

Liver

NORTH

Registered Charity No. 1087226  
Patron: Denise Robertson MBE

February 2009



# LIVERNEWS

Support Newsletter for Liver Patients, their carers  
and families in the Northern Region

[www.livernorth.org.uk](http://www.livernorth.org.uk)



# LIVERNEWS No 30 - February 2009

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To find bargains on the internet try [www.offeroftheday.co.uk](http://www.offeroftheday.co.uk). Most of the big stores are there and they get rid of their end of line and overstock stuff by posting it on the site at 10.00 am daily which is the best time to look. Another good site is [www.madaboutbargains.co.uk](http://www.madaboutbargains.co.uk) which is kept up to date by consumers reporting the latest best buys in the high street.

## Chairman's Report

Happy New Year everyone - I trust that the festive season didn't wear you down too much and that you feel good about the times ahead. I don't know what to think about the 'credit crunch' we're supposed to be having at present. On one hand lots of things are getting cheaper (one new car I saw was reduced by £10660) but many people are losing their jobs. Manufacturing is going downhill but anything to do with maintenance must be doing better - people are keeping their cars, houses etc. and need them repairing or maintaining. All in all, I think I can confidently say that I haven't got the foggiest where it is all leading but I'm not going to worry about it until I have to.

Those of you who saw me on Look North recently are probably wondering what it was all about. In the Autumn, myself and another LN member from Carlisle attended a meeting in Newcastle hosted by the Socialist Health Association to discuss their suggestions to the government for the next alcohol strategy review. We discussed many initiatives that could help reduce the amount of binge drinking that happens so much now and our approach was (of course) to try and reduce the damage that people are doing to their livers through excess drinking.

Some time was spent discussing the fact that you can't buy huge quantities of pain killers any longer (to stop people overdosing). Of course, overdosing is exactly what is happening when people binge drink and the first sign that damage is being caused to health is drunkenness. This is an abnormal state for the human body to be in and all the time spent intoxicated harm is being caused, particularly to your liver.

Our first proposal was therefore to limit the amount of alcohol you can buy at any one purchase in the same way as pain killers are limited. Perhaps, if obtaining alcohol was restricted to six units per purchase (twice the daily safe limit), maybe people would start realising what binge drinking actually was.

There were several people who thought this was impractical because the alcohol industry would have to redesign bottles etc. I was of the opinion, however, that this was irrelevant as bottles are already available in various sizes depending on the point of sale - on board aircraft for example.

Then we came to realise that it's not so much the fact that people can buy huge quantities of alcohol without control but rather that people are selling it to them without a conscience. It is illegal to sell alcohol to people who are drunk but it seems that no-one bothers to enforce this law. If they did we wouldn't have town centres full of intoxicated gangs of youths and there is no doubt whatsoever that is what we have to tolerate at present.

This is the point I was making on Look North having already written on December 11th to the five chief constables in our region asking them to let me know how many people had been charged with selling alcohol to (or for) intoxicated people. To my horror it seems that only 2 people in the region were charged with any of these offences in the last year, although one chief constable has not replied yet.

Every licensee is supposed to refuse to sell alcohol to people who are under the influence and that means every bartender, shopkeeper, garage attendant and checkout operator who sells alcohol has a duty to refuse to sell to someone they believe to be intoxicated. If they are found to have sold to someone who was drunk, or sold to someone buying for someone who is drunk, they are in danger of losing their licence and being fined.

This just doesn't happen, because the police are not interested in doing anything about it and that's what I was saying on TV. We can solve the binge drinking if we stop selling alcohol to people who are drunk. It's not rocket science but it does seem that the wood cannot be seen for the trees.

Thanks for reading this & sorry to hammer on but someone has to say something!

Best wishes, John Bedlington

## ☆ 2008 Numbers Club ☆

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	<b>27</b>	28	29	30
<b>31</b>	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	<b>50</b>
51	52	53	54	55	56	57	58	59	<b>60</b>
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100
101	102	103	104	105	106	107	108	109	110
<b>111</b>	112	113	114	115	116	<b>117</b>	118	119	120
121	122	123	124	125	126	<b>127</b>	128	129	130
131	132	133	134	135	136	137	138	139	140
<b>141</b>	<b>142</b>	143	144	145	146	147	148	149	150
151	152	153	154	155	156	157	158	159	160
161	162	163	164	165	166	167	168	169	170
171	172	173	174	175	176	177	178	179	180
181	182	183	184	185	186	187	188	189	190
191	192	193	194	195	196				

**7 prizes of £250 drawn at LIVERNORTH meetings and a  
Grand Prize of £2500 drawn at our Christmas Dinner!**

Congratulations to everyone who won a prize in 2008 and especially to Mr & Mrs E Richardson of Darlington who won our jackpot prize of £2500 with their number 127 drawn at our Christmas Dinner on 3rd December by Professor Derek Manas.

**First draw in 2009: 4th February**

## DIARY 2009

The meetings are held in the Postgraduate Functions Room (137/138) on Level 1 at the Freeman Hospital. The meetings are friendly, light refreshments are served, and the speakers are always willing to answer questions in depth, so do come along. If you are coming by car, drive through the security barrier (taking the side road to the left as you approach the roundabout inside the Freeman grounds) and park in the multi storey car park, displaying the parking permit from this newsletter in your windscreen. Access to the Functions Room is in through the double doors beside the portakabin, and straight ahead through the next set of double doors. The Functions Room is on the left hand side. If you come in through the hospital main entrance please be aware that the doors on the lower level are locked around 7 pm so you need to be in at that time otherwise you have to walk around the outside of the hospital.



If you have any queries please do not hesitate to contact us.

February	4	7.00 pm	Mick Lovell Chief Petty Officer 'Afghanistan'
March	18	7.00 pm	Prof Maggie Bassendine Hepatitis C
April	29	7.00 pm	Prof Julia Newton PBC
June	10	7.00 pm	Prof Dave Talbot
July	22	7.00 pm	AGM - Prof David Jones
Sept	2	7.00 pm	Prof Derek Manas
Sept	26	1.00 pm	Autumn Fair
Oct	28	7.00 pm	Mr Jeremy French Auxiliary Liver Transplantation

**FREE PARKING FOR THESE EVENTS:**  
**PERMITS ON PAGE FIVE**

# **IMPORTANT: PARKING PERMITS FOR MEETINGS**

With kind permission of Mr. Paul Brewis, head of operations at the Freeman Hospital, we have been granted permission to print our own parking permits for LIVErNORTH activities in the LIVErNEWS. This means that parking whilst attending our meetings is free but there are some conditions and the use of the system is to be closely monitored. The first condition is that we have to use the multi storey car park at the rear of the hospital. The second condition is that we have to display a permit for the appropriate day in the windscreen. Failure to do so could mean a fine.

Here are your parking permits for the next few meetings - just cut out the ones you want and ensure they are on show when you park. Separate arrangements are in place for the daytime PBC meetings - just park at the front as usual and collect an exit barrier pass whilst at the meeting. This will lift the barrier and let you leave without paying.

FREEMAN HOSPITAL MSCP

## **LIVErNORTH VOLUNTEER PARKING PERMIT**

Valid only on 4th Feb 2009  
from 1830 until 2130  
Meeting in: 137/138 Level 1

FREEMAN HOSPITAL MSCP

## **LIVErNORTH VOLUNTEER PARKING PERMIT**

Valid only on 18th Mar 2009  
from 1830 until 2130  
Meeting in: 137/138 Level 1

FREEMAN HOSPITAL MSCP

## **LIVErNORTH VOLUNTEER PARKING PERMIT**

Valid only on 29th April 2009  
from 1830 until 2130  
Meeting in: 137/138 Level 1

FREEMAN HOSPITAL MSCP

## **LIVErNORTH VOLUNTEER PARKING PERMIT**

Valid only on 10th June 2009  
from 1830 until 2130  
Meeting in: 137/138 Level 1

**NEXT MEETING:**  
**Wednesday**  
**4th February 2009**



**Chief Petty Officer**  
**MICK LOVELL RNR**

**AFGHANISTAN**

**FREE PARKING FOR THIS EVENT:**  
**PERMIT ON PAGE FIVE**



**\* EVERYONE WELCOME \***  
**7.00 for 7.30 p.m. in Room 137/138**  
**the Teaching Centre, Freeman Hospital**



**FUTURE MEETING:  
Wednesday  
18th March 2009**

**Professor  
MAGGIE  
BASSENDINE**



**HEPATITIS C**

**FREE PARKING FOR THIS EVENT:  
PERMIT ON PAGE FIVE**



**\* EVERYONE WELCOME \***  
**7.00 for 7.30 p.m. in Room 137/138  
the Teaching Centre, Freeman Hospital**

# LIVErNORTH *PBC* DIARY

The lunchtime meetings for 2009 are as follows:

Monday*	2 March	12.00 – 2.30	Freeman Hospital, Postgraduate Functions Rooms 137/138. Prof. Julia Newton/ Prof. David Jones
Tuesday	16 June	12.00 – 2.30	Sunderland Royal Hospital, Bede Main Conference Room.
Tuesday	29 September	12.00 – 2.30	Bishop Auckland General Hospital, Postgraduate Common Room.
Wednesday*	11 November	12.00 – 2.30	Freeman Hospital, Postgraduate Functions Rooms 137/138 Christmas Meeting, Raffle and Coffee and Cake. All proceeds to PBC Research at Newcastle.

The meetings are open to all – PBC patients, family members, friends and anyone with an interest in this disease.

Tea, coffee and biscuits will be provided, but please feel free to bring your own sandwich.

Directions to the various hospitals are available but it would be helpful if you could request these at least one week in advance.

\*Please note that we are no longer able to park through the barrier for daytime meetings at the Freeman Hospital. We have been advised that we should park in the front car park and go through the barrier there, taking a parking ticket. at the PBC meeting ask for a free exit pass which will allow you to drive your car out through the exit barrier. Of course if you have a disabled badge and can get into a disabled bay you automatically have free parking but I am very aware that it is often not possible to find an empty disabled space and not everyone has a disabled badge. At other hospitals we have no concessions and parking fees are charged.

Please do not hesitate to contact me if you have any queries.

Tilly Hale  
01670 714901  
tillyliveliver@googlemail.com





# NORTHERNERS

**Once upon a time** in the Kingdom of Heaven, God went missing for six days. Eventually Archangel Michael found him on the seventh day resting. He enquired of God, “Where have you been?”

God pointed downwards through the clouds. Archangel Michael looked puzzled and said, “What is it?” “It’s a planet”, replied God, “and I’ve put LIFE on it. I’m going to call it Earth and its going to be a great place of BALANCE.” “BALANCE?” enquired Michael, still confused.

God explained, pointing down to the different parts of the Earth.

“For example, North America will be a place of great opportunity and wealth, while South America is going to be poor; the Middle East over there will be a hot spot, and Russia will be a cold spot. Over there I’ve placed a continent of white people and over there is a continent of black people.”

God continued, pointing to the different countries.

“This one will be extremely hot and arid while this one will be very cold and covered in ice.” The Archangel, impressed by God’s work, then pointed to another area of land and asked “What’s that?”

“Ah,” said God, “that’s the North of England, the most glorious place on earth. There are many beautiful people, many Premiership football teams in the North, and many impressive cities; it is the home of the world’s finest artists, musicians, writers, thinkers, explorers and politicians. The people from the North of England are going to be modest, intelligent and humorous and they’re going to be found travelling the world. They’ll be extremely sociable, hard-working and high-achieving, and they will be known throughout the world as speakers of truth.”

Michael gasped in wonder and admiration, but then proclaimed, “What about balance, God, you said there will be BALANCE!”

God replied very wisely, “Wait until you see the bunch of tossers I’m putting down South!”

*(With many thanks to Irene McGill who has recently moved back up into God’s country after a spell down South. Welcome Back Irene!)*

• LIVErNORTH Charities Account for year ended 31/3/2008 •

INCOME	£.p	EXPENDITURE	£.p
Balance B/Fwd	£38,727.88	Postage	£635.49
Donations	£14,926.50	Newsletter Production & Postage	£4,228.81
Sponsorship	£4,025.50	Stationery & Administration Supplies	£655.71
Flat Accommodation	£553.00	Insurance	£193.84
Flat Donations	£75.00	Office Equipment	£4,656.74
Postage	£20.64	Charity Draw	£843.95
Pens, Badges & Key Fobs	£109.50	Lottery Registration	£20.00
In Memoriam	£5,061.00	Flat Accommodation Expenses	£6,297.50
Collection Cans	£192.03	Internet	£9.49
Grand Charity Draw	£3,502.27	Numbers Club	£4,315.00
Charity Draw Donations	£540.00	Helpline Training	£34.69
Autumn Fair Income	£1,591.60	Research	£22,500.00
Fair Donations	£316.00	Pens & badges etc	£224.42
Coffee Days	£1,393.00	Educational Grants	£11,405.81
Numbers Club	£650.00	Committee Expenses	£38.00
Grants for Education & Development	£6,050.00	Patient Christmas Gifts	£189.50
Repaid Cheque	£8.00		
Gift Aid	£741.76		
Bequest	£800.00		

Balance C/Fwd £23,034.73

£56,248.95

£79,283.68

£79,283.68

INCOME	£.p	EXPENDITURE	£.p
Balance B/Fwd	£217.04	Refreshments	£154.51
General Meeting Raffles	£191.00	Gifts	£103.69
General Meeting Teas	£96.78	Christmas Dinner	£1,054.27
Donations	£25.60	Christmas Dinner Tombola	£200.69
Christmas Dinner	£909.00		
Christmas Dinner Tombola	£314.50		
Sales	£20.10		

Once again a huge debt of gratitude is due to David Inch who has audited our accounts free of charge.

On your behalf David scrutinizes every aspect of LIVErNORTH's finances. In doing so he ensures that the group's funds are transparent and handled in such a way that we fulfil the ethos of every penny donated to the group going directly to the charity's objectives of liver disease research and patient support.

Balance C/Fwd £260.86

£1,513.16

£1,774.02

£1,774.02

• LIVErNORTH Capital Reserve Account for year ended 31/3/2008 •

INCOME	£.p	EXPENDITURE	£.p
Balance B/Fwd	£57,328.29		
Interest	£1,089.29		
		Total Carried Fwd	£58,417.58
	£58,417.58		£58,417.58

• LIVErNORTH Clubs & Societies Reserve Account for year ended 31/3/2008 •

INCOME	£.p	EXPENDITURE	£.p
Balance B/Fwd	£3,214.61		
Numbers Club Payments	£9,321.00		
Donations	£22.00		
Interest	£220.10		
		Total Carried Fwd	£12,777.71
	£12,777.71		£12,777.71



St. Mary's Island and Lighthouse, Whitley Bay - January 2009

• LIVErNORTH Balance Sheet for year ended 31/3/2008 •

**Charities Account •**

	£.p			£.p	
Total Credits	£	79,283.68	Nat West Bank Statement to 31st March 2008	£	25,023.38
Total Debits	£	56,248.95	Cheques not yet presented: 477, 514, 516, 517	£	1,988.55
Balance	£	<u>23,034.73</u>	Cheque 499 understated by bank	£	0.10
			Balance	£	<u>23,034.73</u>

**General Account •**

	£.p			£.p	
Total Credits	£	1,774.02	Nat West Bank Statement to 31st March 2008	£	260.86
Total Debits	£	1,513.16			
Balance	£	<u>260.86</u>			
			Balance	£	<u>260.86</u>

**Capital Reserve Account •**

	£.p			£.p	
Total Credits	£	58,417.58	Nat West Bank Statement to 31st March 2008	£	58,417.58
Balance	£	<u>58,417.58</u>			
			Balance	£	<u>58,417.58</u>

**Clubs & Societies Reserve A/c •**

	£.p			£.p	
Total Credits	£	12,777.71	Nat West Bank Statement to 31st March 2008	£	12,777.71
Balance	£	<u>12,777.71</u>			
			Balance	£	<u>12,777.71</u>

Examined and found to be correct in accordance with the documents and explanations provided to me

\_\_\_\_\_  
D W Inch  
CPFA

\_\_\_\_ Dec 2008

# TILLY TATTLE

A belated Happy New Year to you all.

After some very cold and miserable days I am sitting typing this with the sun shining. However, it is still cold, but at least it is bright. I hope everyone enjoyed a happy and healthy Christmas.

Here we are again, at the start of another year. It is fifteen years in February since LIVERNORTH first began, and what a lot of changes we have seen. The Freeman Hospital continues to grow, with the new Cancer Unit, and the Renal Unit. Car parking continues to be something of a problem, although we are very fortunate in that we have special arrangements with the Freeman for parking to attend our meetings.

Once again we had a very enjoyable Christmas Dinner, and our thanks must go to Julie Pyburn for organising the dinner, and Wes and Elsie Clayton and Joan Bedlington for the marvellous Tombola. Thanks are also due to Val Donkin who provides the baskets of fruit and Christmas cake prizes. As always, John Bedlington supplied a great quiz. Of course we must also say a very big thank you to the marvellous Catering Department at Freeman, who year after year give us an excellent meal in a very friendly setting.

As you will see elsewhere, we have a full quota of meetings arranged for the evenings at Freeman and for the LN PBC lunchtime meetings, when we have two meetings booked at Newcastle Freeman, one at Sunderland Royal and one at Bishop Auckland General.

Please do remember this is your

newsletter, and we welcome items from you – whether they are on liver disease or general interest. Many of you do very interesting things and we would love to hear about them. You do not need to have a computer to send in an article – I am always happy to type up any hand-written items.

Looking forward to seeing you at the various meetings.

All good wishes,

Tilly Hale, 01670 714901,

[tilly.liveliver@googlemail.com](mailto:tilly.liveliver@googlemail.com)

## WARD 12 NEWS

Robin Ritchie who has worked on Ward 12 for many years has moved to Ward 7 as Charge Nurse. I know many of you, especially people who have spent time on Ward 12, will know Robin. He was one of the nurses who looked after me during my assessment and following my transplant, and he was always very kind and very supportive. He often made me laugh, especially on the day when he returned from days off and told me I was looking pale. I immediately thought he meant pale as in ill, but he said no pale as in pale and interesting – in other words I was not looking yellow. I told him that after the many things he had done for me (which I will not mention here!) I could certainly not be classed as interesting but I would happily settle for being pale.

We would like to thank Robin for all his work on 12 and to wish him every success in his new position.

## LN PBC COFFEE EVENT



At the November LN PBC meeting we had a very pleasant Christmas Coffee Event. The usual coffee and cakes were served and a good raffle took place. The sum of £161 was raised, most on the morning but some by later donations from people who were unable to attend. All the prizes were donated by members. I would like to thank all who came along to the meeting, or who sent donations. As always the money is given to Prof David Jones' PBC research fund and David also sends his thanks for your support.

During the meeting we had a short presentation by Lisa Robinson, a physiotherapist working in the Liver Unit with David Jones and Julia Newton, looking at the problems encountered by PBC patients, such as falls and other accidents. Lisa told us that a study would be carried out in 2009 looking into these problems and in fact the first four people will be doing this during February and March. The first group of four are people 65 and over who have had a fall in the last year. Three of the people are PBC patients and one is a PBC transplant patient. There will be further work carried out later in the year.

### **CAROL SERVICE**

The annual Carol Service took place on Sunday 7 December and although attendance was down on previous years it was a very happy occasion.

Nigel Goodfellow was unable to be with us this year, but Chaplain Kathy Jones took his place and gave us a lovely service. As always we had Christingles and Kathy based her sermon around this, and involved the children and the adults, which was great fun.

Brenda Shanks told us how she had initially felt she was not a person who needed a support group, but had come to realise that she did want to be involved with LIVErNORTH and had found it a great source of support. Julie Pyburn, who has been involved with the group since first being diagnosed, and who is a transplant patient, told us how she is now working at Gateshead College as a support worker, and so is giving support to young students. Mick Lovell spoke of his time in Afghanistan, and how he was there last Christmas, and the support given and received by army colleagues, and also the support from his parents and wife Debbie, and from members of LIVErNORTH.

Readings were performed by Joan and John Bedlington, Margaret Bickle, Debbie Lovell and Dorothy Barker (Chaplaincy visitor to Ward 12 and a dear friend of mine), who stepped in at the last minute when Silvia Dickens was unable to attend due to illness.

As always, our own dear Nancy Richardson sang for us, and her friend June Chambers accompanied her on the piano and played for all the carols. Laura Robinson, who has been a regular soloist for several years was struck down with the winter flu, and had to cancel, but we are grateful to her for her interest and hope she will be able to join us next year.

The afternoon ended with mince pies, tea, coffee and orange juice, and a time for a good natter.

I would like to thank everyone who took part, especially Kathy Jones who was such a help to me, and to all who attended.

Tilly Hale, 01670 714901,  
tilly.liveliver@goolemail.com.

## THE PBC DVD

In the last issue of the LIVERNORTH newsletter I mentioned the 8 October meeting when the DVD about PBC was shown.

As you know, the cost of producing the DVD was donated by Harold Hueston, and this was as a tribute to his late wife, Hannah. A copy of Harold's letter about the DVD is shown below, and you can see that he is delighted with the way it has turned out.

The DVD is now available for anyone and everyone. Some new patients have been given it through the PBC clinic but if you would like a copy please contact me.

Tilly Hale, 01670 714901,  
tilly.liveliver@googlemail.com.

Dear Tilly

Congratulations on a wonderful DVD. Obviously everything in it is to help the new and long term sufferers.

Seeing the face behind the phone was good, somehow you matched your voice.

I and my friends watched it diligently and we were impressed with every aspect of it. The decision not to say Hannah was dead was a positive one, and didn't detract from the main idea of it being a worthy tribute to her. I'm sure for many years to come the DVD will act as a Godsend to numerous people. I wish it had been available to us.

Finally, credit must be shared among all those who contributed and were involved in deciding, taking part in, producing it and finalising the whole venture. Please pass on my gratitude and a big "Thanks" to all.

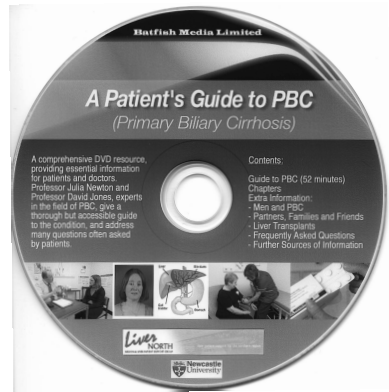
My donation could not, and I mean could not, have been better used and more satisfying to me. I am very happy that this is the final tribute that has been completed. I did two others, one to Hannah's old church, and one to Actnagevin Hospital (for endoscopy training).

She would never have dreamed her name would live on for years to come in Northern Ireland and Newcastle. I'll keep in touch.

Yours sincerely,

Harold Hueston

PS The consultant in Actnagevin Hospital has told me he would be delighted to see the DVD. There you are, it is working already!



## **Dr Ravinder Kulkarni, 14.11.44 ~ 21.01.08**

Ravi was born on 14/11/44 in India. Coming to this country in 1972 after completion of his training in medicine, he held various junior anaesthetic posts in Sunderland Hospitals, until he was appointed associate specialist in 1980 at North Tyneside Hospital where he worked till 2007.



Ravi was an extremely popular member of the hospital staff and took an active role in running the anaesthetic department. He always found time to help and guide less experienced colleagues, particularly those from a similar background. This led to him co-founding NEEMA (North East England Marathi Association), bringing people living in the North East together to cultivate new friendships and promote their culture.

Ravi was a devoted husband and father. He is survived by his wife Anu, a research nurse and three daughters – two medics and a pharmacist. Other than family and work, his other real love was cricket. A good all-rounder himself in his younger days, he remained passionate about the game all his life and always amazed his friends with his knowledge of the game.

Diagnosed in February 2004, the courage and fortitude with which Ravi fought leiomyosarcoma was exemplary. His positive attitude and strength through adversity is an inspiration to his family and friends. His family have pledged further support in raising money for future research into sarcoma. On the eve of the anniversary of his death, the Ravi Kulkarni Memorial Sarcoma Research Fund (led by Professor Derek Manas) has been set up with £20,000 raised by family and friends.

For donations to this worthy cause, please visit [www.livernorth.org.uk](http://www.livernorth.org.uk) and click on 'DONATE TO RKSFR'

*Pictured above with John Bedlington is Priyanka and Anu Kulkarni presenting Professor Manas on the right with the £20,000 cheque to kick start the fund. Photograph taken at the LIVErNORTH Christmas Dinner.*

## THE GREAT NORTH RUN

Last year, after a lot of years trying, we managed to get a charity entry of 10 runners for LIVErNORTH. As well as the ten who ran for us as part of the charity entry, some kind supporters also applied and got places themselves as private runners. Lee Potter (pictured) is one of the private runners who ran for LIVErNORTH and sent us all of his sponsorship money. Lee has said he would like his donation to be used for Dr Mark Hudson's chosen cause which is an excellent choice. Well done to Lee!

Our 'official runners last year were:

Steven Angus, Chris Bennett, Susan Exley, Jeremy French, Pradeep Gundabolu, Robin Harmar, Phillip Heaton, Robbie Maguire and Ruth Pearce. So far, seven runners have sent us their sponsorship money raising a grand total of £4504.70! Well done all of you and a great big THANK YOU on behalf of everyone at LIVErNORTH.

The sharp eyed among you will have noticed that there are only nine names on the list and that's because we registered one person, sent him the sponsor forms etc. and we heard no more. It's an awful waste when this happens, not just for the sponsorship but for the place which could have gone to someone who really wanted to take part in the biggest half marathon in the country. The places are extremely hard to get and we were very disappointed to have wasted one.

This year the Great North Run will take place on 20th September and GREAT NEWS we have been allocated 15 places this year!

If you would like to run for us this year please email us at [info@livenorth.org.uk](mailto:info@livenorth.org.uk) with 'Great North Run' in the subject line. If you ran for us last year you will be given priority other wise it will be subject to a draw. If you are chosen, we pay all entry fees and provide you with a personalised LIVErNORTH running shirt. As a condition of entry you must wear the shirt when running to publicise the charity. All the money you raise via sponsorship must come to LIVErNORTH but you can chose how the money is allocated if you wish. Remember that we are run entirely by volunteers and have no paid employees whatsoever so every penny given to us goes directly to support liver patients, their carers and families or to help fund research. No money goes to wages at all and we find that telling people this often helps when asking for sponsorship.



## **It's a Crazy World... or 'the fuse gets a little shorter every day'**

Here in the UK we are told that the 'credit crunch' is happening all over the world. A year ago one UK pound (£1) was worth 1.5 euros and about 2 dollars. Now it's worth about 1 euro and about 1.3 dollars. How is it that our currency is so worthless compared to the euro and the dollar? They are supposed to be suffering the 'credit crunch' the same as us but it seems as if our money is just rubbish compared to theirs.

A new primary school in Sheffield has banned the word 'school' from its title because of 'negative connotations'. Watercliffe Meadow instead prefers to call itself a 'place for learning'. 13 secondary schools in Barnsley have also been re-branded as 'advanced learning centres'. Wonder what school teachers are called?

Since April 2007, the government decided that credit card fraud must be investigated by the credit card companies and not the police. If the card company finds a crime has been committed they refer it back to the police to pursue. Of course, most of the crime is recorded in India where it comes to light in a call centre and the UK police have no jurisdiction there so voila! falling UK crime figures!

## **WORLD TRANSPLANT GAMES 2011**

The world transplant games federation (wtgf) has announced the site and host country of the World Transplant Games, scheduled for June 18th-25th 2011: Gothenburg, Sweden. The 2011 event will be the 17th such games. The federation stages both summer and winter international sporting activities for transplant athletes to illustrate the success of transplant surgery and to heighten public awareness of the necessity to boost rates of organ donation.



*Did you know?*

*You can now get LIVERNORTH pens, badges and key fobs from the following people:*

*Ann Ravenhall (Crawcrook) 0191 4131827*

*Tilly Hale (Cramlington) 01670 714901*

*Peggy Oliver (Pelton) 0191 3700833*

*Sarah Murphy (Liver Unit W12)*

## *Dear LIVERNORTH*

Dear Tilly,

Thank you for your letter sending the PBC DVD. I am delighted with it. It does explain with ease, all the problems relating to the disease. I found it helpful

in putting my mind to rest over many issues such as lack of sleep, inability to control body temperature etc, but most of all the explanation by Professor David Jones as to how the disease starts.

I do have a very good specialist called Dr Matthew Cramp, who trained under Professor Jones, so he knows the professor very well. When I went to see him recently I took the DVD to show him. Dr. Cramp took all the particulars as to how to obtain a copy, and it is his intention to send a donation to LIVERNORTH and to try to obtain his own copy. (I did tell him that I was very impressed with the "stars" of the DVD.)

I am so grateful that you and Peggy Oliver very kindly allowed me to visit you at two of your meetings with Professor Jones at the Freeman Hospital.

I wish you and all the members well, and look forward to receiving the next LIVERNORTH newsletter.

Once again many thanks.

Chris Burgess,  
Plymstock, Plymouth.

(Chris and Peggy Oliver met on holiday and have stayed in contact.)

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Dear LIVERNORTH Patient Support Group

Please find enclosed a cheque to the value of £250.00. Given our daughter, in terms of her illness, needed more support than the average patient, the flat was indeed very welcome.

The ability for her and her mother to be together at such a difficult time was a blessing and a key element towards our daughter's recovery process.

Thank you for your support, I am inclined to think the outcome may have been different without it.

Yours sincerely  
KB  
Cumbria

Dear John,

Please find enclosed cheque for £10 for 2 DVDs. Although I have auto-immune hepatitis I found the symptoms very similar. It is an excellent DVD and very informative.

Thank you  
Yours sincerely

MMS  
Sunderland.

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Dear Sir,

Please find the enclosed cheque for £10 to cover the cost and postage for the DVD of PBC, which I have just received from Tilly Hale.

I will find this information very helpful to me and my family and I would like to thank you all at LIVErNORTH for everything you are doing for patients with liver disease and your great support, it is most appreciated.

Many thanks and my best wishes to you all for 2009.

Yours truly  
JH  
Sunderland.

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Penshaw Monument, Sunderland

# YOUNG PEOPLE TODAY...

How many times have you heard that expression? Like me, I expect you have heard many times and immediately thought of it as a criticism.

Recently I was sitting in one of the outpatient waiting areas in the RVI with nothing better to do than either read notices, which once read I instantly forgot their content, or observe the people coming and going around me. A young man, who was maybe 20 years old and dressed in what appeared to be dirty work clothes, was sat directly in front of me in the seat which was nearest to the approach to this particular waiting area. Had I been asked what I thought of him at first sight I would probably have said he looked a rather rough and not someone to mess with. A female, who was about 50+ years and clearly having great difficulty walking even with the aid of crutches, came towards the seating area where both the young man and I were already seated.

Without any hesitation, the young man moved from his seat and signalled for the female to take his seat. She appeared to consider taking his seat but then saw a seat further into the waiting area and chose to negotiate the narrow walkway to the other seat. Unlike the seat offered to her, the chosen seat did have arms on it so I assumed that the choice had been made on the basis that the arms would be helpful in the process of sitting down and getting up again. However, the woman made no attempt either verbally or by the use of body language to acknowledge or thank the young man for his thoughtfulness and courtesy.

I felt ashamed not only because of my first impression of the young man but also because of the attitude of a female similar in age to myself. I have deliberately avoided the use of the word 'lady' when describing the female and I should have used the word 'gentleman' when describing the young man. It goes to prove that a book should not be judged by its cover and that young people today deserve respect.

Joan Bedlington.



First Snowdrops - have you seen any yet?



# HELEN'S HOWLERS

**M**ost of the funnies you see in these pages are sent from friends and colleagues or a freely circulating via the internet. I am constantly on the look out for more material so please send in anything you have or have heard whilst out and about. It doesn't have to be 'professional' – your witty observations on life are always welcome. If you wish I will ensure you are credited with whatever you send me and even if it's in bad taste - let me have a look... I might be able to tone it down a bit. If you're feeling a bit low - read on... You can't cry & laugh at the same.

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## Church Bulletins

Thank God for church ladies with typewriters. These sentences actually appeared in church bulletins or were announced in church services :

The Fasting & Prayer Conference includes meals.

The sermon this morning: "Jesus Walks on the Water." The sermon tonight: "Searching for Jesus."

Our youth basketball team is back in action Wednesday at 8 PM in the recreation hall. Come out and watch us kill Christ the King.

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Don't forget your husbands.

The peacemaking meeting scheduled for today has been cancelled due to a conflict.

Remember in prayer the many who are sick of our community.

Smile at someone who is hard to love. Say "Hell" to someone who doesn't care much about you.

Don't let worry kill you off - let the Church help.

Miss Charlene Mason sang "I will not

pass this way again," giving obvious pleasure to the congregation.

For those of you who have children and don't know it, we have a nursery downstairs.

Next Thursday there will be tryouts for the choir. They need all the help they can get.

Barbara remains in the hospital and needs blood donors for more

transfusions. She is also having

trouble sleeping and requests tapes of Pastor Jack's sermons.

The Rector will preach his farewell message after which the choir will sing "Break Forth Into Joy."

Irving Benson and Jessie Carter were married on

October 24 in the church. So ends a friendship that began in their school days.

A bean supper will be held on Tuesday evening in the church hall. Music will follow.

At the evening service tonight, the sermon topic will be "What Is Hell?" Come early and listen to our choir practice.

Eight new choir robes are currently needed due to the addition of several



new members and to the deterioration of some older ones.

Scouts are saving aluminum cans, bottles and other items to be recycled. Proceeds will be used to cripple children.

Please place your donation in the envelope along with the deceased person you want remembered.

The church will host an evening of fine dining, super entertainment and gracious hostility.

Potluck supper Sunday at 5:00 PM - prayer and medication to follow.

The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.

This evening at 7 PM there will be a hymn singing in the park across from the Church. Bring a blanket and come prepared to sin.

Ladies Bible Study will be held Thursday morning at 10 AM. All ladies are invited to lunch in the Fellowship Hall after the B.S. is done.

The pastor would appreciate it if the ladies of the congregation would lend him their electric girdles for the pancake breakfast next Sunday.

Low Self Esteem Support Group will meet Thursday at 7 PM. Please use the back door.

The eighth-graders will be presenting Shakespeare's Hamlet in the church basement Friday at 7 PM. The congregation is invited to attend this tragedy.

Weight Watchers will meet at 7 PM at the First Presbyterian Church. Please use large double door at the side entrance.

The Associate Minister unveiled the

church's new tithing campaign slogan last Sunday: "I Upped My Pledge - Up Yours too!"

**A man was sitting alone** in his office one night when a genie popped up out of his ashtray and said, "And what will your third wish be?"

The man said, "Huh? How can I be getting a third wish when I haven't had a first or second wish yet?"

"You have had two wishes already," the genie said, "but your second wish was for me to put everything back the way it was before you made your first wish. Thus, you remember nothing, because everything is the way it was before you made any wishes. You have one wish left."

"Okay," said the man, "I don't believe this, but what the heck. I wish I were irresistible to women."

"Funny," said the genie as it granted his wish and disappeared forever.

"That was your first wish, too."

**What do you call** an unemployed jester? Nobody's fool.

**Half of being smart** is knowing what you're dumb at.

**Natives who beat drums** to drive off evil spirits are objects of scorn to smart Australians who blow horns to break up traffic jams.

**Never face facts;** if you do, you'll never get up in the morning.

**Reality** is the leading cause of stress for those in touch with it.

**What do you say** to a Buddhist hot dog vendor? Make me one with everything.

### **Credit crunch**

Husband and wife are shopping in Tesco's when the man picks up a crate of Stella and sticks them into the trolley. 'What do you think you're doing?' asks the wife. 'They're on offer, only @ £10 for 24 cans', he says. 'Put them back. We can't afford it,' says the wife and they carry on shopping...

A few aisles later the woman picks up a £20 jar of face cream and sticks it into the trolley. 'What do you think you're doing?' asks the man, 'It's my face cream. It makes me look beautiful,' she says.

The man replies... 'so does 24 cans of Stella and it's half the bloody price'

### **CV Extracts**

TAKEN FROM ACTUAL RESUMES...

"Personal: I'm married with 9 children. I don't require prescription drugs."

"I am extremely loyal to my present firm, so please don't let them know of my immediate availability."

"Qualifications: I am a man filled with passion and integrity, and I can act on short notice. I'm a class act and do not come cheap."

"Note: Please don't misconstrue my 14 jobs as 'job-hopping'. I have never quit a job."

"Number of dependents: 40."

"Marital Status: Often. Children: Various."

"Here are my qualifications for you to overlook."

REASONS FOR LEAVING THE LAST

JOB:

"Responsibility makes me nervous."

"They insisted that all employees get to work by 8:45 every morning. Couldn't work under those conditions."

JOB RESPONSIBILITIES:

"While I am open to the initial nature of an assignment, I am decidedly disposed that it be so oriented as to at least partially incorporate the experience enjoyed heretofore and that it be configured so as to ultimately lead to the application of more rarefied facets of financial management as the major sphere of responsibility."

"I was proud to win the Gregg Typting Award."

"My goal is to be a meteorologist. Since I have no training in meteorology, I suppose I should try stock brokerage."

"I procrastinate - especially when the task is unpleasant."

PHYSICAL DISABILITIES:

"Minor allergies to house cats and Mongolian sheep."

### **Bright Sayings**

1. I'm not offended by all the dumb blonde jokes because I know I'm not dumb... and I also know that I'm not blonde. - Dolly Parton

2. You see a lot of smart guys with dumb women, but you hardly ever see a smart woman with a dumb guy. - Erica Jong

3. I want to have children, but my friends scare me. One of my friends told me she was in labor for 36 hours. I don't even want to do anything that feels good for 36 hours. -Rita Rudner

4. My husband and I are either going to buy a dog or have a child. We can't

decide whether to ruin our carpet or ruin our lives. - Rita Rudner

5. I've been on so many blind dates, I should get a free dog. - Wendy Liebman

6. Never lend your car to anyone to whom you have given birth. - Erma Bombeck

7. If high heels were so wonderful, men would still be wearing 'em. - Sue Grafton

8. I'm not going to vacuum 'til Sears makes one you can ride on. - Roseanne Barr

9. I think, therefore I'm single. - Lizz Winstead

10. When women are depressed they either eat or go shopping. Men invade another country. - Elayne Boosler

11. Behind every successful man is a surprised woman. - Maryon Pearson

12. I base most of my fashion taste on what doesn't itch. - Gilda Radner

13. In politics, if you want anything said, ask a man; if you want anything done, ask a woman. - Margaret Thatcher

14. I have yet to hear a man ask for advice on how to combine marriage and a career. - Gloria Steinem

15. Some of us are becoming the men we wanted to marry. - Glori Steinem

16. I never married because there was no need. I have three pets at home which answer the same purpose as a husband. I have a dog which growls every morning, a parrot which swears all afternoon and a cat that comes home late at night. - Marie Corelli

17. Nagging is the repetition of unpalatable truths. - Baroness Edith Summerskill

18. If men can run the world, why can't they stop wearing neckties? How

intelligent is it to start the day by tying a little noose around your neck? -Linda Ellerbee

19. I am a marvelous housekeeper. Every time I leave a man I keep his house. -Zsa Zsa Gabor

### **What Job Ads Really Mean**

"Competitive Salary"

We remain competitive by paying you less than our competition.

"Join our fast-paced company"

We have no time to train you.

"Casual work atmosphere"

We don't pay enough to expect that you will dress up; a couple of the real daring guys wear earrings.

"Some overtime required"

Some every night and some every weekend.

"Duties will vary"

Anyone in the office can boss you around.

"Must have an eye for detail"

We have no quality assurance.

"Career-minded"

Female applicants must be childless (and remain that way).

"Apply in person"

If you're old, fat or ugly you'll be told that the position has been filled.

"Seeking candidates with a wide variety of experience"

You'll need it to replace the three people who just quit.

"Problem-solving skills a must"

You're walking into perpetual chaos.

"Requires team leadership skills"

You'll have the responsibilities of a manager, without the pay or respect.

"Good communication skills"

Management communicates, you listen,

figure out what they want and do it.

### **The fight started...**

My wife sat down on the couch next to me as I was flipping the channels. She asked, 'What's on TV?' I said, 'Dust.' And then the fight started...

My wife was hinting about what she wanted for our upcoming anniversary. She said, 'I want something shiny that goes from 0 to 200 in about 3 seconds.' I bought her a scale. And then the fight started...

When I got home last night, my wife demanded that I take her someplace expensive... so, I took her to a gas station... And then the fight started... After retiring, I went to the Social Security office to apply for Social Security. The woman behind the counter asked me for my driver's license to verify my age. I looked in my pockets and realized I had left my wallet at home. I told the woman that I was very sorry, but I would have to go home and come back later. The woman said, 'Unbutton your shirt'. So I opened my shirt revealing my curly silver hair. She said, 'That silver hair on your chest is proof enough for me' and she processed my Social Security application. When I got home, I excitedly told my wife about my experience at the Social Security office. She said, 'you should have dropped your pants. You might have gotten disability, too.' And then the fight started...

My wife and I were sitting at a table at my high school reunion, and I kept staring at a drunken lady swigging her drink as she sat alone at a nearby table. My wife asked, 'Do you know her?' 'Yes,'

I sighed, 'She's my old girlfriend. I understand she took to drinking right after we split up those many years ago, and I hear she hasn't been sober since.' 'My God!' says my wife, 'who would think a person could go on celebrating that long?' And then the fight started... I rear-ended a car this morning. So, there we were alongside the road and slowly the other driver got out of his car. You know how sometimes you just get soooo stressed and little things just seem funny? Yeah, well I couldn't believe it ... he was a DWARF!!! He stormed over to my car, looked up at me, and shouted, 'I AM NOT HAPPY!' So, I looked down at him and said, 'Well, then which one are you?' And then the fight started...

**THE BROKEN LAWN MOWER** When our lawn mower broke and wouldn't run, my wife kept hinting to me that I should get it fixed. But, somehow I always had something else to take care of first, the truck, the car, playing golf - always something more important to me. Finally she thought of a clever way to make her point. When I arrived home one day, I found her seated in the tall grass, busily snipping away with a tiny pair of sewing scissors. I watched silently for a short time and then went into the house. I was gone only a minute, and when I came out again I handed her a toothbrush. I said, 'When you finish cutting the grass, you might as well sweep the driveway.' The doctors say I will walk again, but I will always have a limp. Moral to this story: Marriage is a relationship in which one person is always right, and the other is

the husband.

### **What's butt dust?**

What, you ask, is 'Butt dust?' Read on and you'll discover the joy in it! These have to be original and genuine. No adult is this creative!!**JACK** (age 3) was watching his Mom breast-feeding his new baby sister. After a while he asked: 'Mom why have you got two? Is one for hot and one for cold milk?'**MELANIE** (age 5) asked her Granny how old she was. Granny replied she was so old she didn't remember any more. Melanie said, 'If you don't remember you must look in the back of your panties. Mine say five to six.'**STEVEN** (age 3) hugged and kissed his Mom good night. 'I love you so much that when you die I'm going to bury you outside my bedroom window.'**BRITTANY** (age 4) had an ear ache and wanted a pain killer. She tried in vain to take the lid off the bottle. Seeing her frustration, her Mom explained it was a child-proof cap and she'd have to open it for her. Eyes wide with wonder, the little girl asked: 'How does it know it's me?'**SUSAN** (age 4) was drinking juice when she got the hiccups. 'Please don't give me this juice again,' she said, 'It makes my teeth cough.'**DJ** (age 4) stepped onto the bathroom scale and asked: 'How much do I cost?' **MARC** (age 4) was engrossed in a young couple that were hugging and kissing in a restaurant. Without taking his eyes off them, he asked his dad: 'Why is he whispering in her mouth?'**CLINTON** (age 5) was in his bedroom looking worried. When his Mom asked what was troubling him, he replied, 'I don't know what'll happen with

this bed when I get married. How will my wife fit in it?'**JAMES** (age 4) was listening to a Bible story. His dad read: 'The man named Lot was warned to take his wife and flee out of the city but his wife looked back and was turned to salt.' Concerned, James asked: 'What happened to the flea ?'**TAMMY** (age 4) was with her mother when they met an elderly, rather wrinkled woman her Mom knew. Tammy looked at her for a while and then asked, 'Why doesn't your skin fit your face?' The Sermon I think this Mom will never forget.... this particular Sunday sermon... 'Dear Lord,' the minister began, with arms extended toward heaven and a rapturous look on his upturned face. 'Without you, we are but dust...' He would have continued but at that moment my very obedient daughter who was listening leaned over to me and asked quite audibly in her shrill little four year old girl voice, 'Mom, what is butt dust?'

### **Ronaldo.**

Cristiano Ronaldo escaped unharmed after writing off his Ferrari yesterday - rumours are that he dived from the car before contact. The first thing he said to the police was that the wall was not 10 yds away whilst Alex Ferguson is claiming that Ferrari does not give Ronaldo enough protection. Witnesses at the scene of Ronaldo's crash say he was only lightly tapped from behind, when all of a sudden the car flipped and rolled over 10 times. Apparently witnesses in other cars who saw the incident, said that Ronaldo's car was accelerating towards

the tunnel, when it suddenly and inexplicable seemed to flip over, with absolutely no contact with any other vehicles.

The police arrived, and immediately following directions from Ronaldo, arrested the nearest car driver. Police are investigating why a player who earns £140000 per week cannot take a corner. "Anyway he was all right, he was walking, added the witness, confirming that Ronaldo is the only man in Manchester who walks away from a car crash but spends five minutes writhing in agony if someone pulls his socks down.

**A blonde calls her boyfriend** and says, 'Please come over here and help me. I have a killer jigsaw puzzle, and I can't figure out how to get started.'

Her boyfriend asks, 'What is it supposed to be when it's finished?'

The blonde says, 'According to the picture on the box, it's a rooster.'

Her boyfriend decides to go over and help with the puzzle.

She lets him in and shows him where she has the puzzle spread all over the table.

He studies the pieces for a moment, then looks at the box, then turns to her and says,

'First of all, no matter what we do, we're not going to be able to assemble these pieces into anything resembling a rooster.'

He takes her hand and says, 'Second, I want you to relax. Let's have a nice cup of tea, and then ....' he said with a deep sigh...

'Let's put all the Corn Flakes back in the

box.'

**It was April** and the Aboriginals in a remote part of Northern Australia asked their new elder if the coming winter was going to be cold or mild.

Since he was an elder in a modern community he had never been taught the old secrets. When he looked at the sky he couldn't tell what the winter was going to be like. Nevertheless, to be on the safe side, he told his tribe that the winter was indeed going to be cold and that the members of the tribe should collect firewood to be prepared. But being a practical leader, after several days he had an idea.

He walked out to the telephone booth on the highway, called the Bureau of Meteorology and asked, 'Is the coming winter in this area going to be cold?'

The meteorologist responded, 'It looks like this winter is going to be quite cold.' So the elder went back to his people and told them to collect even more wood in order to be prepared.

A week later he called the Bureau of Meteorology again. 'Does it still look like it is going to be a very cold winter?' The meteorologist again replied, 'Yes, it's going to be a very cold winter.'

The elder again went back to his community and ordered them to collect every scrap of firewood they could find. Two weeks later the elder called the Bureau again. 'Are you absolutely sure that the winter is going to be very cold?' he asked.

'Absolutely,' the man replied. 'It's looking more and more like it is going to be one of the coldest winters ever.' 'How can you be so sure?' the elder

asked.

The weatherman replied, 'Our satellites have reported that the Aborigines in the north are collecting firewood like crazy, and that's always a sure sign.'

**The Preacher** was explaining that he must move on to a larger congregation that will pay him more. There is a hush within the congregation - no one wanted him to leave.

Jerry Smith, who owns several car dealerships in the city, stands up and proclaims, "If the Preacher stays, I will provide him with a new Cadillac every two years, and his wife with a Chevy minivan to transport their children!" The congregation sighs in relief, and applauds. Not to be outdone, his brother Sam, who owns several rental houses in town, stands and says, "If the Preacher will stay on here, I'll let him and his family stay rent free in one of my rental houses, right down the block!" More sighs and loud applause. Gloria Dingfelder, now age 88, stands and announces with a smile, "If the Preacher stays, I will give him sex!"

There is total silence until finally the Preacher, blushing, asks her, "Mrs. Dingfelder, whatever possessed you to say that?"

Gloria's 90-year-old husband, Ron, is now trying to hide, holding his forehead with the palm of his hand, and shaking his head from side to side. His wife smiles broadly and replies, "Well, I just asked my husband how we could help, and he said, 'Screw the preacher!'"

**Michael returned home** one night to

find his wife lying naked in bed.

His eyes went wide and he began to strip, only to stop suddenly when he saw a cigar in the ashtray beside the bed.

"All right," Michael shouted, "I demand to know where this cigar came from!" A muffled voice came from under the bed, "Havana."

**A pompous Baptist minister** was seated next to a cowboy on a flight to Texas.

After the plane was airborne, drink orders were taken.

The cowboy asked for a whiskey and soda, which was brought and placed before him.

The flight attendant then asked the minister if he would like a drink.

He replied in disgust, "I'd rather be savagely raped by brazen whores than let liquor touch my lips."

The cowboy then handed his drink back to the attendant and said, "Me too. I didn't know we had a choice."

### **Signs of the week**

Warning Label: On pantyhose: Not to be used in the commission of a felony.  
Hummels - Largest Selection Ever "If It's In Stock, We Have It!"

Warning Label: On a cardboard windshield sun shade: "Warning: Do Not Drive With Sun Shield in Place"

In a New York drugstore: "We dispense with accuracy."

Georgia Peaches- California Grown - 89 Cents Lb.

In the offices of a loan company: "Ask about our plans for owning your home."

At a number of military bases:



"Restricted to unauthorized personnel."  
Warning Label: On a blender: Not for use as an aquarium.

Wanted: Success-oriented people to drive cement trucks-Only individuals with concrete plans for the future need apply.

### **Mystery Of The Monks**

A man is driving down the road and breaks down near a monastery. He goes to the monastery, knocks on the door, and says, "My car broke down. Do you think I could stay the night?"

The monks graciously accept him, feed him dinner, and even fix his car. As the man tries to fall asleep, he hears a strange sound; a sound like no other that he has ever heard. The next morning, he asks the monks what the sound was, but they say, "We can't tell you. You're not a monk."

The man is disappointed but thanks them anyway and goes about his merry way. Some years later, the same man breaks down in front of the same monastery. The monks again accept him, feed him, and even fix his car.

That night, he hears the same strange mesmerizing sound that he had heard years earlier.

The next morning, he asks what the sound was.

But the monks reply, "We can't tell you. You're not a monk."

The man says, "All right, all right. I'm dying to know. If the only way I can find out what that sound was, is to become a

monk, how do I become a monk?"

The monks reply, "You must travel the earth and tell us how many blades of grass there are and the exact number of sand pebbles. When you find these numbers, you will become a monk."

"The man sets about his task. Some forty-five years later, he returns and knocks on the door of the monastery. He says, "I have travelled the earth and devoted my life to the task demanded and have found what you had asked for. There are 371,145,236,284,232 blades of grass and 231,281,219,999,129,382 sand pebbles on the earth."

The monks reply, "Congratulations, you are correct and now you are a monk. We shall now show you the way to the sound."



The monks lead the man to a wooden door. The head monk says, "The sound is behind that door."

The man reaches for the knob, but the door is locked. He asks, "May I have the key?"

The monks give him the key, and he opens the door.

Behind the wooden door is another door made of stone. The man requests the key to the stone door. The monks give him the key, and he opens it, only to find a door made of ruby. He demands another key from the monks, who provide it.

Behind that door is another door, this one made of sapphire.

And so it went until the man had gone through doors of emerald,.....silver, topaz, and amethyst..

Finally, the monks say, "This is the key to the last door."

The man is relieved to no end. He unlocks the door, turns the knob, and behind that door he is astonished to find the source of that strange sound. It is truly an amazing and unbelievable sight...

But I can't tell you what it is because you're not a monk.

**ONE Sunday a vicar** asked his congregation to consider putting a little extra in the collection plate. He said that whoever gave the most would be able to pick out three hymns.

After the plate was passed back to him, the vicar noticed that someone had put in a £50 note. He was so excited that he immediately shared his joy with his congregation, and said he'd like to personally thank the person who had placed the money in the plate.

A little old lady raised her hand. The vicar asked her to come to the front. Slowly she made her way over, and the vicar told her how wonderful it was that she had given so much and asked her to pick out three hymns. Her eyes brightened as she looked over the congregation and, pointing animatedly, said, "I'll take him and him and him."

### **Third time lucky**

JACK and Betty were celebrating their 50th wedding anniversary.

"Betty, I was wondering, have you ever cheated on me?"

"Oh Jack, why would you ask such a question now?"

"Betty, I really want to know. Please."

"Well, all right. Yes, three times."

"Three? When were they?"

"Well, Jack, remember when you were 35 years old and you really wanted to start the business on your own and no bank would give you a loan? Remember how one day the bank president himself came over to the house and signed the loan papers, no questions asked?"

"Oh, Betty, you did that for me? I respect you more than ever. So, when was number 2?"

"Well, Jack, remember when you had that last heart attack and you needed that very tricky operation, and no surgeon would touch you? Remember how Dr Jones came to do the surgery himself, and then you were in good shape again?"

"I can't believe it! Betty, I love you. You saved my life. I couldn't have a more wonderful wife. To do such a thing, you must really love me. I couldn't be more moved. When was number 3?"

"Well, Jack, remember a few years ago, when you really wanted to be president of the golf club and you were seventeen votes short?"

**A doctor dies** and goes to heaven. St. Peter meets him at the Pearly Gates and checks him in.

After he's registered, St. Peter says to him, "Look at the time: you must be hungry! Heaven Cafeteria is serving lunch, why don't you get yourself something to eat?"

The doctor goes to the cafeteria and notices the long line.

He immediately cuts in at the front, only to hear loud protests.

"I'm a doctor" he says, "I'm a busy man, I don't have time to wait in line."

The others say, "You're in heaven now, we're all the same here, get to the back of the line and wait your turn!"

A few weeks later, waiting patiently on line for lunch, the doctor notices a man come dashing in wearing scrubs and a lab coat, stethoscope around his neck. He butts in at the head of the line and no one utters a peep.

"Hey," he says to the guy in front of him, "Who does that guy think he is?"

"Oh, that's God," says the guy, "He likes to play doctor."

### **The Perfect Man**

A man walks out to the street and catches a taxi just going by. He gets into the taxi, and the cabbie says, "Perfect timing, Mister! You're just like Frank."

Passenger: "Who?" Cabbie: "Frank Feldman. He's a guy who did everything right all the time.

Like my coming along when you needed a cab, things happened like that to Frank Feldman every single time." Passenger: "There are always a few clouds over everybody." Cabbie: "Not Frank Feldman. He was a terrific athlete. He could have won the Grand-Slam at tennis. He could golf with the pros. He sang like an opera baritone and danced like a Broadway star and you should have heard him play the piano. He was an amazing guy."

Passenger: "Sounds like he was something really special." Cabbie: "There's more! He had a memory like a computer. He remembered everybody's birthday. He knew all about wine, which foods to order and which fork to eat them with. He could fix anything. Not

like me. I change a fuse, and the whole street blacks out. But Frank Feldman, he could do everything right."

Passenger: "Wow, some guy then."

Cabbie: "He always knew the quickest way to go in traffic and avoid traffic jams. Not like me, I always seem to get stuck in them. But Frank, he never made a mistake, and he really knew how to treat a woman and make her feel good. He would never answer her back even if she was in the wrong; and his clothing was always immaculate, shoes highly polished too - He was the perfect man! He never made a mistake. No one could ever measure up to Frank Feldman."

Passenger: "An amazing fellow. How did you meet him?" Cabbie: "Well, I never actually met him. He died and I married his widow."

### **One-liners**

Is atheism a non-prophet organisation?

I went to a bookstore and asked the saleswoman, "Where's the self-help section?" She said if she told me, it would defeat the purpose.

What if there were no hypothetical questions?

If a deaf person swears, does his mother wash his hands with soap?

If a man is standing in the middle of the forest speaking and there is no woman around to hear him ... is he still wrong?

If someone with multiple personalities threatens to kill himself, is it considered a hostage situation?

Where do forest rangers go to "get away from it all?"

What do you do when you see an endangered animal eating an endangered plant?

Why do they lock gas station bathrooms? Are they afraid someone will clean them?

If a turtle doesn't have a shell, is he homeless or naked?

Is there another word for synonym?

Why do they put Braille on the drive-through bank machines?

Why don't sheep shrink when it rains?

If you try to fail, and succeed, which have you done?

What was the best thing before sliced bread?

One nice thing about egotists: they don't talk about other people.

Can vegetarians eat animal crackers?

If the police arrest a mime artist, do they tell him he has the right to remain silent?

Do infants enjoy infancy as much as adults enjoy adultery?

Why is there an expiration date on sour cream?

How is it possible to have a civil war?

If you ate pasta and antipasto, would you still be hungry?

Whose cruel idea was it for the word "lisp"; to have an "S" in it?

Why is the alphabet in that order? Is it because of that song?

If the "black box" flight recorder is never damaged during a plane crash, why isn't the whole aeroplane made out of that stuff?

I met this bloke with a didgeridoo and he was playing Dancing Queen on it. I thought, 'That's Aboriginal.'

This lorry full of tortoises collided with a van full of terrapins. It was a turtle disaster.

I told my girlfriend I had a job in a bowling alley. She said 'Tenpin?' I said,

'No, permanent.'

I went in to a pet shop. I said, 'Can I buy a goldfish?' The guy said, 'Do you want an aquarium?' I said, 'I don't care what star sign it is.'

I bought some Armageddon cheese today, and it said on the packet. 'Best before End'

I went to buy a watch, and the man in the shop said 'Analogue.' I said 'No, just a watch.'

I went into a shop and I said, 'Can someone sell me a kettle.' The bloke said 'Kenwood' I said, 'Where is he then?' My mate is in love with two schoolbags. He's bi-satchel.

I went to the doctor. I said to him 'I'm frightened of lapels.' He said, 'You've got cholera.'

I met the bloke who invented crosswords today. I can't remember his name, its P something T something R. I was reading this book today, The History of Glue. I couldn't put it down. I phoned the local ramblers club today, but the bloke who answered just went on and on.

The recruitment consultant asked me 'What do you think of voluntary work?' I said 'I wouldn't do it if you paid me.'

I was in the jungle and there was this monkey with a tin opener. I said, 'You don't need a tin opener to peel a banana.' He said, 'No, this is for the custard.'

This policeman came up to me with a pencil and a piece of very thin paper. He said, 'I want you to trace someone for me.'

I told my mum that I'd opened a theatre. She said, 'Are you having me on?' I said, 'Well I'll give you an audition, but I'm not

promising you anything.'

I phoned the local builders today, I said to them 'Can I have a skip outside my house?' He said, 'I'm not stopping you!'

This cowboy walks in to a German car showroom and he says 'Audi!'

I fancied a game of darts with my mate.

He said, 'Nearest the bull goes first' He went 'Baah' and I went 'Moo' He said 'You're closest'

I was driving up the motorway and my boss phoned me and he told me I'd been promoted. I was so shocked I swerved the car. He phoned me again to say I'd been promoted even higher and I swerved again. He then made me managing director and I went right off into a tree. The police came and asked me what had happened. I said 'I careered off the road.'

I visited the offices of the RSPCA today. It's tiny: you couldn't swing a cat in there.

I was stealing things in the supermarket today while balanced on the shoulders of a couple of vampires. I was charged with shoplifting on two counts.

I bought a train ticket to France and the ticket seller said 'Eurostar' I said 'Well I've been on telly but I'm no Dean Martin.

I phoned the local gym and I asked if they could teach me how to do the splits. He said, 'How flexible are you?' I said, 'I can't make Tuesdays or Thursdays.'

I went to the local video shop and I said, 'Can I borrow Batman Forever?' He said, 'No, you'll have to bring it back tomorrow'

A waiter asks a man, 'May I take your order, sir?' 'Yes,' the man replies. 'I'm just wondering, exactly how do you prepare

your chickens?' 'Nothing special, sir. We just tell them straight out that they're going to die.'

**Interviewer to Millionaire:** To whom do you owe your success as a millionaire?" Millionaire: "It's all because of my wife." Interviewer: "Wow, she must be some woman. What were you before you married her?" Millionaire: "a Billionaire"

**Girl to her boyfriend:** One kiss and I 'll be yours forever.

The guy replies: Thanks for the warning.

**A wife asked her husband:** "What do you like most in me: my pretty face or my body?" He looked at her from head to toe and replied: "I like your sense of humour."

That's all folks - special thanks this issue to June Seaber-Tellum, David Green, David Hastings and Patricia Heard. Sorry if you sent howlers and they were not printed - don't worry, we'll keep them for a future issue but please keep them coming!

*Helen*

Howlers welcome via:  
info@livenorth.org.uk  
or by letter to the FREEPOST address  
on the back cover

## WHAT IS A GRANDPARENT?

(Taken from papers written by a class of 8 year olds)

Grandparents are a lady and a man who have no little children of their own.

They like other people's.

A grandfather is a man and a grandmother is a lady!

Grandparents don't have to do anything except be there when we come to see them.

They are so old they shouldn't play hard or run.

It is good because if they drive us to the shops they give us money.

When they take us for walks, they slow down past things like pretty leaves and caterpillars.

They show us and talk to us about the colours of the flowers and also why we shouldn't step on 'cracks'.

They don't say 'Hurry up.'

Usually grandmothers are fat but not too fat to tie your shoes.

They wear glasses and funny underwear.

They can take their teeth and gums out.

Grandparents must be smart.

They have to answer questions like 'Why isn't God married?' and 'How come dogs chase cats?'

When they read to us, they don't skip. They don't mind if we ask for the same story over again.

Everybody should try to have a grandmother, especially if you don't have a television because they are the only grownups who like to spend time with us.

They know we should have a snack before bedtime and they say prayers with us and kiss us, even when we've acted bad.

A 6 year old was asked where his Grandma lived. 'Oh,' he said, 'she lives at the airport and when we want her we just go get her. Then when we're done having her visit, we take her back to the airport'.

Grandpa is the smartest man on earth! He teaches me good things but I don't get to see him enough to get as smart as him!

It's funny when they bend over, you hear gas leaks and they blame their dog.

Sue Arkle.



## INSURANCE

**These are the insurance companies our members have reported having some success with. Please let us know your experience and we will update this page.**

Able2Travel are very reasonable and cover transplants. 0870 750 6711  
 Age Concern 0845 6012234  
 Bib Insurance Brokers 01 325 353888  
[www.bibinsurance.co.uk](http://www.bibinsurance.co.uk)  
 Bishop Skinner 0191 232 8682  
 City Bond 0117 9426877  
 Churchills\* 0800 200388  
 CNA 01452 623623  
 Direct Travel Insurance\* 0800 068 1603  
 Endsleigh Insurance 0191 2210900  
 Freedom 01223 454290  
 (good for pre-existing conditions)  
 Floyd's Direct 0870 442 3234  
 Holiday Services 01773 747 426  
 (Quote MS for LiverNorth discount)  
 Insure and Go 0870 2202240  
 Jardine/Lloyd Thompson 0121 2246934  
 Leisure Care Insurance 01793 514 199  
 Marcus Hearn 0207 7393444  
 Norwich Union Direct\* 0800 121007  
 Post Office 0800 1699999  
 RIAS\* 0800 552100  
 SAGA 0800 0964556  
 Sainsbury's 0845 3003190  
 Tesco Insurance 0845 300 8800  
 Travelcare Ltd 0800 181 532

[www.the-life-insurance.co.uk](http://www.the-life-insurance.co.uk)

Try also (online) :

<http://www.moneysupermarket.com/c/travel-insurance/pre-existing/medical/conditions/>

\* not TX patients - check others also.



## Answers to UIOLI No.36

We hope you all enjoyed doing the SUDOKU puzzles in our last issue. Those of you who completed either (or both) puzzles will know that you got the correct answer because that's how it works!.

For those of you didn't manage it, there are two more on the next page and the correct answers to last issues SUDOKU's are shown below.

Keep trying - Use It Or Loose It!

### Medium SUDOKU

9	7	2	4	5	8	6	3	1
3	5	4	2	6	1	7	8	9
6	8	1	3	9	7	5	2	4
4	3	8	1	7	6	2	9	5
1	2	9	8	3	5	4	7	6
5	6	7	9	2	4	3	1	8
7	9	5	6	1	3	8	4	2
8	1	6	7	4	2	9	5	3
2	4	3	5	8	9	1	6	7

### Hard SUDOKU

5	4	2	7	6	9	1	3	8
1	6	3	8	2	4	9	5	7
8	7	9	1	3	5	6	4	2
2	3	8	5	4	6	7	9	1
4	7	9	2	1	3	8	6	5
6	1	5	9	8	7	4	2	3
7	8	4	3	9	2	5	1	6
9	2	1	6	5	8	3	7	4
3	5	6	4	7	1	2	8	9

## UIOLI No 38

This is a great one for people who love our country. Each part name below can be completed by writing in the name of a northern place. There might be more than one answer but they should all be fairly well known. Do let us know if you can think of any more & well keep you posted...

No 1. is just to show you the method, not a claim to fame!

Our answers are on page 40 Enjoy!

1.	JOHN	BEDLINGTON
2.	SASKIA	
3.		MOORE
4.	FELICITY	
5.	DENZEL	
6.	JUDITH	
7.		DALY
8.	BELINDA	
9.		DUFF
10.	SHIRLEY	
11.		BROTHERS
12.		BELLINGHAM
13.		SHIELDS
14.		BENTON
15.	TIMOTHY	
16.	MICHELLE	
17.	JAMES	
18.		HOLLOWAY
19.	JUNE	
20.	MICHAEL	
21.	ANNA	
22.	ANGELA	



# UIOLI No.39

It's the craze that has swept the nation...SUDOKU. With the kind permission of the creator (Wayne Gould of Pappocom). You don't need to do any arithmetic or be good at maths - all it takes is logic so please have a go - it will help to keep your brain active.

There is strict copyright so they may not be redistributed in any way whatsoever although you can of course photocopy the page if you don't want to spoil your copy of LIVErNEWS. Good Luck!

		2	8		4	9		
	3		6		5		7	
4								5
1	2						5	6
	6		2		9		3	
5	4						8	9
2								1
	1		3		8		6	
		5	1		2	8		

Medium SUDOKU

Hard SUDOKU

2				6	5			
		1				3		
	9	7		2			4	
	4					7	5	
			6		1			
	3	2					9	
	2			9		5	7	
		4				8		
			3	5				2

## SU DOKU

As featured in the Times  
Monday to Saturday

©Puzzles by Pappocom

[www.sudoku.com](http://www.sudoku.com)

Recent research has proven that doing SUDOKU regularly can increase your mental agility. One of the subjects improved her ability to handle mental problems by 20% just by doing SUDOKU every day for 3 months.

How to play:

Fill the grid so that every column, every row and every 3 x 3 box contains the digits 1 to 9.

**The top puzzle is graded Medium and the lower one Hard. Please let us know if you want harder/easier Sudoku or even different UIOLI's.**

You will know if you have got it right because you will have all the numbers in the right places and only one of each in any row, column or box.

# ANSWERS to UIOLI No 38

If you got 18 or over, you are a geographical almaniac and a topographical lexicographer. 14 or over, you are well travelled, especially locally. 10 or over, you have been out and about a fair bit. 6 or over, you used to leave your village but it was a while ago. 3 or over, you left the street once and didn't like it. Less than 3 - you love your TV more than your homeland.

- |     |          |            |
|-----|----------|------------|
| 1.  | JOHN     | BEDLINGTON |
| 2.  | SASKIA   | WHICKHAM   |
| 3.  | DUDLEY   | MOORE      |
| 4.  | FELICITY | KENDAL     |
| 5.  | DENZEL   | WASHINGTON |
| 6.  | JUDITH   | DURHAM     |
| 7.  | TYNE     | DALY       |
| 8.  | BELINDA  | CARLISLE   |
| 9.  | BLYTHE   | DUFF       |
| 10. | SHIRLEY  | ANN FIELD  |
| 11. | WALKER   | BROTHERS   |
| 12. | LINDA    | BELLINGHAM |
| 13. | BROOKE   | SHIELDS    |
| 14. | MARK     | BENTON     |
| 15. | TIMOTHY  | DALTON     |
| 16. | MICHELLE | HEATON     |
| 17. | JAMES    | BOLAM      |
| 18. | STANLEY  | HOLLOWAY   |
| 19. | JUNE     | WHITFIELD  |
| 20. | MICHAEL  | YORK       |
| 21. | ANNA     | FORD       |
| 22. | ANGELA   | RIPON      |

If you, or someone you care about is worried,  
confused or uncertain about liver disease,  
we may be able to help:



ANN 0191 4131827  
SUSAN 01207 271707  
JULIE 0191 4873665  
SYLVIA 01661 881020  
IRENE 01524 844295  
NANCY 01325 463754  
JOAN 0191 3702961  
TILLY 01670 714901

for alcoholism ring:

MICHAEL 01228 810598

hepatitis C help coming soon!

Calls are not monitored and are guaranteed confidential.  
(Please try and call between 9.30 a.m. and 8.30 p.m.)

Lots of information also available via our website:  
[www.livernorth.org.uk](http://www.livernorth.org.uk)

*Liver*  
NORTH  
REGIONAL LIVER PATIENT SUPPORT GROUP

Please try and call between  
9.30 a.m. & 8.30 p.m.

FREEPOST NEA2762 STANLEY CO. DURHAM DH9 0BR TEL & FAX 0191 3702961 E-MAIL [INFO@LIVERNORTH.ORG.UK](mailto:INFO@LIVERNORTH.ORG.UK)

Registered Charity No. 1087226

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# CONTACT NUMBERS

ADDRESS FOR ALL CORRESPONDENCE:

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Co. DURHAM DH9 0BR  
[www.livernorth.org.uk](http://www.livernorth.org.uk)  
Tel & FAX: 0191 3702961  
[info@LIVERNORTH.org.uk](mailto:info@LIVERNORTH.org.uk)

SEE INSIDE FOR OUR  
HELPLINE NUMBERS

ALTA

Addenbrookes Liver Transplant Association  
John Williams  
[jonathon4uk2001@yahoo.com](mailto:jonathon4uk2001@yahoo.com)  
01371-810995  
Marion Edwards  
[a.edwards27@btinternet.com](mailto:a.edwards27@btinternet.com)  
01353 862466

-oOo-

Gift of Life - Derby Liver Support Group  
(for transplants and all with liver disease)  
Contact: Sister Gerri Casey  
0133 234 0131 bleep 1926

-oOo-

HAEMOCHROMATOSIS SOCIETY  
Janet Fernau  
Tel: 020 8449 1363  
e-mail: [info@haemochromatosis.org.uk](mailto:info@haemochromatosis.org.uk)  
Website: [www.haemochromatosis.org.uk](http://www.haemochromatosis.org.uk)

-oOo-

HELPING HANDS  
SUPPORT GROUP (BATH)  
Helpline 01225 834966  
e-mail: [helpinghandsblt@yahoo.com](mailto:helpinghandsblt@yahoo.com)

-oOo-

MERSEY LIVER SUPPORT GROUP  
Tel: 0151 2207066/  
2289866 or 01772 496987  
e-mail: [leeandalan@aol.com](mailto:leeandalan@aol.com)

-oOo-

OBSTETRIC CHOLESTASIS  
SUPPORT GROUP  
Jenny Chambers  
Tel: 0121 353 0699

-oOo-

PSC - SUPPORT  
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-oOo-

SOMERSET LIVER  
PATIENT SUPPORT GROUP  
David  
Tel & FAX 01823 662669  
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-oOo-

BRITISH LIVER TRUST  
Tel: 01425 463080  
FAX: 01425 470706  
e-mail: [info@britishlivertrust.org.uk](mailto:info@britishlivertrust.org.uk)  
website: [www.britishlivertrust.org.uk](http://www.britishlivertrust.org.uk)

***If you run a liver patient support group you can have your contact details printed here free in every issue. Just ring LIVERNORTH on one of the numbers above or e-mail us on [info@livernorth.org.uk](mailto:info@livernorth.org.uk)***

To receive a regular FREE copy of this newsletter please contact LIVERNORTH (details above)