Greetings to our friends in IOA:

We bring you some very important information in this newsletter that will be of special interest to you.

We would like you to note the change in both date and location for the IOA World Congress in 2007.

Date: AUGUST 7TH – AUGUST 12TH, 2007
Location: The Farjardo Inn, Fajardo, Puerto Rico

You will find further information about the World Congress, including the Congress Registration Form and Hotel Booking, in this newsletter.

World Ostomy Day is fast approaching and Barry Maugham, the coordinator, reports a flurry of activity recently which is great news. Barry has been working with the Regional WOD contacts and we hope that you are well on the way with your plans. Please remember that $12000 US dollars in regional prize money has been allocated by Coloplast for the Coloplast Merit Awards.

AUGUST 1, 2006 Hollister's Photo competition
Please get those entries in. Send your pictures of ostomates “Living Life to the Full.” Twenty (20) lucky people will receive US$200.00 for their chapter. But you can't get the money if you do not send in your entries, so please get these entries sent in. We look forward to seeing the 20 lucky photographs.

There are details of two special anniversary celebrations of interest in this issue.

The 40th. anniversary of The Nederlandse Stomavereninging “Harry Bacon” was held in Ede, The Netherlands. And what a special event it was for Ria Smeijers the President. You will find out why as you read through the newsletter.

ia of the UK celebrated a milestone when it celebrated its 50th anniversary in Birmingham. It was a great honour for me to be with them during the festivities and I am happy to share my report with you. ia CELEBRATES ITS 50th ANNIVERSARY
What an exciting time for a not for profit organization - celebrating a 50th anniversary! And what an honour for me to be part of the celebrations of this most important event.

Just imagine the time and care spent visiting new ostomates, listening carefully to their concerns and then responding with such understanding and compassion. ia has every reason to be proud of its membership and the work that they have done over so many years to help fellow Ostomates both throughout the United Kingdom and in the ostomy world at large.

Whenever we are involved in volunteer work, we strive to be the best role models that we can be. Few self help organizations, however, allow such a deep connection with other human beings. Our dedication to our fellow ostomates is why we do what we do. No other reason would keep us coming back to a work which can be so demanding yet so exciting; exhausting, and yet so rewarding. The members of ia have been committed, dedicated role models for half a century.

Over the past 50 years ia has established an association dedicated to helping those people who have, or will in the future, face ileostomy surgery. In more recent years they embraced those that had the internal pouch operation. This is a tremendous achievement and as members they must have worked very hard in creating and maintaining a solid foundation...
for the association. Not only did ia build a foundation for themselves but they provided such great leadership and set an example for other associations to follow. Many congratulations!

I would like to pay tribute to members from ia who worked not only for their association in the UK but were also dedicated to IOA. I need to go back to the Founding Congress of the IOA in the city of Weesp, Netherlands in 1975.

The first IOA World Congress was held in London in October 1976.

A very active young lady was NANCY ALEXANDER from ia who served as a member of the IOA Board from 1978 – 1984. I am so pleased to see that Nancy is still involved some 50 years later.

PATRICK FOX served as Recording Secretary from 1980 – 1988 and then as a member of the Board from 1998 - 1991.

In 1991, IOA was restructured into Regional Associations with a representative from each Region forming the IOA Executive Committee.

BRENDA FLANAGAN joined the IOA Executive Committee in 1991 to represent the European Region. In 1994 she was elected Vice President of IOA and President in 1997 for a term of three years. She served as immediate Past President from 2000 – 2004; a total of 13 years service to IOA.

TOM KEILY was appointed Nominations Officer for IOA World Council Congresses in 1991 and carried out this role until the last Congress in 2004. He was also the IOA liaison to the International Standards Organization.

The young people of ia have also shown interest and support for IOA.

TRACEY WOODS was the co-chair for the 1st 20/40 Focus meeting held in Copenhagen, Denmark in June 1997. She was also co-chair for the second 20/40 meeting that was held in Hamilton, Canada in 2001.

SARAH MAILL is currently working for the IOA as the 20/40 committee member for the European Region of IOA ia has taken an active part in all IOA World Congresses, in the business meetings and acting as facilitators at workshops – a strong commitment.

Saturday 22nd April Programme
- Registration and viewing of ostomy care products in exhibition.
- Welcome by President of Birmingham ia Dr Ian Chesner, FRCP.Dr Chesner
- Dr Chesner acknowledged the congratulations and good wishes from many people associated with ia over the years. A letter from the secretary to Her Majesty Queen Elizabeth II brought resounding applause as congratulations were read.
- The conference address was presented by Mr. Harry Cayton OBE, Director for Patients and the Public at the Department of Health. Mr. Cayton spoke about the partnership between patients, professionals with his theme being
  - Trust me, I’m a patient
  - Tell me the truth
  - Nothing about us, Without us.
- Business Meeting started
- The ia Brian Brooke Lecture by Professor N.S. Williams MS FRCS. “BB and Beyond” Professor Bryan Nicholas Brooke MD, MChir, FRCS, Hon FRACS, was ia’s president from 1956 to 1982. This lectureship honours the work of Sir Brian Brooke in England who in 1952 developed a technique of constructing a surgical connection between the small intestine and the skin thereby releasing ileostomy patients from having a flush stoma.
- Business meeting continued
- During the afternoon, there were four concurrent workshops
  - Visiting Coordinators
  - Young ia
  - Internal Pouch – “Your Pouch or Your Life.”
  - How to conduct an Annual General Meeting and Raising Awareness at the local level.
- Close of Business Meeting.

We congratulate ia for its hard work, service, and dedication over 50 years. We in IOA appreciates the help, enthusiasm and commitment shown by ia to help fellow Ostomates

While I was at the meeting I was able to spend a little time with Sarah Maill, who is not only the Young ia Coordinator but also the IOA 20/40 Regional Committee member for Europe. Please read the following information. If you are in the UK, are in the right age group, and have the time to join in the activities in Scotland, I know that you will be most welcome.
Young ia weekend 2006
Edinburgh
29th September - 1st October 2006

If you want to meet new people with either an ileostomy or internal pouch and have a fantastic time in one of Scotland’s most vibrant cities, why not join us for Young ia 2006?

As well as taking the infamous Edinburgh ghost walk, we will take a sightseeing tour of the cities finest attractions and experience the diverse nightlife of both the Grassmarket and Princes & George Street.

The Young ia weekend is open to everyone aged between 18 and 40 with an ileostomy or internal pouch. It is a great way to meet new friends and catch up with old ones.

For further information contact:

Sarah Maill, Young ia Co-ordinator
20 Lowery's Lane, Low Fell, Gateshead, NE9 5JB
Tel: 0191 4206375    Email: Sarah@youngia.org.uk

ONE PERSON CAN MAKE A DIFFERENCE IN INTERNATIONAL RELATIONS
JIM CHARNOCK OF MANCHESTER ia DOES.

Jim lives in the city of Manchester which happens to be twinned with St. Petersburg in Russia so naturally he is interested in what happens in St. Petersburg and what life is like. Actually, it’s the 50th birthday this year of the Manchester St. Petersburg Friendship Society and Jim has been involved over many years; a coincidence ia celebrates its 50th anniversary at the same time. Little did he know that he would be walking the streets of St. Petersburg in January at -20 degrees and July at 90 degrees F. What brought this about?

In 1985 Jim had ostomy surgery. In September 1993, Jim went to St. Petersburg with Brenda Flanagan to attend a weekend conference. Jim found out that the people in St. Petersburg had no access to ostomy supplies so he decided to do what he could to help. Jim before his retirement worked for British Airways and before long was collecting surplus ostomy supplies. When Jim started this work he had a knowledge of the air freight business but he still had to pay out of his own pocket to ship the supplies to St. Petersburg but he received a discount as BA staff and could usually managed to get a cheap deal for his shipments.

Jim has collected hundreds of kilos of ostomy appliances to send to ASSCOL in St. Petersburg. He has traveled to St Petersburg five times to see the work of ASSCOL. Jim says, “They haven’t got anything out there, so I want to help in some way. There are 2500 people in St Petersburg who need these bags and they are simply not available over there.”

Jim says that the combination of being a member of ia and the Manchester/St. Petersburg Association has helped him a great deal. What has impressed Jim a great deal is that through helping others, he has learned a great deal about life in another country and made many good friends.

I am sure that his many Russian friends are grateful for Jim’s initiative and his devotion to helping those who have had ostomy surgery in circumstances where little is available in the way of ostomy supplies.

So you see; one person can make a difference. Thank you Jim.

Di Bracken, President
The Dutch Queen Beatrix has honoured the president of the Dutch Ostomy Association, **Ria Smeijers** for her outstanding efforts for her voluntary work for the Dutch Ostomy Association, the European Ostomy Association and the ostomates in general. Also for her additional voluntary work for instance the inmates in the prison near where she lives. The reward is a very important Award in the Netherlands and only a few people are decorated.

Our International Ostomy Association has a long association with The Netherlands and was in fact officially ratified in the Dutch city of Weesp in 1975 with its founding Congress being held there; the former “Harry Bacon Club” being a founding member. It is therefore, most appropriate **Ria Smeijers**, be recognized for the outstanding work that she has performed on behalf of ostomates.

The members of the Dutch Ostomy Association wished to recognize the services of **Ria Smeijers** which, of course, have been given entirely voluntarily. Her dedication and outstanding service to those who have ostomy surgery extends throughout the ostomy world; her local community of Rijssen-Holten, her country, The Netherlands, throughout the European Region and internationally.

Ria Smeijers as a delegate represented the Harry Bacon Club at the following congresses:

- International Congress in Adelaide, Australia in 1994
- International Congress in Calgary, Canada in 1997
- European Congress in Jerusalem, Israel in 1995

Ria was a member of the Co-ordinating Committee from 1998 till 2000 for our International World Congress that was held in Noordwijkerhout, The Netherlands in April 2000.

At the European Congress in Copenhagen in May 2001, Ria Smeijers was elected as a member of the Co-ordination Committee of the European Region. She was responsible for co-operation in Western Europe.

During this term a questionnaire was circulated in regard to the Charter of Ostomy Rights. The results were presented during the Congress in Porto in 2004. As you will be very aware, there are great differences in the care of ostomates within the different European countries. There is a great disparity between the wealthy and the newer countries of Eastern Europe. Ria has set her sights on being able to help decrease these differences within the coming years.

In August 2004 in Porto, Ria was elected vice president and treasurer of the European Region. As such she has taken on the responsibility of having two of new brochures: ‘Stoma and Sexuality’ and ‘Stoma and Pregnancy’ translated into English, so that they can be distributed throughout the European Region as well as internationally. This is in addition to the official duties she holds as vice president/treasurer.

We all congratulate **Ria Smeijers** for this Royal Decoration and are just delighted that she is part of our IOA team.
Two Valuable CD's

“This will give many people a higher quality of life.”

These were the words of Arne Holte, president of the European Ostomy Association when he received two CDs at the 40 years anniversary of The Nederlandse Stomavereniging “Harry Bacon” in Ede, The Netherlands. The anniversary took place in the end of April this year. The two CDs is an English translation of brochures made by the Dutch Association on “Ostomy and Pregnancy” and “Ostomy and Sexuality” important for most people, and what the Dutch thought was, this is not only for the Dutchman! So what they did, they translated the brochures to English and made 200 CDs of each. Now they offer the CDs to the world. Every organization wanting to have them can get them by contacting the Dutch Ostomy Association.

A great offer – and Arne Holte expressed great gratitude to the Nederlandse Stomavereniging at the handover of one example of each in front of a 235 people audience which included doctors, nurses, officials and of course many ostomates from The Netherlands. He also told about the great insecurity many people have with their sex life after ostomy surgery, and also with how to get pregnant and to give birth when you have got an ostomy. Some places in the world people may think it is impossible to give birth, some may even think they will die when they become pregnant and the time for giving birth has come.

If you are interested in obtaining a copy of these CDs, please here is the contact information:

Dutch Ostomy Association 'Harry Bacon'.
Wilhelminastraat 45
3621 VG Breukelen
The Netherlands
Tel. (xx)346 26 22 86
Fax: (xx)346 25 03 56
email: info@stomavereniging.nl
website: http://www.stomavereniging.nl

Arne Holte, President EOA

An interesting conference

In Mid-June the European Ostomy Association will arrange a twinning conference in Vilnius, Lithuania. When April goes into May about 12 – 15 countries/associations have informed about their participation, most of them from western (and what we usually call the rich countries) – but also some countries from the former Soviet countries will be there. Some of those will probably tell about great problems for ostomates, other will report of improved situations during the last years.

As EOA consist of 42 countries until now, and more are knocking on our door, it is important to create easy and accepted methods to help the new-comers. If it is possible to get a country with great resources to adopt a new-comer in some way, we are in the first start of a twinning project. This year a couple of new countries have asked for help in someway. The ultimate goal must anyway be to “create organizations for ostomates - run by ostomates”. But also the most successful organization stated some time at some level!

Amongst the countries that will attend are Ukraine, Latvia, St. Petersburg, Germany, Demark, Norway, Sweden, Italy and Canada – just to mention some. The president of IOA, Di Bracken, will be there – and just that highlights the importance of the conference. At such conferences and meetings there will easily be great language problems, but with around 20 participants we hope to minimize such problems, which includes our utmost focus on understanding each other.

During the two-day conference there will lectures about successful twinning projects like Denmark – Lithuania and Norway – St.Petersburg, and the will be a lot of discussions about both problems and advantages with twinning projects. The president of EOA, Arne Holte from NORILCO, Norway will head the conference – and also start with giving this lecture: What’s twinning?

Arne Holte, President EOA
World Ostomy Day  7 October 2006
“Living Life to the Full.”

In 5 months time we hope all our countries and associations will bring to the attention of the public and the global community how important it is to improve the Rehabilitation of Ostomates.

It is expected that each organisation will do that in their own special way.

I am excited to hear that each region is promoting this well and we all look forward to hearing about your plans and actions.

Please check the website from time to time to see if any new material is listed for WOD. Coming soon will be some tips on what to keep for making a Coloplast Merit Award entry and later the Coloplast Merit Award entry form.

Coloplast have had made 5000 WOD badges(pins) for you. These are in the process of being distributed to each region and they will be sent to you from there.
If you want these please feel you can contact your regional president or assistant co-ordinator. Their names and email addresses are listed below.
Remember Coloplast are supporting this day having put up $12000 US dollars in regional prize money for the Coloplast Merit Awards.

Hollister’s Photo competition conditions of entry information are listed on our website. This closes on 1 August. We are looking forward to many entries so we can use the display to show Ostomates “Living Life to the Full” during our 7 October activities.

Email Tree (Chain)
Make sure your country co-ordinator sends an email address, for this activity starting on October 6, to your regional president or assistant co-ordinator by the end of June.

South Pacific Activities
Australia will hold special open days in all their associations and will feature dedicated ostomates working at a local and regional level.

There will be fashion parades of ostomy friendly clothing and displays and demonstrations of ostomy appliances and seminars run by professionals.

Media will be involved at a local level to promote these days and to promote where possible the needs of the less fortunate Ostomates in developing countries. The Australia Fund will be promoted as a means of assisting those in less fortunate circumstances.

All their associations have been challenged to enter the Hollister Photo contest as have all the New Zealand Societies.
New Zealand will hold a range of activities similar to those described above and their will be seminars and displays manned in public places.

It is hoped that there will be National news coverage as well as local coverage through community media outlets.
At one society a large walk through bowel will be available and Bowel cancer will be highlighted as a major reason for ostomy surgery. The ostomates and professionals present will use this as their promotion of WOD.
Another society will promote ostomates participating in various sporting and recreational activities. These are a few of the actions planned for the South Pacific and as the information flows from the other Regions we will circulate and publish their intentions through IOA Today, a newsletter to Co-ordinators, and the Website.

I look forward to hearing of your exciting plans and actions to promote World Ostomy Day on 7 October this year.

Barry Maughan
World Ostomy Day Co-ordinator for IOA Executive Committee. (See contacts on page 7)
## Regional Contacts

**EOA**

- **Arne Holte**  President  Norway  regioneuropean@ostomyinternational.org
- **Henning Granslev**  Assistant Co-ordinator  Denmark  h.granslev@mail.tele.dk

**NACAOA**

- **Linda Aukett**  President  USA  buffaway@snip.net
- **Sheelagh Zapf**  Assistant Co-ordinator  Canada  sheelah@telusplanet.net

**ALADO**

- **Candida Carvalheira**  President  Brazil  abraso@abraso.org.br
- **Alexander Machaca**  Assistant Co-ordinator  Bolivia  alexander.machaca@iol-sa.com

**AOA**

- **John Cardosa**  President  Malaysia  cardosa@streamyx.com
- **Kathleen Tang**  Assistant Co-ordinator  Hong Kong  hksa_es@stoma.org.hk

**SPOA**

- **Barry Maughan**  President  New Zealand  regionsouthpacific@ostomyinternational.org
- **Gerry Barry**  Assistant Co-ordinator  Australia  gbarry@acenet.net.au

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**IOA Active Ostomy Related Discussion Forum**

http://ostomyinternational.org/cgi-bin/dcforum/dcboard.cgi

A place to post your Ostomy related questions and responses to others
Criteria for the Coloplast Award WOD 2006

WOD Aims and Objectives
Degree to which the entry fulfils the aims and objectives of the WOD

Originality
Level of innovation and enterprise

Resourcefulness
Level of quality relative to the size/resources of the Association

Public Awareness
Degree of impact nationally, including press coverage

Internationalism
Suitability of the proposal/activity for other countries particularly emerging nations

Story Telling
Does the entry tell a good story, preferably about the WOD theme “Living Life to the Full”, creating optimism and “joie de vivre” with the audience

New Members
Ability to recruit new members

Living Life to the Full

Under this theme we will all celebrate the World Ostomy Day, 7 October 2006.

As we have done in the past, Coloplast is pleased to reward the most creative and enterprising activities.

There will be 3 regional contests:

- Europe
- The Americas
- Asia & South Pacific

each competing for a first prize of USD 2500, and a runner up of USD 1500.

The 6 winners will be announced at the 12th IOA in Puerto Rico in September 2007.

Contact Barry Maughan, WOD coordinator, for more information.

The Coloplast Merit Award’s fundamental aim is to encourage the spread of enterprising initiatives of national ostomy associations to member associations around the world. The award has been developed in cooperation with the International Ostomy Association Board and has been presented since 1991.
Get out your camera and participate! Hollister Incorporated is announcing a world wide photo contest open to every Ostomy Association around the globe.

**Here’s why:** World Ostomy Day, October 7, 2006, is a very special day, so we’re sponsoring a very special contest **The 2006 World Ostomy Day Photo Contest.** The Contest is a unique way to showcase talents and people, and to create lasting memories in conjunction with World Ostomy Day.

**Theme:** The 2006 World Ostomy Day theme is “Living Life to the Full.”

We know there are thousands of you who live that way each day--and in every way. You live life to the full in your families or on vacation, during work and with grandchildren, while volunteering or tending to pets. We know you’re out there “living” and that’s the type of image we want you to capture.

**Winners:** 20 photos will be chosen by the judges: Stuart Schaefer, IOA Webmaster and professional photographer and Hollister.

- All winning photographers will receive a certificate of recognition
- Each Ostomy Association / chapter / group, represented by the photographer, will receive $250.
- All IOA member countries will receive a CD-ROM of the winning photos to show how persons with ostomies “live life to the full” around the world
- Entries from individuals not affiliated with an Association / chapter / group will be disqualified.

**Rules:**

- **Photographers:** must be people with ostomies.
- **Images:** must be of people with ostomies “Living Life to the Full”
- **Photos:** may be digital or processed film
- **Size:** doesn’t matter
- **Color:** use color or black and white, it’s your choice
- **Deadline:** August 1, 2006
- **Description:** submit photos with the photographer’s name, association name and location, the occasion, place, date and names of people in the photo

**Please be aware:** Submitted photographs will not be returned. Also, the photographs will become the property of the sponsoring organization, Hollister Incorporated, and may be shown publicly.

**Please submit your entries by August 1, 2006 to:**

Al Maslov, Global Marketing
Hollister Incorporated
2000 Hollister Drive
Libertyville, IL 60048
e-mail: wod2006pc@hollister.com
Tel. 847-680-2140
Fax: 847-918-3981
STOMA CARE WORKSHOP IN DHARWAD - HUBLI : (16th to 19th February 2006.)
Reported by Dr. Harikesh Buch

Introduction

The Department of Surgery, SDM medical college & North Karnataka Cancer therapy & Research center -Hubli, organised a Stoma care workshop for nurses & doctors of local hospitals of Dharwad & Hubli from 16th to 19th February 2006.

SDM medical college hospital is about 500 bed hospital with almost all major specialities but does not have a stoma clinic. North Karnataka cancer therapy & research institute, Hubli is the only cancer hospital in entire North Karnataka & has about 200 beds with all types of oncology services. Both institutes serve a vast population of around 15-1800000.

Dr. Carlo-Pezcoller of Italy, Dr Harikesh Buch, of Mumbai, Mrs Anjali Patwardhan (Senior most ET trained in south east Asia & at present at Tata cancer hospital, Mumbai) & Mrs Jyoti, the Enterostoma therapy [E.T] nurses from Mumbai were invited faculty members from outside &. Drs Anil Halgeri, Suresh & Shilpa Huchchannavar, Raviraj Raykar, Bharat Kshatri, Dr Deka, Dr B.R,\ Patil etc were local faculty members. About 10 doctors & 30 Nurses participated in the workshop. The stoma appliances were displayed by the manufactures. About ten stoma patients & their relatives were called & they also actively participated in the workshop.

Inaugural function:

The workshop was inaugurated by Prof Carlo Pezcoller, who stressed the need for the formation of the ostomates association & for the stoma clinic in the hospital. Dr. Buch & Dr Nianjankumar Medical director of SDM Medical College & Hospital , Mrs Anjali Patwardhan & Mrs Jyoti & Mr Krisna Kulkarni were the guest of Honour.

Pre Test Questionnaires: were given to all the delegates to evaluate the existing information.

The Structure of the Workshop:

The workshop was structured to give comprehensive knowledge & practical demonstrations of the topics starting from Anatomy. Physiology of G.I Tract & G.U. Tract, indications for stoma, types of stoma, pre-op counselling, stoma siting, pre-op preparation, post-op care, discharge planning, complications of stoma surgery & their management, Local, regional, national & international scenario of colo-rectal cancer Radio & chemotherapy of colo rectal cancers, indications & complications of stoma in paediatric patients etc.

Demo of the stoma appliances:

The dealers of the stoma appliances demonstrated their product range & explained the specific usage of their products. The E.T. nurses also showed the various appliances & demonstrated the actual method of their usage on some stoma patients. Also how to deal with complications around stoma were also adressed by them on actual patients. Since colostomy is a commonest stoma created, Irrigation technique was also dealt with in detail by ETs & Dr. Buch.

The Ostomates Meet:

In this workshop, unlike in previous countries, patients with stoma & their next of kin were invited to discuss their perspective of ostomy surgery & this was well received by all participants. About ten different types of ostomates attended the workshop. They shared their experienced with each other & with other delegates. The relatives of the ostomates also participated in the discussion & learnt the current method of giving stoma care to the patients.

Ostomy Association & Stoma clinic:

The North Karnataka Ostomy association was inaugurated at Hubli cancer hospital, Hubli, in presence of about 250 doctors, nurses & ostomates, by Dr R.V.Patil senior most local surgeon who also is a founder member of cancer hospital. It was decided to request ostomates & surgeons & nurses of Belgaum to join with this group instead of forming a separate ostomy association.

At this function Dr R.V.Patil also released a book of information about ostomy care in Kanada, a local language, translated from its English version. These books were distributed to all participants & also to ostomates & their relatives. Almost all faculty members & local surgeons & many local social workers donated contribution & became honorary members of this ostomy association. Product manufacturers also generously donated to this association.
But the Stoma Clinic is the need of the hour & it was decided to request the Medical Director to set up a Stoma Clinic in the hospital as soon as possible & design of the clinic was also given to the hospital architect.

**Post-test questionnaire:** were given to all participants to assess the increase in the information about stoma care.

**Valedictory function:**

The valedictory function was held on 19th Feb.2006. Dr B.R. Patil, Dr Ravi Kalgati, Dr Deka were guest of honour. Distributed certificate of participation to all participants along with Dr Carlo Pezcoller & Mrs Anjali Patwardhan. Mr Krishna Kulkarni, son of late Mr Narayan Kulkarni who was an Ostomate & active social worker & educationist in Dharwad & Hubli, proposed the vote of thanks.

We are indebted to Dr Niranjan Kumar Medical director of SDM medical college Dharwad & Dr R.V. Patil & Dr Deka of Hubli Cancer hospital for all the support & extending local hospitality to all of us for this workshop. We also would like to thank & express gratitude to Prof. Dr.C. Bhaskar Rao, Director of SDM dental college who made our stay very comfortable in their guest house for all of us & took care of local hospitality. The workshop was free for the delegates, because of the support from SDM Medical College & North Karnataka Cancer therapy & Research center & the promised support by the manufactures / dealers of the stoma appliances.

We greatly appreciate the enthusiastic & tireless work ethics of Mr Krishna Kulkarni & his family members & all his young & dynamic friends to organise this stoma care workshop at Dharwad - Hubli. Without these young peoples support it would have been impossible to hold this workshop. The Lions & Rotary clubs have shared the local hospitality to the external faculty members of the workshop. The Lions of District 108 Tb, Italy Kindly sponsored Prof. Carlo Pezcoller for his participation in this workshop in India.

**Social Evenings:**

We were invited to local Lions club meeting in Dharwad. They honoured Prof Carlo Pezcoller, Dr Harikesh Buch, ETs Mrs Shivani & Mrs Shushma. We had evening dinner at Lions club meeting. Prof. Carlo Pezcollar stressed the importance of international Lions club participation in Stoma care programme to spread awareness & knowledge about stoma care in less privileged areas of the world at large & India in particular. He exchanged gifts from lions club of Modena, Italy with local Lions club, of Dharwad.

We also had a social evening with Local Rotary club members in Dharwad again Dr Carlo Pezcoller stressed the importance of co-operation between various local & international service clubs in educating health care givers about stoma care. Prof. Calro also stressed how various service clubs by providing financial support for workshops like these, support to establish & maintain stoma associations & stoma clinics & by using their good offices to influence government to enact appropriate laws to help stoma patients. We were also invited to speak on stoma care & its importance in local medical association meeting one evening followed by a nice dinner. Dr B.R. Patil & Other surgeons of Hubli cancer hospital had kindly organized nice farewell dinner for all of us.

We had chance to visit some local sight seeing places & had chance to visit local farm house to see Bedgi chillies & many other plants & trees. We did manage to visit Old historic towns of Aiholi where temple architect was first time practiced in India in 4th -7th century AD. & also old stone caves in Bedami near Dharwad & Hubli. Thanks to our local host Mr Krishna Kulkarni & his family.

[Image: Relatives caring for patient]
[Image: Bedami Caves  Chili Farm]
Stoma Care Workshop in Belgaum
(22nd to 25th February 2006):

Introduction
The Department of Surgery, J.N. Medical College, & KLES Hospital & MRC, Belgaum, along with the Belgaum District Branch of Karnataka state Chapter of the Association of surgeons of India held a workshop on Stoma Care from 22nd to 25th February 2006.

KLES hospital is about 1500 bed hospital with almost all specialities but does not have stoma clinic. It serves a population of around 800,000. It is attached to a J.N. medical college which admits about 100 new students in medical course & also has P.G. degree course in almost all specialities.

Dr. Carlo-Pezcoller of Italy, Dr Harikesh Buch, of Mumbai, Mrs Shivani & Mrs Sushmita, the Enterostoma therapy [E.T] nurses from Mumbai were invited faculty members from outside & Drs Sandip, Sudhakar, Dhumale, Shimikore, Hema, A.S.Godhi, Ved Bhushan, Neeli, Abhinandan, Nerli, Vijay Pujar, were local faculty members for the workshop.

About 40 doctors & 10 Nurses participated in the workshop. The stoma appliances were displayed by the manufacturers. About ten stoma patients & their relatives were called & they also actively participated in the workshop.

Inaugural function
The workshop was inaugurated by Prof Carlo Pezcoller, who stressed the need for the formation of the ostomates association & for the stoma clinic in the hospital. Dr. Buch & Dr M.V. Jali MD CE of KLES Hospital were the guest of Honour. Dr. V.D. Patil, Principal JNMC presided over the function. Dr. A.S.Godhi welcomed & Dr Ved Bhushan proposed vote of thanks.

Pre-Test Questionnaires: were given to all the delegates to evaluate the existing information.

The Structure of the Workshop
The workshop was structured to give comprehensive knowledge & practical demonstrations of the topics starting from Anatomy, Physiology of G.I. Tract & G.U. Tract, indications for stoma, types of stoma, pre-op counselling, stoma siting, pre-op preparation, post-op care, discharge planning, complications of stoma surgery & their management, Local, regional, national & international scenario of colo-rectal cancer Radio & chemotherapy of colorectal cancers, pediatric indications of stoma etc.

Demo of the stoma appliances: The dealers of the stoma appliances demonstrated their product range & explained the specific usage of their products. The E.T. nurses also showed the various appliances & demonstrated the actual method of their usage on some stoma patients. Also how to deal with complications around stoma were also addressed by them on actual patients. Since colostomy is the most common stoma created, irrigation technique was also dealt with in detail by ETs & Dr. Buch.

The Ostomates Meet
In this workshop, unlike in previous countries, patients with stoma & their next of kin were invited to discuss their perspective of ostomy surgery & this was well received by all participants. About ten different types of ostomates attended the workshop. They shared their experienced with each other & with other delegates. The relatives of the ostomates also participated in the discussion & learnt the current method of giving stoma care to the patients.

Ostomy Association & Stoma clinic
The North Karnataka Ostomy association was inaugurated recently few days back at Hubli cancer hospital, Hubli & therefore it was decided to join hands with them instead of having a separate association at Belgaum. But stoma clinic is the need of the hour & it was decided to request the medical director to set up a stoma clinic in the hospital as soon as possible & design of the clinic was also given to hospital architect.

Post-test questionnaire: were given to all participants to assess the increase in the information about stoma care.

Valedictory function:
The valedictory function was held on 25th
Dr. M.V. Jali MD, CE, & Dr. Chiniwalar Chairman KSC/ ASI & Dr. V.A. Patil G.C. Member were the special invites Dr. Pangi proposed the vote of thanks.

We are indebted to Dr. V.D. Patil & Dr. MV. Jali for all the support to this workshop. The workshop was free for the delegates, because of the support from JN Medical College & KLES Hosp MRC & the promised support by the manufacturers / dealers of the stoma appliances. The Lions & Rotary clubs have shared the local hospitality to the external resource persons of the workshop. The Lions of District 108 Tb, Italy Kindly sponsored Prof. Carlo Pezcoller for his participation in this workshop in India.

**Social Evenings:** We were invited to local Lions club meeting where District Governor Lion Mr Ravi Hegde was a special guest. They honoured Prof Carlo Pezcoller, Dr Harikesh Buch, ETs Mrs Shivani & Mrs Shushma. We had evening dinner at Lions club meeting. Prof. Carlo Pezcoller stressed the importance of international Lions club participation in Stoma care programme to spread awareness & knowledge about stoma care in less privilege areas of the world at large & India in particular. He exchanged gifts from lions club of Modena, Italy with local Lions club, Belgaum.

We also had an evening with Local Rotary club members in Belgaum. We participated in celebrating Rotary international's birthday & Prof. Carlo Pezcoller, again stressed the importance of co operation between various local & international service clubs in educating health care givers about stoma care. Prof. Carlo also stressed how various service clubs by providing financial support for workshops like these, support to establish & maintain stoma associations & stoma clinics & by using their good offices to influence government to enact appropriate laws to help stoma patients.

We had chance to visit some local sight seeing places & had chance to visit local golf club as well. Principal of medical college Dr V. D. Patil & CEO of the Hospital Dr Jali had kindly organized a fantastic farewell dinner one evening for all faculty members.

**16TH BIENNIAL CONGRESS OF THE WORLD COUNCIL OF ENTEROSTOMAL THERAPISTS 2 – JULY 2006 TO BE HELD IN HONG KONG.**

It is my pleasure to be able to represent IOA at this important conference. Since its inception in 1958, ET nursing has gained a level of international standing and is recognized as a specialized field of nursing in the management of stoma care, wound and incontinence.

As we all know this is an organization of great importance and we look forward to working together in the future. Look for my report on the Congress in the next edition of IOA TODAY.

Di Bracken

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**20/40 Report- Paula West**

Hello friends and fellow 20/40-ites,

Time marches on towards are next major international event;

**20/40 Focus in Puerto Rico 2007**

The committee have been working towards a programme of workshops, seminars and fun activities that is sure to please.

We have been looking at the good and the bad from past Focus meetings and also the results of the questionnaires filled in by the participants from 20/40 Focus in Porto in 2004.

We are very keen to have indications from those of you out there who anticipate attending the 2007 event, so please email me or your regional rep with your details so that we can keep you up to date with progress on the event. Even if it has just been a fleeting “maybe”, get in touch, we want to see thou all there in 2007!

We have put together a draft programme which we will post on the IOA website shortly but we would love to have more input from prospective attendees. (Continued on page 14)
If you are interested in attending the upcoming (or any future) 20/40 Focus event please email me or your regional rep with your contact details and any ideas you may have on what you would like to see at the Focus, such as:

(i) Topics and/or issues you would like to see raised and dealt with in workshops or seminars such as:

- Skin care,
- Sexuality,
- Self-esteem,
- Aging with your stoma,
- Stoma care,
- Product availability, use & care
- IOA in the future,
- 20/40 in the future,
- Regions in need & how we can help?

(ii) Activities/events you would like to take part in, etc.

*WATCH THIS SPACE FOR THE DRAFT PROGRAMME AND NEWS AND IDEAS FOR THE UP-COMING 20/40 FOCUS PUERTO RICO 2007

20/40 Questionnaire results

You may recall or have even answered the questionnaire posted on the IOA website and sent out to those regional groups we were able to contact last year. It was hoped that the report would assist us with future planning for 20/40 groups and events.

The report results have been helpful in that they have given us some insight into 20/40 groups around the globe and what they offer ostomates in their regions but given that the response from some regions was limited (in numbers) it is difficult to truly assess the results in hand.

That aside, it does seem clear that:

(i) Most regions do have ostomates in the 20/40 age bracket although few specifically cater for this group by way of 20/40 events, separate groupings/annual outings. The UK lead the way in this respect with active involvement and planning.

(ii) Youth or younger ostomates tend to be catered for by way of camps or cancer/paediatric groups. Although this occurred only in a few regions as there was no active work undertaken in ensuring younger ostomates graduated to involvement in the 20/40 level and beyond.

(iii) Whilst figures for young ostomates were hard to come by, there was general agreement that there should be some form of support and/or youth programming in the countries that responded.

There is work to be done here and we will have an update from the committee as to how to work with your regional groups in establishing groups/events and networking with young ostomates in your region in the next issue of this magazine.
In my home Country:

I have been working on a programme for the NZ annual Conference which will be held in Rotorua in October this year. In NZ we have no established 20/40 network in place and contact with this age grouping, is as ever, the main hurdle.

I am optimistic that there will be some interest however; numbers are likely to be small given our ostomy numbers generally. We have approximately 6,000 or so ostomates in NZ, small comparatively to some of our larger regions.

We have scheduled our annual youth camp for September 2006 where we will spend a week of fun, friendship and learning in the snow for the 10-20 age bracket.

In your regions:

Sarah, Damaris and Aggie have been actively involved in their regional activities and are pursuing the 20/40 Focus 2007 with great enthusiasm.

*WATCH THE WEB PAGE FOR UPDATES AND ACTIVITIES FROM THE REGIONS AS WELL AS THE DRAFT PROGRAMME FOR 20/40 FOCUS

Ka kite, Paula.

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Sarah Smaill (UK) thesmaill@yahoo.co.uk
Damaris Morais (South America) damaris.morais@teera.com.br
Monica Sagastume (North America) msgastu@loudoun.gov
Aggie Chor (Asia) aggie486@tm.net.my

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GAUTEFALL 2005 – NORILCO’S YOUTH SUMMER CAMP by Sarah Maill, 20/40 EOA Committee Member

Having stoma surgery has opened up so many amazing opportunities for me, which I could have never imagined twelve years ago lying in a hospital bed.

For the past four years I have been the Young ia Coordinator, for ia (The Ileostomy and Internal Pouch Support Group) here in the United Kingdom. My role is to help support young people either pre or post surgery and to raise awareness of young ostomates, which is certainly a challenge. Through my involvement with ia I have attended all three ‘20/40’ Focus conferences and have met people from all over the world whose stories and experiences have inspired me. This would not have been possible if I had not become ill and required ostomy surgery.

20/40 Focus is an international conference for young ostomates and young people with continent procedures, between the ages of 20 and 40, to come together to exchange ideas and to network. At the 3rd ‘20/40’ Focus in Porto, Portugal in August 2004 I was thrilled to be appointed the European Representative for the 20/40 Focus 2007 Planning Committee.

By participating in ‘20/40 Focus’ I have made friends with some great people, in particular the Norwegians who led us astray with their partying in Porto in 2004. Although, I had met Espen Andreassen at the first ‘20/40 Focus Conference in Copenhagen in 1999, then again in Hamilton in 2001, it was not until last year in Porto that we became friends. As a result of this, I invited him to attend the Young ia weekend in Newcastle upon Tyne in October 2004, which he attended along with Geir-Tore Hansen, another member of Norilco’s (Norwegian Ostomy Association’s) Youth Group. All I can say is they certainly made an impression.

Norilco returned the invitation by inviting me to attend their Youth Summer Camp in Gautefall last summer, which I had heard so much about. Norilco hold both a winter and summer camp for anyone aged between 16-35 with any type of ostomy or a j-pouch. Their camps have a similar aim to our Young ia weekends, to bring young people together to share experiences and make new friends. Norilco have a
very strong youth board led by Frank Hernes and have been fortunate enough to secure funding for some excellent initiatives to raise awareness of young ostomates. Therefore, I was hoping to learn a lot by attending the camp in Gautefall.

When I received an email from Espen two weeks prior to the camp instructing me to bring the following items, I was intrigued to say the least: - walking shoes, a rain coat, a t-shirt and a bikini. I knew we would be staying in a log cabin in the mountains but was not sure what to expect, since all I knew was the Norwegians love being outdoors and socialising. I was also looking forward to seeing my friend Anneli from Estonia, who had also been invited to the summer camp. I arrived in Oslo to be greeted by Espen and Anneli, as Espen had arranged for us to stay with him in Oslo for two days before the camp.

The next day Espen took us on a whistle-stop sightseeing tour of Oslo, don’t think I have ever seen so many places in one day. We visited: Holmenkollen, the Olympic Ski run, The Viking Ship Museum, Vigeland Sculpture Park, The Royal Palace and The National Gallery to see Edward Munch’s most famous painting ‘The Scream’. The highlight of the day was seeing Espen’s face when we got to the top of Holmenkollen as he’s scared of heights. I have never seen anyone so petrified, and he couldn’t even admire the amazing views. The day ended with a barbecue, it was great to sit out on the veranda playing games and to talk the night away.

The following morning Espen told Anneli and I that we would be travelling by bus to Gautefall, with the other participants, whilst he drove there. To be honest it was quite intimidating when we arrived at the train station in Oslo to find a group of young Norwegians greeting each other. However, once we boarded the bus people slowly began to introduce themselves and make an effort to overcome the language barrier. It was a five hour bus journey up into the mountains to reach our destination. I spent most of the journey admiring the stunning scenery as Norway is a beautiful country. Once we reached Gautefall we had dinner in a local hotel and then headed to our log cabins. The cabins were fantastic, they had an indoor pool, with a sauna and a Jacuzzi, which were great fun. All thirty-six participants were divided into two cabins, which were soon nicknamed the noisy and the quiet one, of course I was put in the noisy one. That evening we had a getting to know you session, basically you ended up with a partner who you had to find out five things about and then introduce to them everyone else. Again the issue of language caused a few problems for Anneli and I but in a way it added to the fun.

Thursday was meant to be a relaxing day but a group of us ended up going on a 3.5km hike in the nearby mountains, once again I admired the scenery and it was a great opportunity to get to know some of the other people. Thankfully, the hike wasn’t too tough but I think Anneli found it difficult as Estonia is a very flat country so she’s not used to walking up hills. When we got back to the cabins I found out why I was asked to bring a t-shirt, Marianne (one of Norilco’s Youth board members) was showing us batik, to tie dye our t-shirts. Armed with scissors, string and clothes pegs I spent the next hour preparing my t-shirt to be dyed. Later in the afternoon we had to rinse our t-shirts and then hang them out to dry. I thought this was a good idea as it meant we all had our individual souvenir from the camp. That night we had a barbecue, which was followed by time in the pool, playing games, dancing and staying up late.

Another excellent activity was the singing competition, we were divided into four groups and had to write our own song to the tune of a well known song. My group offered to perform in English since I had great difficulty in pronouncing all Norwegian words, much to everyone’s amusement. I certainly didn’t trust Espen trying to teach me Norwegian, as imagined him telling me I was saying how are you and in reality I was probably saying something rude. This was a fun thing to do because we only had two days to write and rehearse as everyone had to perform their song at the party on the final night.

We had an early start on the Friday morning, as we were going by bus to Aqua Land, I wasn’t really looking forward to this as am not a huge fan of these type of places. However, when we arrived there were a few of us who did not want to go on the slides etc, as it was not very warm, so we walked round the park, then went for lunch. In the afternoon, everyone played mini golf and certain people got very competitive. I managed to get a hole in one on the second hole but unfortunately my playing went down hill after that. On the way home we stopped at a lovely hotel for yet another fantastic buffet dinner, and then headed back to the cabins. We spent some of the evening rehearsing our songs, my group decided to sing about ourselves and luckily we had Martin who could play the guitar. However, we soon realised that we weren’t very good but it was more about taking part than winning. The rest of the evening was spent socialising either in the pool, Jacuzzi, sauna or in the communal areas where we chatted, played games and drank to the early hours.

Saturday was another bus trip up into the mountains, to Jettegrytte, to go swimming in natural pools amongst gorges. The bus could only take us so far, so we had to walk the rest of the way. This involved us walking along a tiny wooden walk way over a ravine, which was not for the faint hearted. It made me realise how much the Norwe-
gians enjoy the outdoors and how different this camp was to my Young ia weekends in the United Kingdom. I began to think if it was possible to do something similar back home or not. Once we arrived at the gorge the weather began to change, but this did not stop a small group of people diving in and swimming. Espen tried his best to persuade me to jump in but the water was freezing, so I declined. Unfortunately, it began to rain so we had to cut our stay short but decided to head back to the cabins for a late lunch and to prepare ourselves for the final night of camp, the bad taste party.

It amazed me how everyone made such an effort with their costumes, I don’t think people would have done that in the UK. Everyone looked great and the outfits added to each group’s performance of their songs. All the other three groups performed their song in Norwegian and even though I couldn’t understand what they were saying they were all good performances. Unfortunately, I think my group lost points for performing in English and because we had Martine playing the guitar. We all had to vote for the best song and sadly my group came last. Everyone voted for the best male and female bad taste costume and the winners were definitely the best. The party went onto the early hours and I was one of the few left when we finally decided to go to bed at 5am.

Everyone was up early Sunday morning to clean the cabins and to say our goodbyes. Then it was aboard the bus for another seven hour journey back into Oslo and onto the airport. It was sad saying goodbye as it was great to see old friends again and to make new ones. I had an excellent five days and learnt a lot from seeing how Norilco’s youth camps are run. I came home with lots of ideas and am going to explore the possibility of setting up a camp in the UK for our teen members. I also hope we can continue our relationship and set up an exchange programme so we can participate in each others youth events. Or perhaps we could look into the possibility of organising a European Youth Camp in the future. Whatever we decide to do, I hope we can use this experience as the foundation to build a European youth ostomy network.

I would like to thank Norilco’s Youth Board in particular Espen and Frank, for inviting me and would like to take this opportunity to thank Norilco for funding me to attend the camp.

(First published in the Phoenix, magazine of UOAA.)

FOW USA CONTINUES TO HELP OSTOMATES AROUND THE WORLD.

FOW USA SHIPMENTS

1. Iraq-650lbs-Aug.2005
2. Kenya-300 lbs-Aug 2005
3. Jamaica,Oct.2005,1068 lbs,cost $ 836.00
4. Nigeria,Nov.2005,164 lbs,cost $147.00
5. 3--Indonesia,Nov.2005,525 lbs,cost $557.00
6. Argentina{B.Aires},Dec.2005,870 lbs,cost $ 924.00
7. Chile,Jan.2006,1216 lbs,cost $ 1508.00
8. Ethiopia,Jan.2006,909 lbs,cost $2101.00
10. Bolivia,Feb.2006,970 lbs.,no cost yet
11. Zimbabwe-945 lbs-March 2006

This information shows the FOW USA is very actively shipping around the world.

We are now checking with our forwarder if a shipment to Zimbabwe can be made without too many problems. Each country now seems have different regulations for importing of a charitable donation. For example, many countries now require that the pallets used for shipments must be heat treated and certified and stamped accordingly. These pallets are available at added cost.
Hello Friends

Time certainly seems to fly by. Here it is spring and there are many up-comings events.

UOAC successfully launched our corporate identity project. Approximately 30 people participated at the first showing of the video in Saskatoon Saskatchewan. A brief overview of UOAC and what we do was presented to those in attendance. We also shared the future plans for the second phase of the project. ConvaTec, a platinum sponsor of the video, also provided some insight on their partnership with UOAC. A second launch for the membership will be held at our annual conference in Moncton, New Brunswick in August.

The Strategic Planning and Executive meetings were held in Toronto last weekend. We accomplished a great deal during those meetings, including a working, balanced budget, improvements to the District Support Services committee, fund raising and more.

In May, Vice-President, Doug Graham, will be represent UOAC at the annual conference of the Canadian Association for Enterostomal Therapy. This will be an opportunity to display our available publications, answer questions about our association and meet with manufacturers and ET nurses from across Canada.

July brings our Youth Camp. This event is the highlight of the year for many young people across Canada. In January, I started receiving requests from children wanting to return to the camp again this year. We hope to have 34 children, from across the country, attend this year’s camp.

Our Annual Conference will be held in Moncton, New Brunswick August 17 – 19, 2006. The planning committee have worked hard to bring us a great conference with interesting and diverse speakers, entertaining sessions and some fun thrown in. Everyone looks forward to the exhibit hall where we all have the opportunity to view and request samples of new products that the manufacturer’s and other vendors of ostomy related products have on display.

The fall will bring World Ostomy Day. Canada has three major events that will be celebrated nationally. First is our Annual Golf Tournament. This year it was decided to hold this event in conjunction with World Ostomy Day. The venue was also changed to a high profile golf course, Glenn Abbey, in the hopes of raising more money, giving potential golfers a chance to play on Canada’s most prestigious course and to raise ostomy awareness at the same time. October 7, UOAC will host a celebration at Toronto City Hall. This celebration will include speakers, the manufacturers and other dignitaries coming together to promote ostomy awareness. The third event will be a national bowl-a-thon. For those who aren’t familiar with a bowl-a-thon, this is an event where people get together bowl for charity. The event will be fun, raise funds for the local chapters who participate and promote public awareness of the ostomy experience. The chapters who choose not to hold a bowl-a-thon can hold an event that will best suit their volunteers in order to promote World Ostomy Day. All in all a very eventful three days.

UOAC wishes everyone in the different IOA Regions, success with their own World Ostomy Day celebrations.

We look forward to a very busy spring and summer full of good health and prosperity and we wish the same for all of you.

Pat Cimmeck, President
UOAC

NEWS FROM SPAIN by Cynthia Robinson
"The Challenges we face"

Nigel (our Treasurer) has recently been doing some market research with a view to directing our publicity effort to increase our membership and initiate new branches of our association 'Expatriate Ostomates of Spain' (EOS). The statistics he has come up with underline a membership situation that is starting to be of concern to us in our policy-making. We will probably produce a fuller paper on this in due course but meanwhile I am writing this short note to see whether other associations around the world face problems akin to ours - and can give us the benefit of their experience.

EOS is not a typical ostomy association. For very good reasons in our local context, we started from the beginning as a support group for expatriates in Spain - resident and visiting, - a population that was in obvious need of such support and not otherwise being catered for. In brief, the post-operative support services provided by the social security system are minimal and such Spanish ostomy associations as there are are inaccessible to expatriates due to the language barrier...
and due to their location in the larger cities while the expatriates are located on the coastal fringe. Both we and the Spanish associations are responding to perceived demand but in very different directions. Fortunately this is recognised and accepted by both and we are on good terms and looking forward to joining together in a national federation.

The 'foreign' part of Spain's 44 million population (per the 2005 Census figures) amounts to 3.7 million (8.5%) overall, 1.4 million of these being 'non-Spanish European' (3.2% overall). Of these Europeans, the biggest nationality group is the Romanians (22%) followed by the British (15.4%) and those born in Spain (12%) with Germans at 8.8%, all other groups being much smaller. If we include non-residents (visitors or those otherwise not locally registered), It is likely that the figures for West-Europeans double. The basic assessment of the proportion of ostomists in the population of Spain is that made by Professor Bienvenido in the 'Manifesto' which represented the conclusions of the National Congress held in Bilbao in December 2005 - to which document EOS was a signatory. That assessment, based on all the available statistics, was that there are 1.5 ostomists per 1000 population, in total about 60,000 for Spain as a whole.

Nigel's research concludes, however, (a) that expatriates tend to gravitate towards a very few provinces in Spain, namely Madrid, Alicante and Malaga, (b) the age-group distribution of the expatriate population, particularly in Alicante (our base area) and Malaga, is highly skewed as compared to the national norm (see table), and (c) that, in consequence, the incidence of ostomists in the expatriate population in those two areas is considerably higher than the national norm.

The impact of these statistics is making itself felt in the EOS in that we have no young members and few of middle age. Our members are almost all retirees and the average age is probably in the 70s. While the demands made on the EOS Committee for support services are predominantly related to illness of elderly members, it is difficult to find members who are sufficiently strong and active to provide that support and to generate funds.

Perhaps we are facing an extreme situation here in the traditional playground of Europe, but there may be other IOA members whose customer base is similarly skewed for one reason or another. Any suggestions to OSTEXT@terra.es

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<td>Median situations</td>
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<td>High expat populations</td>
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<td>25%</td>
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PROJECT OF THE SPOUSES FROM OSTOMY PATIENTS ILC0 BELGIUM

Dear Friends

I have met Ann from Canada, during my stay at the Congress in Porto - Portugal. We had a nice long chat and there the Project of the Spouses from Ostomy patients Ilco Belgium was founded.

Now, we continue working on this Project and hope that it will further grow and expand. Enclosed, you can find a short report of our Society.

Dear Ann,

Your E-mail arrived just in time, as we are leaving for a holiday from 27st April till 11th of May to Spain, round trip to Andalusia. Therefore, I hereby send you a short update of our local chapter – Kortrijk.

1) Our New Years Party, once again, was a great success, with many thanks to our Board. Everything enjoyed themselves. People talked, laughed, drank and ate abundantly. Here, the question from some spouses came up : “When will we have another meeting?”

2) Our second meeting in March was a very fun and homy afternoon. The regular spouses, who had found each other, were chatting around while I was responsible for the service and catering. Naturally, now and then I joined them in their conversation.

3) In June, I am planning to have a meeting with everyone about a new project. This idea came from the Institute for Family and Sexual Sciences, Psychiatry Department from the University Hospital in Leuven. It is striking that Literature does not give a lot of attention to the experiences of the Spouses of Ostomy patients. During our conversations with the Ostomy patients, we were also pointed out to the fact that there is a great absence of attention for the Spouses. Therefore, we would like to involve the Spouses in this program. This concept is strongly supported by the Ostomy patients. (Continued on page 20)
In Belgium, the first week of the month is the “week of the volunteer”, so also for us. In my opinion, everyone who volunteers in a Society, deserves some kind of gratitude and appreciation. Some encouragement, some flowers, a dinner or just a nice word,… These are just a few examples of showing your appreciation towards these people. They all spend a lot of time, outside of their busy daily jobs, to help others.

This was all the latest news of the Spouses in Belgium.

I wish you all the best and look forward to some news from your side.

Kind regards.

Pierrette - Stoma-Ilco Belgium

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**UPDATE PUERTO RICO**

Dear Friends

I am writing this short Report on behalf of The Executive Committee and The Organizing Committee of the next World General Assembly.

As some of you might be aware, there have been some unexpected changes within the framework of I.O.A., bringing some changes regarding this upcoming Congress.

I am glad to report that our Congress will take place in Puerto Rico, as it was decided at our last meeting in Portugal. However, we have changed the hotel venue, as under the circumstances the original hotel was much too expensive and would have made it extremely difficult for many of our members to attend.

Our President and myself flew to Puerto Rico to see what could be done so as to make the Congress more viable for most of our members to come and be with us, at an affordable and reasonable price. We have chosen a most charming hotel about 40 -50 minutes from the airport, which is very suitable to hold our Congress.

Here are just a few prices so as to let you know the difference:

- Previous Hotel : US$ 160.- Single/Double Room without breakfast.
- The new Hotel, Fajardo Inn: US$ 93.- Double occupancy, with breakfast
- Fajardo Inn, Superior Room: US$ 105.- King Size Bed / two Beds, with breakfast

The Registration Fee has been halved from US$ 300.- to US$ 150.-

Accompanying persons US$ 100.-

Now, my friends this should make it much more attractive for you to come and be with us at the beginning of August 2007 in Puerto Rico.

Heinz Wolff
Immediate Past President
Please visit the IOA Website http://www.ostomyinternational.org
Information may also be found in the IOA Today Newsletter that comes out four times a year.
Sign up via http://www.ostomyinternational.org/back.htm

Have other questions? Please contact:
Martha Velez – Congress Organizer ostomizadospr@yahoo.com
IOA President: president@ostomyinternational.org

http://www.fajardoinn.com
FOR MORE INFORMATION
CONGRESS REGISTRATION FORM and HOTEL BOOKING
AUGUST 7TH – AUGUST 12TH, 2007

Congress Registration:
The Fajardo Inn
P.O. Box 4309
Puerto Real, P.R. 00740
Puerto Rico
Tel: +787 860-6000
Fax: +787 860-5063
Email: info@fajardoinn.com
www.fajardoinn.com

Please complete and return this form together with payment to the above address BEFORE June 15th, 2007
We can not guarantee accommodation after this date

Title: Mr. / Ms. / Mrs. / Dr. ___________________________ Last Name: ___________________________

First Name: ___________________________ Middle Initial: ___________________________

Are you attending 20/40 Focus? □ Yes □ No Age_______ years (Must be between 20-40 years)

Association: __________________________________________

Mailing Address: __________________________________________

City: ___________________________ State/Province: ___________________________ ZIP/ Postal Code: ___________________________

Country: ___________________________ Telephone: ___________________________

Telefax: ___________________________ Email Address: ___________________________

Accompanying Person: __________________________________________

Arrival date: ___________________________ # of nights: _______ Flight Carrier & No: ___________________________ Arrival Time: ___________________________

It is very important to give your arrival information which can be provided at a later date

Registration Fee: Delegates & Attendees - US$150.00 Accompanying Person - US$100.00
(Each delegate to fill out individual form except for accompanying persons)

Hotel Registration: (per night)

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<td>Triple Room</td>
<td>$135.85</td>
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Grand Total US$

All Rooms are on a Bed & Breakfast basis – complete stay must be paid in advance
(Four nights before or after the Congress, available at the same price)

Payment Method:
Credit Card: Visa / MasterCard / American Express / Discovery Card / Money Order (made out to Fajardo Inn)

Credit Card No: …………………………………………………Expiry Date ………………………………………

Card Holder’s Name: ……………………………………………………………………………………………………

Forms sent without full payment of the Registration Fee and Hotel Booking Fee will not be accepted.

Applicant’s Signature ___________________________ Date ___________________________

Information regarding transportation to the Fajardo Inn to follow.
CALL FOR BIDS FOR THE 13th IOA WORLD CONGRESS 2010

If you enjoy promoting your country and working with different peoples from around the world, you might be interested in hosting the next IOA World Congress in 2010.

There are some special rules that a member country hosting a Congress has to follow so I have set out the major ones for you here

WORLD CONGRESS

THESE RULES HAVE BEEN APPROVED BY THE IOA EXECUTIVE COUNCIL IN ORDER TO HELP FULL MEMBER ASSOCIATIONS TO FULLY UNDERSTAND WHAT IS REQUIRED OF ANY ASSOCIATION WISHING TO OFFER TO HOST A CONGRESS.

REQUIREMENTS

1. The Association must be a Full Member Association of IOA and have been so for a minimum of six years.
2. At least one official of the Association shall have attended a minimum of two previous IOA World Congresses.
3. The Association shall have read, and agrees to accept, the Guidelines for the organization of an IOA World Congress.
4. The Association must make a full and proper presentation to the World Congress of its proposed plans to host a World Congress and must demonstrate its experience and ability to organize such an event.

This means that the member country must be prepared to present its proposal to the Business meeting at the World Congress to be held in Puerto Rico, in August 2007.

5. It is a requirement that the following conditions are met before an Association will be permitted to make a presentation to the World Council:

- A preliminary detailed budget and an estimate of costs must be prepared using the checklist drawn up by the IOA Executive Council.
- A floor plan of the proposed meeting room, together with details of facilities for delegates and speakers, must be prepared.
- A floor plan of the proposed exhibition space must be prepared together with details of access to the space and logistical facilities for exhibitors.
- Details of banqueting facilities and seminar rooms.
- A projected cost of hotel accommodation in close proximity to the Congress venue. (It is preferable to have all facilities in B, C, D, and E under one roof, provided the venue meets the requirements.)
- Information is given on nearest International airport and transport facilities.
- The final presentation must be evaluated in accordance with the Assessment Procedure set down by the Executive Council.
6. The Association must have at least one person on its organizing Committee who is fluent in reading, writing and speaking English.
7. The Association must confirm at the time of its notification to the Executive Council of its proposal to host a World Congress that it has as a member of its organizing Committee a person who is competent to keep proper financial accounts as required in the official Congress Guidelines.

If your organization is interested and needs further information, please get in touch with the secretary Ann Favreau at: secretaryioa@ostomyinternational.org

The United Ostomy Associations of America, or UOAA, became operational when UOA closed its doors on October 1st, 2005. It was felt that there must be a national organization in the United States, dedicated to the welfare of, and advocacy for, people with bowel and urinary diversions. There must be an organization dedicated, as well, to the support groups that address the needs of these individuals. With these thoughts in mind, UOAA was organized to fill the void left by UOA. UOAA's efforts were encouraged and supported by the ostomy product manufacturing and distribution community as well as the professional medical and nursing associations.

Organizationaly, UOAA is modeled like IOA; it is an association of mutual aid ostomy support groups. Administratively, less resource commitment is required to service hundreds of support groups than to service thousands of individuals. Today UOAA consists of 182 affiliated support groups, including those in Puerto Rico and Bermuda, and is still actively growing.

UOAA is incorporated as a non-profit corporation in the State of New Jersey, and this past March was recognized as a charity by the United States government’s tax authority. This means that people making donations to UOAA can deduct them from their Federal income taxes.

With no UOAA individual members, UOAA collects no annual dues, depending for operating revenue on the proceeds from subscriptions to its quarterly magazine, The Phoenix, industry project support and fund raising programs. It has an operating budget that is just 20% of its predecessor, UOA.
UOAA has just entered into a contractual agreement for administrative services with Mrs. Joan McGorry, who will work from her home. Our official contact office address is P.O. Box 66, Fairview, Tennessee 37062, USA. Fairview is situated about 45 minutes south and west of Nashville, Tennessee. Joan started off in Long Island, New York, moved to the Minneapolis/St. Paul, Minnesota area before moving this past year to Tennessee. As an ostomate herself, having had both a J-pouch and an ileostomy, Joan was active in the St. Paul ostomy support group and continues to serve as the volunteer editor of their newsletter. She brings an impressive background of both corporate and private management experience to her UOAA Office Administrator’s position and will be most helpful to the UOAA’s Management Board of Directors in defining the full scope and responsibilities of this position. One of her key duties will be answering the toll free “help line”, 800-826-0826, that has been averaging close to 400 calls per month since last October.

UOAA has established an active internet presence, http://www.uoaa.org, that features message boards for “general” communications and boards for teens, young adults and those with Continent Diversions. In the near future UOAA will be dedicating a portion of its website to an article library for newsletter editors and another one for interested browsers. We are also looking at the possibility of offering space on the website to support groups that do not have their own internet domain location, similar to the feature offered by IOA on its website.

Plans have been finalized and information is available on the UOAA website about the Young Ostomate and Diversions Alliance of America (YODAA) Networks plans for a conference this August in Cleveland, Ohio for people between the ages of 20 and 30. There will be a special appearance by an MTV star who is herself, an ostomate. Attendees worldwide are cordially invited.

I thank Di for the opportunity to give you this UOAA update, and would like you to know that the UOAA MBoD looks forward to participating as a proactive member of the IOA family once our application for membership is approved by the NCACOA.

Ken Aukett, President, UOAA
kenaukett@uoaa.org

COLOSTOMY ASSOCIATION

While at the IA celebrations, I had the opportunity to meet briefly with Celia Waters, General Manager of the Colostomy Association, the emerging organization that has replaced the British Colostomy Association when it closed its doors at the end of 2005. Celia has worked with determination and commitment to ensure the creation of this new charitable association. The Colostomy Association is dedicated to everyone with a stoma, to make sure they do not feel isolated and receive help with the day to day practicalities.

There are, with Celia, three people who make up the team. Jo Mckenzie, Administrator; Gill Herbert, Fundraising Manager and Beryl Goddard, Support Group Co-ordinator. I understand that the Board of Trustees is the same as the old BCA with Sue as the Chair of the Trustees.

When the BCA closed down at the end of December 2005 no money was transferred to the new Colostomy Association. The bank balance of the new organization was zero! Income at the moment is from people becoming a Friend of the Association. The new association is not going to charge a subscription but they are asking friends to make a donation each year for £12 or more. Donations are the first step to becoming self sufficient but fundraising will be undertaken in a very serious manner.

The CA is determined to provide a much needed, dedicated service of support and care for Colostomates and their Carers, building on the excellent foundations laid down by the previous association - The BCA. The new ‘Colostomy Association’ already has over 80 volunteers throughout the UK, all ready to help.

Colostomy Association is continuing to publish its magazine, “Tidings” but with a new look. Celia Waters remains the Editor in Chief. Issue 1, 2006 is a 40 pager, filled with the latest news, members’ stories, tips and product reviews.

Colostomy Association Day
The aim of the new association is to celebrate its 1st. anniversary on 15th November 2006 and call it Colostomy Association Day. The Association is looking to hold a nationwide fundraising day, where individuals, groups, companies can get involved and organize something in their local area.

We wish the Colostomy Association success as it works to establish itself as a really flourishing organization. We hope that in the not too distant future, we will see the organization back in the European Region and hopefully in IOA.

Di Bracken