

THE NEWSLETTER OF THE WINNIPEG OSTOMY ASSOCIATION, Inc. (WOA)

FROM THE PRESIDENT'S DESK



“Scars are like tattoos with

better stories”. What a profound statement from a 16 year old and a great memory for Emma Church. After you read Emma’s story on Page 5, I doubt there will be a dry eye in the house. Despite the heavy flooding in areas such as Bragg Creek, Alberta, Pat Cimmick (youth camp director) reported that, *“they were operating as usual, except they only have one phone and no internet but other than that, everything is working out as it should.*

The only other exception is the septic system. It was tied into another system at the ranger station but was washed away by the flood. They are trucking their waste so it shouldn’t prove to be a problem.”

Since the last newsletter, a new Executive Board has been elected for another year. Please see Page 3. I wish to thank all the members who let their names stand for these positions, whether it was for another term or their first time. Their commitment ensures that our chapter will continue to grow and thrive and I am looking forward to another great year.

Following a survey which we held at the

meeting in February, the members indicated that a Sunday Christmas lunch at the Norwood would be their preference. Consequently, we have booked the Norwood Hotel for Sunday Dec. 1, 2013. More details to follow.

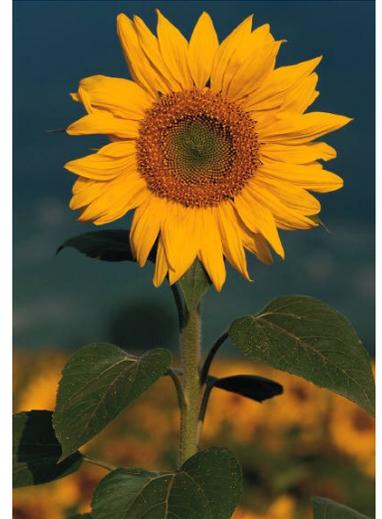
Visitor Training was held on Friday May 24th, with five new visitors and eight current visitors in attendance. ETs, Rhonda Loepky & Mary Robertson facilitated the training and by all reports it was a great success.

Keep well and we’ll see you in September.

Cheers,

Lorrie

*Enjoy
Your
Summer!*



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TRAVELLING REMINDERS!

1. Make sure you take enough ostomy supplies to last the trip. Many ostomates take double the amount or more in case of unexpected problems. This is especially important if you are travelling to a hot destination as your wear time will most likely be reduced.
2. Do not pack or leave your supplies in your car. Extreme heat or cold will destroy the adhesive on your appliance.
3. Keep a copy of the product number of your supplies to be able to order new supplies in another destination if needed. (Continued on Page 3)





UOA OF CANADA MISSION STATEMENT

The United Ostomy Association of Canada Inc. is a volunteer-based organization dedicated to assisting all persons facing life with gastrointestinal or urinary diversions by providing emotional support, experienced and practical help, instructional and informational services through its membership, to the family unit, associated care givers and the general public.

WHO WE ARE

The Winnipeg Ostomy Association, Inc. (WOA), is affiliated with the United Ostomy Association of Canada, Inc. (UOAC), a volunteer-based organization dedicated to assisting all persons facing life with gastrointestinal or urinary diversions by providing emotional support, experienced and practical help, instructional and informational services through its membership, to the family unit, associated care givers and the general public.

Members receive the UOAC's magazine, *Ostomy Canada*, the Chapter Newsletter, *Inside Out*, and the benefits of meeting fellow persons with ostomies at our regular meetings.

The WOA is a not-for-profit registered charity and welcomes bequests and donations.

VISITING SERVICE

Upon the request of a patient, the WOA will provide a visitor for ostomy patients. The visits can be pre or post operative or both. The visitor will have special training and will be chosen according to the patient's age, gender, and type of surgery. A visit may be arranged by calling the Visiting Coordinator or by asking your Doctor or Enterostomal Therapist (ET). There is no charge for this service.

WOA visitors do not give medical advice.

MEETINGS

All persons with ostomies, spouses, family members, interested members of the medical profession and the general public are welcome to attend our meetings and social functions.



WELCOME

Chapter meetings are held from September through May, except December, in Room 203 of the SMD Building, 825 Sherbrook Street, Winnipeg, MB, beginning at 7:30pm on the 4th Wednesday, of the month. There are no scheduled chapter meetings in June, July or August. A Christmas party is held in December. Free Parking is in the SMD parking lot to the south of the building. You must enter the lot off McDermott Ave.

DISCLAIMER

Articles and submissions printed in this newsletter are not necessarily endorsed by the Winnipeg Ostomy Association, Inc., and may not apply to everyone. It is wise to consult your Enterostomal Therapist or Doctor before using any information from this newsletter.

UPCOMING EVENTS



Aug. 16-18, - UOAC CIS & AGM in Halifax, NS

Aug. 17th - FOWC AGM in Halifax, NS

Sept. 25th - Chapter Meeting

Oct. 23rd - Chapter Meeting

Nov. 27th - Chapter Meeting

Dec. 1, 2013 - Christmas Party

ARE YOU MOVING?

If you move, please inform us of your change of address so we can continue to send you the newsletter and Ostomy Canada magazine.



Send your change of address to:



WOA
Box 158
Pine Falls, MB R0E 1M0

LETTERS TO THE EDITOR

The Editor, Inside Out
1101—80 Snow Street
Winnipeg, MB R3T 0P8
woainfo@mts.net

All submissions are welcome, may be edited and are not guaranteed to be printed.

Deadline for Next Issue:
Friday, September 6, 2013

WORLD WIDE WEB

Visit the Winnipeg Ostomy Association Web Pages:
<http://www.ostomy-winnipeg.ca>

CONSTITUTION

Copies of our constitution are available at our Chapter Meetings, on our website, or can be obtained by mail by contacting a member of the Executive Committee.

In Memoriam: Gordon Lovatt, P.Eng.

At the March chapter meeting, Gordon was presented with a “Star Visitor” award for seeking out other ostomates on his ward while in hospital—giving them encouragement and inviting them to come out to our meetings.

Sadly, this wonderful, outgoing, positive member with the New Zealand lilt to his voice, left this world of ours on May 25, 2013. Pictured here was his response to a newsletter article “Wardrobe Tips for the Guys”, showing how spiffy one could look wearing suspenders rather than a belt which often interferes with the ostomy appliance..



**STAR
VISITOR**



**Winnipeg Ostomy
Association**

WOA BOARD ELECTION RESULTS for 2013

PRESIDENT:	Lorrie Pismenny
1st VICE-PRESIDENT:	Fred Algera
2nd VICE-PRESIDENT:	Joe Daley
TREASURER:	Andrea Bradie
SECRETARY:	Rollie Binner
VISITOR COORDINATOR:	Joanne Maxwell
MEMBER-at-LARGE:	Adam Brechmann
MEMBER-at-LARGE:	Heidi Gerkowski

NOTE: Following our elections in April, we were left without a 2nd Vice-President. As well, Joe Daley asked us to find a replacement for him as treasurer due to personal commitments. Following a search and meetings of the Executive, Andrea Bradie accepted the appointment of treasurer and Joe Daley accepted the appointment of 2nd Vice-President.

As a result of the addition to our by-laws being passed by the members, we welcome Adam Brechmann and Heidi Gerkowski to the board and we look forward to making good use of their energy and ideas.

MARK YOUR CALENDARS!

**WOA CHRISTMAS PARTY
SUNDAY, DECEMBER 1, 2013
NORWOOD HOTEL**

More details to follow

CHANGE OF ADDRESS:

Effective immediately, Rosemary Gaffray will be assuming the position of Membership Chair.

Please forward all new memberships, renewals and change of address to:

**WOA
Box 158
Pine Falls, MB R0E 1M0**



NEW

(Continued from Page 1)

4. Ask your ET or Ostomy Association for a contact number for emergencies if travelling to another country.
5. Pack your supplies in your carry-on baggage. Cut your wafers in advance. Do not carry scissors in your carry-on.
6. Do not put anything in your pouch (such as water for rinsing) that you wouldn't put in your mouth.



WE'VE GOT MAIL!

From: Janice Cournoyer
To: Lorrie Pismenny

Thank you so much for presenting yesterday and for your kind email. It was an amazing opportunity for my students. They were complimenting you and your "Ostomates" the rest of the day. They are a great bunch and your input will contribute to them being amazing nurses. We were blessed, and hope you will return for any future classes.

From: Joanna Moore
To: Winnipeg Ostomy Association!

We just wanted to send a quick thank you for taking the time to come and share with our classes. We really appreciated hearing about all your life experiences and found it to be very valuable for our education. It was a wonderful and engaging presentation; we hope that you will continue to come and visit future classes. Your Association is doing great work! Thanks again! Cohort 4, PN Program CDI

Editor's Notes: These emails came following the WOA's presentation to approx. 42 LPN students at CDI College on May 1, 2013.

Joanne Maxwell reports:

It was a privilege for me to take part in the WOA presentation to LPN students at CDI College with Lorrie, Jan and Rollie. We all had an opportunity to speak about our particular ostomy after Lorrie gave an 'overall' picture of the various ostomies. The students had been well prepared for our visit—their 'dummy' who rested in bed, had a stoma already for a great teaching situation with all our supplies to show different techniques and situations.

The students were so attentive and interested and I hope they felt it a good teaching moment. I certainly did and thought it a very worthwhile experience. For me, nothing beats a hands on experience in a very safe environment.

Thanks to CDI College for inviting us to share our knowledge with you and your wonderful nursing students.

HAPPINESS IS—A COMFORTABLE APPLIANCE

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 glycerine as this kind of alcohol will hinder adhesion. Also some soaps contain oil or hexachlorophene (soaps with baby oil to soften skin); this must be rinsed off if you hope to attain adhesion. With hot, humid climate, excessive perspiration will undermine the adhesion. 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-perspirants, they cause skin irritation. A skin rash (contact dermatitis) is a common happening for many ostomates at one time or another. The rash can 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 time, contact your doctor or ET nurse. 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 for 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 an entirely different appliance will be necessary. A person with an ileostomy may notice that diet affects the length of time the appliance stays on. If the stool is of a watery consistency rather than paste-like, it may lessen the length of time the (cont'd on Page 6)

MY STORY— By EMMA CHURCH



Hi Lorrie,

Emma just got back from Camp Horizon. I wasn't sure it was going to happen this year given the flooding in southern Alberta but it was all systems go. Thank you to the Winnipeg Ostomy Association for your continued sponsorship. This was her best year ever. Here is a note from her and the text of a speech that she gave firstly to her Grade 8 classmates (group of about 25) and then to a larger group of Grade 5-8 students at her school. I thought it was excellent (could be biased, proud momma) and wanted to share it with the Association. You have our permission to share it with the members and publish it in the newsletter if you like.

Grade 9 this year for Emma...new challenges and new discoveries.....

Thank you again for making such a difference in the life of my daughter.

Bonnie Radcliffe (Emma's mother)

To: Winnipeg Ostomy Association members.

I would like to thank you for sending me to camp this year. Camp this year has been the best year yet. I had tons of fun and I had a really good time seeing all my ostomy friends again. I don't think I would be the same person as I am today if I didn't get to have the camp experience. Camp has definitely made me a better person. I don't think I would be open about my ostomy if it wasn't for camp. Thank you.



This is a speech I did for my school's speech competition this year. It is about my ostomy. I did the speech for my class and I won in my class and went on to tell it to my whole school.

My Story:



Does anyone in this class or this school truly know me? The answer is NO! Hi, I'm here to talk to you about my story, about my life. Well let's start at the beginning. February 15th, 1999. The day had come for me to be delivered into this world. My mom and dad were so happy that they had a daughter. But there was something wrong. 36 hours later I was diagnosed with female epispadias. Female epispadias occurs in 1 in 6 hundred thousand female children. You can only be born with this condition. You can't get it after birth. The condition basically means that my bladder doesn't work right. Finally when I was 4, I went to have an operation in Toronto. I had been wearing diapers up until I had the surgery in Toronto. The procedure I had was called a Mitrofanoff. It's called that because the doctor that invented the surgery's last name was Mitrofanoff. The surgery took 12 long hours. I don't pee like you guys do. Every time I go to the bathroom I insert a tube into a little hole that connects from my skin to my bladder. The little hole is called a stoma. They used my appendix like a straw to connect my bladder to my stoma. It kinda looks like a belly button on the right side of my stomach. I stayed in Toronto for a month. Then I went home.

(Continued on Page 7)

(cont'd from Page 4) 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 more than if you were up and around. If you have checked all these possibilities and still have a leaking face-plate, you had better see your ET at once.

Source: Sleeping Giant Ostomy Group, Thunder Bay, Ontario via Ostomy Halifax Gazette May 2013.



In MEMORIAM

**Gordon Lovatt
Jeanne Bears**

We extend our sympathy to their families and friends

WOA VISITING REPORT—Submitted by Joanne Maxwell—Visiting Coordinator

APRIL 2013:

- ILEOSTOMY 7
- COLOSTOMY 7
- UROSTOMY 2

Requests came from: HSC: 4;
St. B: 8; Victoria: 2;
Grace: 1; Pre-Op: 1

Valued Visitors: Mike Leverick, Barry Cox, Jared Dmytruk, Bonnie Robertson (2), Walter Kiryluk (2), Doug Shearer, John Kelemen, Allison Forrest, Norma Wilson, Audrey Graham, Jan Dowswell (2), Helmut Friesen, & Joanne Maxwell

MAY 2013:

- ILEO 7 & 1 pre-op
- COLOSTOMY 2
- UROSTOMY 1 pre-op

Requests came from: HSC: 3;
St. B: 7; Grace: 1 pre-op;

Valued Visitors: Heidi Gerkowski, Jared Dmytruk, Doug Shearer (2), Bonnie Robertson, Lorrie Pismenny, Ion Parrish, Norma Wilson, Laurel Purling, Wayne Spencer.

JUNE 2013:

- ILEOSTOMY: 3
- COLOSTOMY: 9
- UROSTOMY: 1

Requests came from: HSC: 1;
St. B: 10; Concordia: 1; Grace: 1;

Valued Visitors: Bonnie Robertson (4), Allison Forrest, Audrey Graham (2), Jan Dowswell, Sandy Owsianksi, Fred Algera, Kim Daley, Walter Kiryluk, Barbara Pryce.

A warm welcome to new chapter members:

- | | |
|-----------------|--------------|
| Maureen Gerbasi | Ruth Stewart |
| Marie McDiarmid | Ed Harder |
| Henry Neufeld | Jeanne Twa |
| Diane Zachary | |
| Gertrude Emery | |



We're all smiles because you are so generous!

In Memory of Gordon Lovatt
Lorrie Pismenny

Camp Fund
Lillian Johnson
Marjorie Marsh



Your donations are greatly appreciated.

Thoughts to Ponder

Be yourself. Nobody is more qualified.

The first and most important step is the feeling that we can succeed.

All things are difficult before they are easy.

(Continued from Page 5)

I get bladder infections easily. When I was younger I had to stay in the hospital when I got them. Now that I'm older I just take medicine for them. December 25th, 2010, I woke up early in the morning. I went downstairs and opened my stocking. But the fun didn't last. I ended up in the hospital on Christmas day. I felt like I had ruined my family's Christmas. That was the worst feeling ever. I've been lucky. I have been pretty healthy. I go to a camp in the summer. It's in Alberta. It's for Children 10-18 with Ostomies. An Ostomy is basically a corrective surgery performed to make the bladder or bowel function correctly. I have a friend that I met in Toronto when I was 4. She has the same thing as me. I reunited with her when I went to camp at age 10. She has had 40 or more surgeries. Like WOW!

This summer I will be attending Ostomy camp for the fifth time. I have the best time of the year there. I love going there every year. I have lots of friends there. It's nice to not have to worry about being judged there because everyone knows what you are going through. I could talk about

camp all day so let's move on. Last year on December 20th I had a surgery on my bladder. I spent 3 nights and 4 days in the Winnipeg Children's Hospital. It was pretty hard for a couple of weeks. I have healed now. I have decided to do this as my speech because I'm tired of having to not be completely truthful. If I get bullied for this it's alright because I feel like now a weight will be lifted off my shoulders. I'm doing this speech for myself and no one else. Everyone has something special about themselves and this is what I have. I want each and every one of you to know that it is okay to be different.

There is nothing wrong with you if you are different. God made you that way for a reason. I'm going to end this speech with a quote that I learned from this girl named Alison at camp. Alison passed away in the summer of last year. She had lost the battle with her disease. She was only 16 years old. She used to say "*scars are like tattoos with better stories*". I hope you learned something about me. Thank-you!
Emma Church—Brandon, MB



Editor's Note:

Donations to help send a child to the UOAC Ostomy Youth Camp are gratefully accepted.

Please make out cheques to:
Winnipeg Ostomy Association
And mark "Youth Camp" in the Memo space.

Official receipts for tax purposes
are issued for all donations.

For more information on the Youth Camp go to:
www.ostomycanada.ca/camp

MAY WIND-UP



It takes a lot of concentration to blow up a balloon, sit on it and break it before the other team does.

What a lot of good sports, fun and laughter that night!

A bit of wine, games and lots of food and socializing brought a start to our summer break!

Have a great summer everybody!

Photos courtesy of:
Rosemary Gaffray



PILLOW TALK

Ever try to get into a comfortable position in bed only to find that your tummy flab or appliance seems to pull when you are on your side? Place a pillow across your front and lean into it for firm support.



- A flat pillow placed between the legs in such a way that one end is brought up high enough to support the lower abdomen also helps to relieve or prevent strain.

- If on your back, try a pillow under the knees for added comfort.
- Try placing a pillow on top of you, under the sheets, if you get stuck in a motel where bed clothing is inadequate for lowered temperatures. It will warm you up in a hurry. Even placing a pillow alongside your body helps.
- As ostomates, we started out as pillow people. One pressed firmly into our back to keep us on our sides, one under the arm with the IV in it, one clenched lightly in our arms across the incision when we were made to cough, and even one under our bottoms when we painfully tried to sit up. If you have forgotten about pillows, just remember, they are natural for ostomates. Try them, you might like them.

Source: Greater Seattle (WA) "The Ostomist"

Baking Soda in Your Bathroom!

When baking soda comes in contact with either an acidic or an alkaline substance, its natural effect is to neutralize that pH. Beyond that, baking soda has the ability to retard further changes in the pH balance, known as buffering. This dual capability of neutralizing and buffering allows baking soda to do things such as neutralize acidic odors (like in the refrigerator) as well as maintain neutral pH (like in your laundry water, which helps boost your detergent's power). It's a simple reaction, but one that has far-reaching effects for a number of cleaning and deodorizing tasks. Try some of these eco-friendly tricks in your bathroom.

Freshen Sponges

Soak stale-smelling sponges in a strong solution to get rid of the mess (4 tablespoons of baking soda dissolved in 1 quart of warm water).



Make a Surface Soft Scrub

For safe, effective cleaning of bathroom tubs, tile and sinks—even fiberglass and glossy tiles—sprinkle baking soda lightly on a clean damp sponge and scrub as usual. Rinse thoroughly and wipe dry. For extra cleaning power, make a paste with baking soda, coarse salt and liquid dish soap—let it sit then scour off.

Deodorize Drains

To deodorize your sink and tub drains, and keep lingering odors from resurfacing, pour 1/2 cup of baking soda down the drain while running warm tap water—it will neutralize both acid and basic odors for a fresh drain. (This is a good way to dispose of baking soda that is being retired from your refrigerator).

Clean Shower Curtains

Clean and deodorize your vinyl shower curtain by sprinkling baking soda directly on a clean damp sponge or brush. Scrub the shower curtain and rinse clean. Hang it up to dry.

Freshen that Toothbrush

Dampen toothbrush and dip in baking soda—

brushing your teeth with this will help brighten your pearlies, make your breath sweeter and freshen up your toothbrush, all at the same time.

Last, but certainly not least ...

Put a tablespoon or two in your pouch as a cheap alternative to expensive liquid deodorants.

Source: Vancouver Ostomy HighLife May/june 2013

ALLERGIC DERMATITIS

Allergic dermatitis is a skin reaction that is red, bumpy and swollen—that has specific margins that mirror the causative agent. Allergic dermatitis is caused by an allergic skin reaction occurring when the body develops antibodies against an allergen—wafer, paste, plastic, dye in tape, liquid plastics. When suspecting an allergy, check it out by skin testing. Apply product in place as long as possible (a week) and check the reaction. Remember, you can develop an allergic reaction to any product at any time even if you have used it for years.

Source: Greater Seattle (WA) "The Ostomist" Feb. 2013

LADY'S YEARLY EXAM

*I went to the doctor for my yearly physical.
The nurse started with certain basics.*

*"How much do you weigh?" she asked.
"135", I said.*

*The nurse puts me on the scale.
It turns out my weight is 180.*

*The nurse asked, "Your height?"
"5 foot 4," I said.*

*The nurse checked and saw that
I only measure 5'2".*

*She then took my blood pressure
and told me that it is very high.*

*"Of course it's high" I screamed.
"When I came in here
I was tall and slender!
Now I'm short and fat".*

She put me on Prozac.





THE WINNIPEG OSTOMY ASSOCIATION, INC. (WOA)
 204 - 825 Sherbrook St., Winnipeg, Manitoba, Canada R3A 1M5
 Phone: 204 - 237 - 2022 E-mail: woainfo@mts.net

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Member-at-Large	Heidi Gerkowski	1-204-433-7219

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 Dr. R. MacMahon: Dr. C. Yaffe

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Vacant

RECEPTION/HOSPITALITY:

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ORDERS: 204-926.6080 or 1.877.477.4773E-mail: ossupplies@wrha.mb.ca

Monday to Friday 8:00am to 4:00pm

PICK-UP: Monday to Friday 8:00am to 11:00pm**WINNIPEG OSTOMY ASSOCIATION MEMBERSHIP APPLICATION****Current Members—PLEASE WAIT for your green membership renewal form to arrive in the mail.**

Your renewal date is printed on your membership card.

New Members: Please use this form**Please enroll me** as a new member of the Winnipeg Ostomy Association. I am enclosing the annual membership fee of **\$40.00**.WOA members receive the Chapter newsletter *Inside/Out*, become members of UOA Canada, Inc., and receive *Ostomy Canada* magazine.**Please send me** the Chapter Newsletter, *Inside/Out*, via E-MAIL, in PDF format. YES _____ NO _____

NAME: _____ PHONE: _____

ADDRESS: _____ E-MAIL: _____

CITY: _____ PROVINCE: _____ POSTAL CODE: _____

I have a: Colostomy _____ : Ileostomy _____ : Urostomy _____ : Ileal Conduit _____ :
 Cont. Diversion: _____ : Pelvic Pouch _____ : Other _____ : YEAR OF BIRTH: _____

Please make cheque/money order payable to "Winnipeg Ostomy Association" and mail to:

WOA

Box 158, Pine Falls, Mb. R0E 1M0