

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

## JOIN US ON ZOOM

### WINNIPEG OSTOMY ASSOCIATION CHAPTER MEETING

**DATE:** WED, FEB. 23rd  
**TIME:** 7:30 pm CST  
**PLACE:** On your computer, laptop,  
 iPhone, iPad, etc.

**Topic: Break out sessions**  
**Doors open at 7:10 pm for meet & greet**

Join Zoom Meeting

[https://us02web.zoom.us/j/89383516963?](https://us02web.zoom.us/j/89383516963?pwd=Rmo1V1JtRG4rN2lqdWV5bVBaZWdsUT09)  
[pwd=Rmo1V1JtRG4rN2lqdWV5bVBaZWdsUT09](https://us02web.zoom.us/j/89383516963?pwd=Rmo1V1JtRG4rN2lqdWV5bVBaZWdsUT09)

Meeting ID: 893 8351 6963      Passcode: 705480

Dial in.....  
 +1 204 272 7920 Canada

Meeting ID: **893 8351 6963**      Passcode: **705480**

Randy Hull - President  
[r.hull@shaw.ca](mailto:r.hull@shaw.ca)



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Norm Zebrynski was the winner of our  
 "Surprise" Attendance Draw at our Zoom  
 chapter meeting on Jan. 26th.  
 Congratulations Norm!

### Mark your calendars!

As we begin to celebrate WOA's 50th  
 Anniversary, you too could be a winner of a  
 \$50 Gift Card of your choice just by attending  
 future meetings on Zoom. Don't miss out on  
 this opportunity!



## WHO WE ARE

The *Winnipeg Ostomy Association, Inc. (WOA)* is a non-profit registered charity run by volunteers with the support of medical advisors. We provide emotional support, experienced and practical help, instructional and informational services through our membership, to the family unit, associated care givers and the general public. Our range of service and support covers Winnipeg, Manitoba and North Western Ontario.

## MEMBERSHIP

Anyone with an intestinal or urinary tract diversion, or others who have an interest in the WOA, such as relatives, friends and medical professionals, can become a member.

## WHAT IS AN OSTOMY?

An ostomy is a surgical procedure performed when a person has lost function of the bladder or bowel. This can be due to Crohn's disease, ulcerative colitis, cancer, birth defects, injury or other disorders. The surgery allows for bodily wastes to be re-routed into a pouch through a new opening (called a stoma) created in the abdominal wall. Some of the major ostomy surgeries include colostomy, ileostomy and urostomy.

## 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 Visitor Coordinator or the ostomy nurse (NSWOC) by asking your Doctor or nurse. There is no charge for this service.

## WHAT WE OFFER

**MEETINGS:** Regular meetings allow our members to exchange information and experiences with each other. We also run groups for spouses and significant others (SASO) and a young person's group (Stomas R Us).

**INFORMATION:** We publish a newsletter, *INSIDE/OUT*, eight times a year.

**EDUCATION:** We promote awareness and understanding in our community.

**COLLECTION OF UNUSED SUPPLIES:** We ship unused supplies to developing countries through *Friends of Ostomates Worldwide (Canada)*.

## OUR MEETINGS

Chapter meetings are held from September through May. There are no scheduled chapter meetings in June, July, or August. A Christmas party is held in December.

**Meetings are held on the  
FOURTH WEDNESDAY  
of the month.**

**7:30 pm—9:30 pm**

**Manitoba POSSIBLE Bldg.  
825 Sherbrook Street,  
Winnipeg, MB  
Rooms 202 & 203**

## FREE PARKING:

Enter the SMD parking lot to the south of the building just off Sherbrook and McDermott Ave.

## UPCOMING EVENTS



**FOURTH  
Wednesdays  
of the month**

**FEBRUARY 23**

**MARCH 23**

**APRIL 27**

**Doors open at 7:10 pm for  
meet and greet**

**Meeting Starts at 7:30 pm**

## 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:**

**Winnipeg Ostomy Assoc.  
204 - 825 Sherbrook St.  
Winnipeg, MB R3A1M5**

## LETTERS TO THE EDITOR

The Editor, *Inside/Out*  
1101-80 Snow Street  
Winnipeg, MB R3T 0P8  
Email: [woainfo@mts.net](mailto:woainfo@mts.net)

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

**Deadline for next issue:  
Friday, March 4, 2022**

## WEBSITE

Visit the WOA Web Pages:  
<http://www.ostomy-winnipeg.ca>  
**Webmaster:**  
[webmaster@ostomy-winnipeg.ca](mailto:webmaster@ostomy-winnipeg.ca)

## DISCLAIMER

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

## WINNIPEG OSTOMY CHAPTER VOLUNTEERS

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### VISITOR TRAINING:

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### SASO:

Vacant

**FOWC: Friends of Ostomates  
Worldwide (Canada)**

**UNUSED SUPPLIES PICK UP**

**"NEW" 204-237-2022**

**Please leave a message**

### CHAPTER WEBSITE:

<http://ostomy-winnipeg.ca>

### CHAPTER EMAIL:

[waoinfo@mts.net](mailto:waoinfo@mts.net)

The Winnipeg Ostomy Association is a registered non-profit charity run by volunteers. The WOA was incorporated in August 1972.

### BRANDON/WESTMAN OSTOMY SUPPORT GROUP:

#### Contacts:

Marg Pollock 204-728-1421

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Judy & Wayne Baker: 204-726-4839

### OSTOMY SUPPLIES

**HSC MATERIALS HANDLING**  
59 Pearl St., Winnipeg, MB.

**ORDERS: 204-926.6080 or**  
1.877.477.4773

**E-mail: [osupplies@wrha.mb.ca](mailto:osupplies@wrha.mb.ca)**  
**Monday to Friday 8:00am to 4:00pm**

**PICK-UP: Monday to Friday**  
**8:00am to 11:00pm**

## FROM the PRESIDENT'S DESK

Hi folks,

I always find February an odd month. Sometimes very cold, then warm, and sloppy streets. In February we look towards a groundhog to tell us the weather forecast. Cupid to point us towards positive relationships. In February we celebrate the founder of Manitoba and a key figure in our history, Louis Riel. Festival du Voyageur snow sculptures dot our Winnipeg city landscape. The sun is now higher in the sky and provides so much more warmth. I especially like the days getting longer and beautiful sunsets on the horizon.



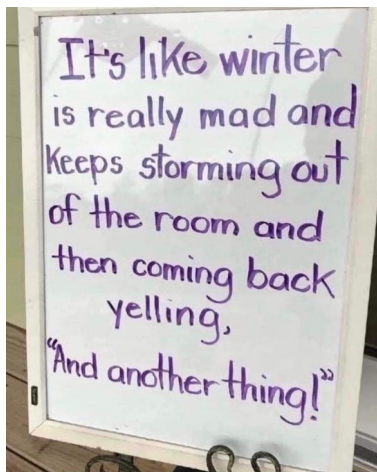
February is a month when we begin to plan spring and summer activities, outings and projects. My hope is that Ostomates remember their Winnipeg Ostomy Association in their plans. Although we have placed a pause in our 50th Anniversary planning, there will be somethings planned as health measures allow. For the time being we are having draws for \$50 gift cards at all of our Chapter meetings in 2022. You must attend the meeting and be present with the draw is made.

As this Pandemic continues to morph and change, we need to be steady in our resolve to stay safe and be cautious. Continue the practice of wearing a mask, social distance when in public, and get vaccinated and the booster when available.

We have all been fortunate to have past medical advances in gastrointestinal and urinary surgeries. Use this same acceptance of medicine, when facing life challenges yet to come.

Stay positive, be kind and more than ever be patient. A newer normal is just around the corner for all of us.

*Randy*  
[r.hull@shaw.ca](mailto:r.hull@shaw.ca)



*Remember when ... you  
dreaded going to the dentist,  
not the supermarket?*

*He who has health has hope,  
and he who has hope has  
everything.*

*Minor miracle—Finding out  
that the mess you're in is  
fully covered under your  
insurance policy.*

## Sports After Ostomy Surgery

There is no reason to reduce sports activity just because one has had ostomy surgery, though there are some common sense considerations that should be utilized:

A tight and strongly sticking pouch is absolutely necessary. There is no need to do anything extraordinary. One should try to keep one's pouch reasonably empty. One must consider the physical shape one is in, plus the day-to-day ostomy management.



Avoid sports with high risk of injury, such as boxing. If you insist on contact sports, and some still do, protect yourself. There are manufacturers of special stoma guards which will permit you to do just about anything. Do not allow the stoma to keep you from doing any activities you wish. Of course, if you are 120 years old, you may want to limit your sports activities to those your body would ordinarily tolerate without a stoma.

A sport that stresses your abdominal muscles too much should be avoided, unless you have slowly and deliberately, under the guidance of a knowledgeable professional, built up these muscles to the point where you can easily perform the skills necessary without undue exertion.

When playing ball games such as tennis, you may want to cover or in some way protect your stoma. There are vendors advertising in the *Ostomy Quarterly* that sell stoma caps and stoma guards.



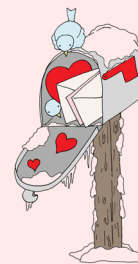
Check your pouch after a strong physical effort. A change of pouch may be necessary due to perspiration and movement. We all get less wear time due to any kind of physical activity. It is better to change the pouch after an exciting, active day than relaxing, yet not putting a strain on your equipment.

Before you go swimming, make sure your pouch is secure and empty. There is no reason that having an ostomy should keep you from swimming. Some people may need to take extra steps, though. If your skin is oily, tape your pouch with pink tape, rather than taking a chance.

Many ostomates water and snow ski. They only take normal, common sense steps when active. The newer

## WE'VE GOT MAIL !

*Hi Lorrie,  
Just read the latest Manitoba newsletter. GREAT JOB!  
Lots of wonderful information.  
Very newsy and very good reading.  
Hope you are keeping well and safe.  
Joel*



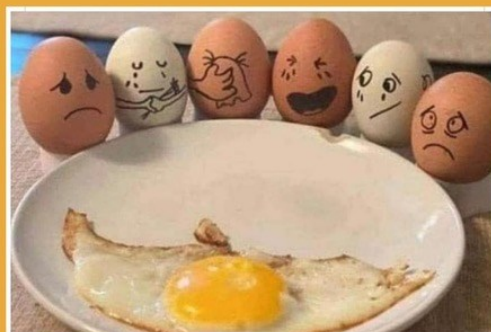
Via Email, January 2, 2022. Joel is a member of Ostomy Halifax and editor of Ostomy Halifax Gazette

*Hi Lorrie,  
Another excellent newsletter. You sure put a lot of time and energy into it. And it always surprises me when I find Something I wrote or a story from one of my books. A pleasant surprise! I am so glad that you found it worthy. You are welcome to use anything of mine anytime.  
Brenda (Elsagher)*

Via email, January 25, 2022 Brenda is an International keynote speaker, comic and author and a friend to all ostomates.

ostomy equipment with advanced adhesives works pretty well on its own. Specialty stores have specific swimming wear for ostomates, which are higher cut, with a pocket for the pouch. In summary, have fun, do the sports you like. You do need to use some common sense, protect your stoma from injury, then go out and do it.

Source: Swiss Ostomy Website; via S. Brevard (FL) Ostomy Newsletter, via Greater Seattle (WA) The Ostomist, May 2013 & Regina & District Ostomy News Sept/Oct 2020



He died last fry day. Thank God he wasn't beaten. Don't worry, he went over easy. He's now on the sunny side. He's definitely in a better plate.

**A warm welcome to new  
chapter members:**

**Jodene Larence  
Varonica Brown**



## In MEMORIAM

**Wayne Cook  
Evelyn Frankard**

**We extend our sympathy to  
their families and friends**

*Ever notice ... that wind velocity  
increases with the cost of the hairdo?*

*The severity of an itch is inversely  
proportional to the reach.*

## WHAT'S IN A LOGO?



**Winnipeg Ostomy  
Association**

In 2011, with the assistance of Natalie Mulaire, then COO of the SMD Self-Help Clearinghouse, we were able to get funding from the Winnipeg Foundation to have a logo and brochure designed for the WOA.

Now over a decade later, we are looking at changing our name and a new logo is being considered.

It is quite likely most of you don't realize the real significance and symbolism behind our current one.

- Purple & Orange were the colours our members really liked, as being strong and vibrant.
- Purple features the strength of our members as they travelled through illness and surgeries.
- Orange features them living a full, vibrant, and normal life after surgery.
- The WOA letters are incorporated into the design. Can you see the W, and the A and finally the letter O?
- The whole design is supposed to look like a butterfly which represents a new beginning, a new life or growth.
- Of course you can see the stoma and the flange.
- The 3 sets of dots symbolize the 3 main ostomies; colostomy, ileostomy & urostomy. They can also represent the three main purposes of our group; support, visitation, sharing (FOWC supplies).

The symbolism in the design may not be obvious to the public but we felt it was very meaningful for our members.

## FROM the EDITOR'S DESK



Join us on Zoom Feb. 23rd, for something different. We're going to hold rap sessions or as some call them, breakout sessions.

Randy will separate us into three smaller discussion groups according to our type of ostomy.

That can be done on Zoom you ask? Evidently, yes!

We may find this to be a better opportunity for sharing information. Come prepared with some questions. I always get ideas for this newsletter after hearing members questions and comments. I'm

looking forward to the direction you will steer me in this time around.

And think about what type of Gift Card you want when it turns out your name is called. The odds of winning is great ... and no money down!

I'm so looking forward to spring when I can get outside without worrying about slippery streets, freezing temperatures, high winds, etc. Aren't you all?

Cheers,

*Lorrie*



### November Visitor Report

**Surgeries:** Ileostomy 2; Colostomy 2;

**Hospital referrals:** STB 2; Grace 1; Selkirk 1;

**Valued Visitors:** Sandy Owsianski, Angie Izzard, Fred Algera, Jefferson Peters

### December Visitor Report

**Surgeries:** Ileostomy 3; Colostomy 1;

**Hospital referrals:** STB 4;

**Valued Visitors:** Jefferson Peters, Debbie Balzar, Bonnie Dyson, Randy Hull

### January Visitor Report

**Surgeries:** Ileostomy 1; Colostomy 2;

**Hospital referrals:** STB 3;

**Valued Visitors:** Claudette Gagnon, Bonnie Dyson (2)

Thank  
you ❤️

*Submitted by:  
Bonnie Dyson,  
Visitor Coordinator*

## **Vancouver actress diagnosed with colon cancer at 30 speaks on bias in health system**



TORONTO - For much of 2011, Vancouver actress Annette Reilly of Netflix's "Chilling Adventures of Sabrina" had intestinal issues that landed her at the doctor's office and hospital multiple times.

The then 30-year-old had severe cramps, a blockage, bloody stool, anemia, low hemoglobin and eventually a near-daily low-grade fever - basically all the symptoms of colon cancer.

But doctors didn't consider that someone her age could have the disease, which is normally associated with older men.\* They thought she might have an ulcer or obsessive compulsive disorder; prescribed her iron pills, painkillers and antidepressants; and gave her an X-ray and enema.

Finally in November of that year - after 10 months

frustration and shame, and an emergency room visit she describes as one of the worst nights of her life - Reilly got a much-needed colonoscopy that revealed she had Stage 3B colon cancer, meaning it had spread to nearby lymph nodes. "I think if I had been a male over the age of 50, I would have been given a colonoscopy first thing, right out of the gate, and they would have found this giant tumor," says Reilly, who plays Diana Spellman, the mortal mother of teenage witch Sabrina Spellman.

"I found that I wasn't being taken seriously by the medical system, which I found to be consistent with my other cancer-surviving peers. Because of our age and sometimes our gender, there's a bit of discrimination that happens there. It's a bias, I think, that's taught to doctors."

A new report from Young Adults Cancer Canada sheds light on such unique issues faced by the 22 young adult Canadians (ages 15-39) who are diagnosed with cancer each day. The report is based on early data from the not-for-profit organization's Young Adults with Cancer in their Prime study.

In collaboration with Dr. Sheila Garland, assistant professor of psychology and oncology at Memorial University in St. John's N.L., the study surveyed 622 diagnosed young adults across Canada to explore the physical, social, financial, and emotional challenges they face as compared to their peers without cancer.

It found cancer in young adulthood can "disrupt an important period of development and identity formation, which tends to have a cascading impact on all areas of life."

Yet there are few support programs geared to helping these patients through diagnosis and recovery, the report says. "Many people see this age group as 'too young to have cancer' resulting in a massive lack of resources from support to research." Geoff Eaton, founder of YACC and a young adult cancer survivor, says in a news release.

One of the main issues facing young adults with cancer is financial strain, says the report. Treatment and recovery affect their ability to work, and not all treatment costs are covered by public health care in Canada.

In Reilly's case, she was unable to work for several months prior to being diagnosed due to her symptoms.

When she was diagnosed, she was in pre-

*(Continued on page 10)*

## OSTOMY YOUTH CAMP

*“Once they witness the magic, the kids are forever changed.”*

*(Camp Director— Lisa Gausman)*

In the January issue of *Inside/Out*, I informed you that WOA received a very generous bequest from a former member, Jean Morris. Jean has directed the bequest of \$22,081.12 to be earmarked for the WOA Youth Camp Fund. I also promised to show you the impact of sponsoring a child to camp. I hope to let the words of some of our campers do the work for me.

Let me start with an article that I received permission to print in Summer 2011 of the *Inside/Out* and which I reprinted in the Summer 2018 issue.

### Children Often Lead the Way

By Heather L. Orstead

As an ET and an ostomate, leading a magic circle is one of our roles at Youth Camp. A few years ago I had the opportunity to lead a very special magic circle that will forever be a treasured memory. Now you need to understand that magic circle is where *the magic happens* because that is where the sharing occurs. Children with ostomies often live with “the big secret” of what is hidden beneath their clothes. This secret can cause untold stress so the opportunity to meet at camp with other kids who share the same secret and life experiences provides a great opportunity for their personal growth.

So ... back to the magic circle. There we were sitting in a circle at dusk, approximately 15 young people with ostomies between the ages of 9 to 13. They knew this was their opportunity to discuss anything they wanted. There was the usual chatter and giggling that starts most activities with children and then one wee soul got brave ...

A little 12 year old girl raised a question that demanded everyone’s attention. She said *“I am worried about how I am going to tell the man I want to marry that I have an ostomy.”*

You could have heard a pin drop ... the group was incredibly silent and looked straight at me knowing I must have the magic answer. I have had my ostomy since the age of six and was now married with two children so I was very aware of her concern, one that I once shared. But I have been around the block a few times and was aware the best answer is usually not the one given to you but the one that is discovered within!

So I asked a question back to the young girl, “Well,

tell me who knows about your ostomy right now?”

She thought for a second and then replied, “My mom, my dad, my brothers and sisters, my grandma and grandpa, my aunts and uncles, my cousins and my best friend.”

“Interesting”, I said. “Now lets go around the circle and see what everyone has to say.”

Around the circle we went with everyone saying almost the same thing “My mom, my dad, my brothers and sisters, my grandma and grandpa, my aunts and uncles, my cousins and my best friend.”

I could see the pattern forming and knew they had answered their own question ... so once we had completed going around the circle I said, “Isn’t that amazing, you have almost all listed the same people— your mom, your dad, your brothers and sisters, your grandma and grandpa, your aunts and uncles, your cousins and your best friend.”

“Now I have a question for all of you. Do you not think the person you are going to marry will be your best friend too?”

I will never forget the sense of calm and the smiles that appeared on every one of those little faces. It truly was MAGIC!

It is often a dilemma after ostomy surgery to know who to share this very personal experience with. It is an experience that not only changes your body image but your body functions as well. Some, especially children, may feel it makes them more vulnerable to ridicule. Childhood is challenging enough without the added burden that having an ostomy may place on their ability to socialize. Children, and yes adults too, need a safe environment to explore new feelings and approaches to dealing with this radical and life altering change.

Youth camp provides specific support for our children that have undergone ostomy surgery and we hope that our Ostomy meetings provide ongoing support for all who have experienced life and living with an ostomy.

Source: Reprinted with Permission from Calgary Ostomy Society Newsletter March 2011

**And then there’s Emma Church from Brandon,**  
Via email: Summer 2013

**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*

*(Continued on page 8)*

*sponsorship. This was her best year ever. ....  
.....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)*

## EMMA'S STORY SUMMER 2013

*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.*

...Well let's start at the beginning. February 15<sup>th</sup>, 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.

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 25<sup>th</sup>, 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 20<sup>th</sup> 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

*(Continued on page 9)*

(Continued from page 8)

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

### Winnipeg Ostomy Association's sponsored campers

Emma & Enzo. 2017



#### Editor's notes:

After attending camp since 2008, Emma graduated from camp "sobbing uncontrollably" along with her other friends, according to Lisa Gausman, (camp director & photog).

Emma has provided much feedback from her camp experiences and has been featured in back issues of the *Inside/Out*.

This is Enzo's second year at camp and from the pictures he obviously has made his mark at camp.

I'm sure he will be attending many more camps thanks to your continued support.



#### Hello Everyone!

*We all sincerely appreciate everything that you and your members do to help make camp happen for these 50+ youth living with bowel/bladder diversionary issues.*

*Camp is a life changing event for these children. They cherish the week and spend the other 51 weeks of the year counting down until they can once again be at camp and reunite with friends who "get" them.*

*Camp could not happen without our village and we certainly have a fantastic village!*

*Please keep your eyes and ears open for new eligible campers as we graduated another eight campers this July!*

*Dates for next summer will be announced in Feb/ March 2019.*

*Pat Cimneck & Lisa Gausman—Camp Directors*

### My Story (by Rhiannon Clarke—2019 WOA sponsored camper)

Having the opportunity to attend Ostomy Camp at Easter Seals in the summer of 2019 changed my life. I was so eager to go and meet other kids who relate to the same struggle I have faced with my health. After spending the majority of my summer the previous year in the hospital, it was so special to be able to have a proper summer experience without having to worry about if I was able to participate or not because of my illness. Attending camp, I had only had my ostomy for less than a year and was diagnosed 4 months previous to that. There were



(Continued on page 10)

(Continued from page 9)

so many things about my illness and my ostomy that I had questions about and so many things I didn't know about until meeting the nurses, camp councillors, volunteers, and my peers at camp. I met so many amazing people with extraordinary stories, a lot similar to mine. As soon as I arrived at camp, I felt so welcomed into one huge, accepting family. Within 24 hours of meeting my cabin group, we connected so deeply that it felt like we had known each other for years. Even though all of us are spread out around Canada, we still talk almost every single day since camp. At camp, we bonded over group activities such as archery, game days, hiking, white water rafting, high ropes, and many other things I would have never thought that I could do with an ostomy. During group sessions and even on our own time, it was extremely rewarding for me as one of the oldest girls attending camp to help out and give advice to those who are younger than me and are having to go through struggles that I have been through. As much as I was able to help others out, those around me were and are still there to support me. I returned back home after camp with so much new knowledge of ostomies and chronic illness as well as a better understanding and confidence in my own life with an ostomy and chronic illness.

Thank you endlessly to The Winnipeg Ostomy Association for funding myself and many other youth to travel and attend Ostomy Camp. I'm looking forward to being able to go back for my last year at camp in summer 2020 and graduate with the lovely people I can call my friends.

Sincerely, Rhiannon



*THANK YOU WINNIPEG  
Ostomy Canada Youth Camp 2019  
Enzo & Rhiannon*

*\*Thank you for sponsoring everyone and making these opportunities possible. Thank you for bringing almost every camper possible here. Thanks for sponsoring kids from Winnipeg. It is amazing here.*

*\*Camp is a real life changer. I feel like I belong so thank you for helping me get there.*

*\*I really want to thank you for all the amazing work you do and for sending kids like myself to camp! Camp has been a life changing experience and has introduced me to so many wonderful people. Thank you for giving me the chance to meet other people with issues similar to mine.*

*Photos courtesy: Lisa Gausman—  
Senior Editor Ostomy Canada Magazine, Ostomy Canada Youth  
Camp Administrator*

Past campers Jayden Donor, Justin Mannix, Riley Wall and others who attended before my time.

(Continued from page 10)

production for her second film, the human trafficking short "Coerced," for which she was a co-producer and cast member. Six weeks after surgery to remove her ascending colon, Reilly started shooting that film - in the same week she started chemotherapy.

All this while she was trying to build a life with her nearly one-and-a-half-year-old daughter and her then-husband of four years. "I feel I lost almost a year with my daughter when she was a baby," Reilly says, "I lost a couple of years of career growth that all my peers had. It's all these little things that people don't take into consideration."

Those little things also include a lack of resources.

Because so few young women are diagnosed with colon cancer, Reilly found "zero information" available on how the type of chemo she was doing would affect her reproductive system. She and her husband didn't want to take any chances, so they froze some of her eggs before her chemo started. She also found a lack of support groups for cancer patients her age and struggled to find anyone she could identify with. Eventually she was connected with YACC and attended one of their retreats, which she said changed her life. ]

Reilly also grappled with speculation from other and

(Continued on page 13)



#2



#3



#4

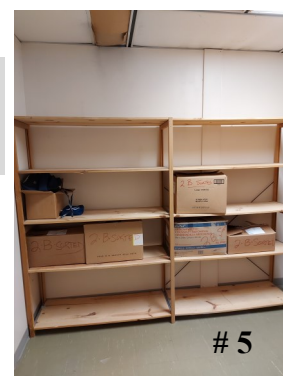


#1

## FRIENDS of OSTOMATES WORLDWIDE (CANADA)



*Giving the Gift of Dignity*  
Improving the quality of life of people with ostomies



#5

**Friends of Ostomates Worldwide (Canada)** is a non-profit organization operated solely by volunteers. Since 1986, FOW Canada has collected and sent over 50,000 kg of ostomy supplies and literature to more than 52 countries. FOWC's goal is to provide free quality ostomy products, to those in other countries who have little or no access to affordable products.

The WOA has been a supporter of the FOWC for over 20 years, by maintaining a yearly membership and sending a yearly donation which goes towards the cost of shipments overseas

For many years the collection, packing, and shipping in WOA was under the capable hands of Helmut Friesen. Helmut took on the responsibility, almost single-

handedly, of collecting unused ostomy supplies from different sources in Manitoba. He created a pick-up team, figured out the correct way to sort and package the supplies, worked out a cost saving arrangement with a transport company to ship the supplies to the collection depot in Ontario. Helmut would arrive a couple of hours prior to board and chapter meetings to sort and pack. Countless hours of phone calls, pick-ups, and sorting and packing were all part of his ongoing work behind the scenes. Because of Helmut's work, our chapter was the recipient of the Allan Porter Memorial Award in 2007.

After Helmut's death, a lot of people and a lot of trial and error was needed to pick up where Helmut left off.

Prior to Covid, we had been doing an annual pack over a Friday &

Saturday with 20 to 25 people in attendance and sending 2 to 3 skids per year to the collection depot in Ontario.



#6

Pictures:

- #1. Supplies from 5 donors.
- #2. Storage room
- #3. Sort & Pack during Covid
- #4. Boxes ready for shipping
- #5. Empty shelves
- #6. Sort & Pack before Covid

As the shelves continued to pile up,  
(Continued on page 12)



# 9



# 10



# 11



# 8

**TEAM MILLER**  
**ENVIRONMENTAL** *You are Awesome!*

Pictures:

#7. Sort & Pack before Covid

#8. to #11. Packing boxes on trucks at MB Possible

#12. Skids arrive at St. Catharines, ON, FOWC collection depot.



# 12



# 7

are referred to Ross.

People are reluctant to throw away these unused and expensive items, so they are thrilled to know they will go to someone in need.

We have done one very successful sort & pack under this new system.

Randy Hull, along with 2 to 3 people (mostly board members) managed to spend a couple hours every so often to do a 'rough' pack of the supplies piling up in our storage room.

Recently a set of guidelines have been created and Ross Bingham has taken on the role of FOWC Coordinator. Ross will oversee the three functions: Collection; Sort & Pack; Shipping; to make sure everything is in order.

Requests for pick-ups usually come via our Voice Mail. Donna contacts one of Ross's Team volunteers and puts them in touch with the donor in their area. We receive other requests for pick-up from places such as International Hope, 59 Pearl St, ostomy nurses offices, etc., which

The biggest welcome change to the whole process is the offer from Paul Bauer (WOA member) and his excellent team from **Miller Environmental Corporation** to pick up the boxes from 825 Sherbrook St. for us, move them to their warehouse, wrap and deliver to the collection depot in St. Catharines, ON, free of charge. What an awesome gift! Having the shipping process handled by people in the industry has been an absolute bonus for us.

FOWC has a tagline, "Giving the Gift of Dignity" which very much describes FOWC's ongoing work. Permission was given to use the artwork and wording for the tagline created by Lisa Gausman, editor of Ostomy Canada magazine. You are invited to check out

FOWC's website at [www.fowc.ca](http://www.fowc.ca) for more information.

There you will find a short video which is worth watching. The introduction to the video was written by Deb Rooney, President of Ostomy Vancouver and editor of their newsletter *HighLife*. Debra also gave permission to use her quote as needed.

*"In Canada nobody has to wear rags, or plastic bags, as can and DOES happen in third world countries. For some folks overseas, the supplies that reach them through us and organizations like FOWC (Friends of Ostomates Worldwide Canada) are the ONLY supplies they will get, period. The rest of the time they make do, or avoid others for fear of offending. In a perfect world, we'd all have all the supplies we wanted, all the time (actually, in a perfect world, no one would require an ostomy in the first place!) Give thanks for the health care and products we do have, and be proud of being able to assist others who have so little of our good fortune." □*

# Give the Gift of Dignity



For over 35 years, Friends of Ostomates Worldwide Canada (FOWC) has sent free ostomy supplies to more than 52 countries. Recently, we have sent supplies to ostomates in Kenya and Zimbabwe, and in Central and South America where ostomy supplies are scarce and expensive. Local groups re-distribute these precious supplies to those in need.



FOWC's goal is to raise funds to enable us to ship these supplies. Just one shipment to Kenya was \$4,500.

You can help by sending a cheque payable to FOWC mailed with the form below to the address listed.

Online donations are accepted through [www.fowc.ca](http://www.fowc.ca).



My Name is Gertrude from Bulawayo in Zimbabwe. On behalf of the Ostomates friends here, we would like to thank you for your kindness in donating ostomy supplies to us. We are really short of words to express your kindness towards us. We pray that you may be blessed in whatever you do in life.



*I would like to improve the life of needy ostomates worldwide by making a donation.  
Je souhaite faire un don pour aider les personnes stomisées du tiers-monde.*

☐ Individual: \$30

☐ Individual Patron: \$50

☐ My Donation/ Mon don: \_\_\_\_\_

Name/Nom: \_\_\_\_\_

Address/Adresse: \_\_\_\_\_

City/Ville: \_\_\_\_\_ Province: \_\_\_\_\_ PC/CP \_\_\_\_\_

Tel: \_\_\_\_\_ Email/Courriel: \_\_\_\_\_

Mail to/faire parvenir à:

*Friends of Ostomates Worldwide Canada  
c/o L. Pismenny, Secretary  
1101-80 Snow St. , Winnipeg, MB, R3T 0P8*

Official tax receipt will be issued/Un reçu officiel aux fins d'impôts sera émis

(Continued from page 10)

even from herself, on how someone so young and in good physical shape could get what's "typically known as an old man's disease."\* People wondered - could it have been her cellphone use? Stress? Reilly says she's taught herself to correct such thoughts and not cast blame.

These days she's in good health, but not without what she called "war wounds," including post-traumatic stress disorder, which "rears its ugly head every once in a while." Still she counts herself "one of the lucky ones." And she doesn't blame doctors, noting their bias comes from medical training. □



Source: Vancouver Ostomy *HighLife* –Nov/Dec 2019

## STOMA ANNIVERSARY CLUB

The anniversary date of my stoma is \_\_\_\_\_ and to celebrate my second chance for healthy living, I am sending the sum of \$ \_\_\_\_\_ per year since I had my ostomy surgery.

NAME: \_\_\_\_\_

AMT. ENCLOSED: \_\_\_\_\_

**Official receipts for tax purposes are issued for all donations, regardless of the amount.**

My name and the number of years may be printed in the "INSIDE/OUT" newsletter. YES \_\_\_\_\_ NO \_\_\_\_\_

Clip or copy this coupon and return with your donation to:

**Winnipeg Ostomy Association  
204-825 Sherbrook Street  
Winnipeg, MB R3A 1M5**

**Proceeds from the Stoma Anniversary Club will continue to go towards the purchase of audio & video equipment to promote the Winnipeg Ostomy Association and its programs.**



**Winnipeg Ostomy  
Association**

**204 - 825 Sherbrook St.,  
Winnipeg, Manitoba, Canada R3A 1M5**  
**Phone: 204 - 237 - 2022 E-mail: [woainfo@mts.net](mailto:woainfo@mts.net)**

### BOARD of DIRECTORS

<b>President</b>	Randy Hull	204-794-4019
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<b>Bookkeeper</b>	Daryl Beaudry	204-981-8486
<b>Secretary</b>	Claudette Gagnon	204-793-6506
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<b>Member-at-Large</b>	Donna Suggitt	204-694-7660
<b>Past President</b>	Fred Algera	204-654-0743

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Carisa Lux	RN, BN, NSWOC	MOP	204-938-5757
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Chelsey Lewis	RN, NSWOC	Brandon	204-578-4205

#### PHYSICIAN DR. C. YAFFE



*For pick-up of unused ostomy  
supplies please contact the*

*Winnipeg Ostomy  
Association*

***"NEW" 204-237-2022***

*Leave a message and your call will be returned.*

### 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.** The following information is kept strictly **CONFIDENTIAL**.

**Please enroll me** as a new member of the Winnipeg Ostomy Association.

I am enclosing the annual membership fee of **\$40.00**.

To help reduce costs please send my copies of the **Inside/Out** newsletter via email in PDF format. YES \_\_\_\_ NO \_\_\_\_

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ PROVINCE: \_\_\_\_\_ POSTAL CODE: \_\_\_\_\_

EMAIL: \_\_\_\_\_ YEAR of BIRTH: \_\_\_\_\_

Type of surgery: Colostomy: \_\_\_\_\_ Ileostomy: \_\_\_\_\_ Urostomy: \_\_\_\_\_ Other: \_\_\_\_\_  
Spouse/Family Member: \_\_\_\_\_ N/A: \_\_\_\_\_ (Please indicate type if other)

May we welcome you by name in our newsletter? Yes \_\_\_\_ I'd rather not \_\_\_\_.

Please make cheque/money order payable to: **"Winnipeg Ostomy Assoc."**  
and mail to: **WOA Membership Chair Box 158, Pine Falls, MB R0E 1M0**