ostomy: _____

Dues are \$30.00 per year, renewable by **December 31** of each year. Membership is open to all ostomates, family members, medical professionals, health professionals and other interested parties. Includes monthly newsletter. We do not wish to exclude anyone because of inability to pay dues. If payment of dues is a hardship, please inform the treasurer or president. They have the authority to waive individual dues. This information is kept in the strictest confidence.

Completed application along with your cheque or money order (payable to Niagara Ostomy Association) should be mailed to:

Mrs. Beth Harwood, 16 Greenhill Dr., Thorold ON, L2V 1W5