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**Merry Christmas and
a happy New Year**

from all on the Committee



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Tips for Christmas

This is a repeat from last year as it has
been requested by some new members

Tips for Christmas

Hello from Jane , the newest member of the committee!

As we race ever closer to the festive season I thought I'd share a few helpful hints on how to have a relatively trouble free Christmas.

Many a time on Christmas Eve ,Serena and I would take frantic phone calls from people who've simply forgotten to order supplies in the run up to Christmas only to find out that day just how few supplies they had left.

Trouble is , quite often you have to take pot luck at the stock each department holds !!!! Enough to ruin your Christmas festivities I would say !

So I guess , what I'm really trying to say is get your order in early be it from a delivery service or the chemist , enough to last at least until a few days after the New Year . Although most of the delivery companies do offer a reduced service between Christmas and New Year

Food and drink—— be slightly cautious about festive food .Much of the Christmas food contained dried fruit and nuts which may cause problems for your ileostomy ie. Flatus and liquid output.PLEASE don't avoid these foods entirely ,just be careful .It can be useful to have some Loperamide (Immodium) in your medicine cabinet for treatment of any potential increase in output.

As for drink , everything in moderation is the best policy whether or not you have an ileostomy so I wish you a great time at Christmas and New Year and hope you can avoid any disasters at this time

European Country Wordsearch

A I V A L S O G U Y H A P P Y C H Y R C I
 S T M A S A U S T R I A F R O M N A Z L D
 L O N T H E S U S O S E X G Y A I E A N C
 O D M M I T I T N E E F R R M L C T A M R
 B Z N C M C H I K N L U W R D H A L F L A
 Q D R A E W R C O H O A E L O R R T D Y I
 V Z R L L A M R C B B G G S L E N W I N N
 B G A F M G W H M X S E L U Z F Y A B I A
 D N R N K A N E T W D O L T T T Z L U E M
 D R A E Y Q X E E T V R I G I R P E L T U
 N S J C E U T D G A T W T C I X O S G S R
 E M G N L C E R K B S Q N C Z U W P A N R
 T X A A X N E I N A P A R G W V M Q R E H
 H P I R N G A V R W C D X B K W T L I T U
 E Y N F S M M R B I T H P T D R K N A H N
 R D A B G P O O T K R A M N E D R Z W C G
 L M B G L D A A N T Y R D N A L E R I E A
 A B L L N K V I N A F G Z X X T N Y K I R
 N V A A W B D K N P C K D D N A L O P L Y
 D Y Q N F Q K P N M R O B Z N M G H A N A
 S S C O T L A N D M A L T A M C G C V C W

www.WordSearchMater.com

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|----------------|---------------|-------------|--------------|
| Albania | Germany | Malta | Spain |
| Andorra | Ghana | Monaco | Sweden |
| Austria | Greece | Netherlands | Switzerland |
| Belgium | Hungary | Norway | Vatican City |
| Bulgaria | Iceland | Poland | Wales |
| Czechoslovakia | Ireland | Portugal | Yugoslavia |
| Denmark | Italy | Rumania | |
| England | Liechtenstein | Sanmarino | |
| France | Luxembourg | Scotland | |

Have fun with this wordsearch using the names of European countries. There is also a hidden message. Solve the puzzle to reveal the message.



Have fun with this wordsearch

Dave's Ramblings



Yes its Subscription time again.

I would have supplied a form like last year but only 60% of you actually filled it so I haven't bothered this time.

The rates are £12 for those under 60 on January 1st 2009 and £8 for those 60 and over. These are the same rates as last year. The Subs are due on January 1st each and every year regardless of you joining date

Send your subscriptions to Dave Drakeley whose address is on page 4 and make your cheques payable to "Sussex IA". Hopefully you will have seen the flyer giving details of the AGM. This will be held on **Saturday 21st March 2009 at the Look and Sea Visitor Centre, Littlehampton** with its wonderful views over the river and all the boats going up and down. Refreshments will be provided in the shape of a buffet so we will need you replies so the centre can cater for you.

Come and make a day of it, have a stroll around Littlehampton, have a bite to eat with us and enjoy a talk being given on the old style quacks and what they got up to



KELLY'S KORNER

HOW ABOUT SOME OF YOU YOUNG MEMBERS GETTING IN TOUCH WITH ME. WE CAN GET SOME IDEAS ON WHAT YOU WOULD LIKE THE COMMITTEE TO DO ON YOUR BEHALF. DO YOU WANT A SOCIAL EVENT EVEN THOUGH THE BOWLING WAS A COMPLETE NON STARTER OR DO YOU WANT SOMETHING ELSE. DROP ME AN EMAIL OR SEND ME A TEXT. MY DETAILS ARE ON PAGE 4. YOU COULD ALWAYS COME TO THE AGM AND MEET ME IN PERSON

Get in touch so we can help you more

Win a pair of British Airways tickets raffle



Congratulations to Suzanne Debaes



She wins 2 British Airways ticket to anywhere on the BA European network flying from Gatwick.

The response to this wonderful offer was what I would charitably call dismal. We sold 23 tickets raising a total of £46 which also included £10 of mine and 2 from non members. I had to write an essay on why we deserved the tickets and I had to give a false income from them to my employer to make it look better. I'm not happy at all.

CONGRATULATIONS!