

# LIVErNEWS

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

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# Contents

Page	Item
1	Chairman's Report
3	Letters
5	In Memoriam
6	LIVERNORTH Meeting Dates 2012
7	LIVERNORTH PBC Diary Dates 2012
8	Tilly Tattle
9	Carol Service 2011 report
10	Living with someone with PBC
11	PBC research - PBC DVD
12	Grand Draw 2012
13	Durham's Biggest Girls' Night Out
14	Institute of Transplantation Thanks
15	LIVERNORTH Christmas Dinner 2011 photos
16	LIVERNORTH Annual Accounts 2011
19	Life on the transplant list
21	Numbers club results
22	Automatic Generic Substitution - a post script
23	Meeting photos
25	Helen's Howlers
38	Parking permits for meetings
40	Insurance company listings

Helpline Numbers - inside back cover  
Contact Details - back cover

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Editorial Team: John Bedlington, Tilly Hale, Nigel Goodfellow, Margaret Bickle, Joan Bedlington, Fiona Hale

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## Chair's letter

Our first LIVErNEWS in 2012 and there are many interesting items in this issue but I'm not going to discuss any of them here. The reason is that I want to dedicate this section to asking for your help with something that should be of great interest to you or to anyone with a stake in helping those with liver disease.

The alarming news is that deaths from liver disease in England have risen by 25% in the last ten years. This is both a distressing and disturbing statistic which places liver disease at number 5 on the list of killers in the UK. To make matters worse, the number of suitable livers available for transplantation is also reducing therefore a rise in the number of deaths whilst waiting for a transplant is inevitable.

What has caused this to happen and can anything be done to improve the situation? There will be many reasons which could explain why liver disease is on the increase and equally, many proposals for dealing with it.

In 2006, I gave a talk to students at Durham University condemning the absurdity of changing the licencing laws. The idea of the government at that time was to encourage the 'café culture' seen in Europe in the vain hope that UK drinkers would adopt a similar approach. The responsibility for the

issue of licences was taken away from magistrates and given to local authorities. It was envisaged that the UK would become European overnight and have pavement cafés selling wine and croissants all carefully supervised by trading standards. The fact that the first act of one of the new licensees in Stonehaven was to stage a drinking competition with a cash prize seems to have been lost on the politicians. The proud boast of this publican was that he would 'stay open' as long as someone was still standing (thanks to the newly relaxed licencing hours).

Needless to say, we all know what has happened since the law changed. Groups of intoxicated young people are roaming our town centres late at night. Cheap, strong alcohol is readily available from our supermarkets. Town centre pubs are open all hours and drunkenness is seen as 'cool'. It is hardly surprising that liver disease is on the increase and that donated livers are not good enough for transplantation. The philosophy is to 'pre-load' on cheap alcohol before going into the town centre establishments, where the drinks are more expensive.

To be fair, the government did launch an information campaign to warn people about the dangers of over-indulgence and introduced alcohol guidance for men and women. It was a brilliant concept but unfortunately did not send out a well-defined message. The advice given suggested 21 units of alcohol per week for males and 14 units

of alcohol per week for females  
It was not made very clear in the guidance literature that the units should be spread over a seven day period and saving the units for one 'session' could cause serious health problems. One unit an hour would have been a much more realistic guide.

I said earlier that there will be many proposals for dealing with the problem of rising deaths from liver disease. I certainly do not have all of the answers. However, from my talks with various stakeholders throughout our region, I have identified an area where something can be done about one of the causes. Since trading standards took over licencing, to my knowledge, no-one has been charged with the offence of serving alcohol to drunks. Surely justice is not being seen to be done. Licensees have a legal responsibility to refuse to serve alcohol to anyone who is intoxicated but no-one enforces this law. No-one goes to court or loses their licence yet our town centre pubs and clubs are full of drunk people late at night seemingly buying more alcohol without limit. Our A&E departments are crowded with (self-harming) drunks needing treatment whilst people who are genuinely ill or injured have to wait in line.

The whole thing is a shambles and LIVErNORTH might be able to do something about it with your help. Ask around, talk about this and publicise this abject failure in our society to supervise licensees

(and retailers). As a group we are joining others on 12th June to lobby politicians in parliament on this very issue. Hopefully we will be listened to but perhaps not. My letter to David Cameron on 14th February containing much of the above brought a prompt reply that he was happy to hear from me and that his Department of Health would be in touch shortly. I'm still waiting.

I'll keep you posted – best wishes,  
John Bedlington

*Liver*  
**NORTH**

# Letters

Dear Tilly,

Thank you so much for sending me the PBC DVD. Although I have had PBC for about eleven years, this really helped me with the excellent information. A very big thank you to all the liver team for all their support and help. I am sending a cheque to cover the cost of the DVD and also a donation for the PBC fund.

Thanking you  
JC (South Shields)

\*\*\*\*\*

Dear John & Joan,

Just to bring you up to date...my husband received an appointment at Manchester Royal Infirmary with a Liver Specialist, Martin Prince. He is willing to give us a second opinion... we feel a lot more confident with him. Once again, I can't emphasise enough our thanks to you both. The sheer relief of not being on our own was indescribable. Could you please put us on your newsletter list as I haven't laughed so much in years as over Helen's Howlers.

Regards  
S&CA (Cheshire)

\*\*\*\*\*

Dear Mr Bedlington,

On behalf of The Newcastle upon Tyne NHS Foundation Trust, Professor D Manas and I would like to thank you for the generous donation of £8000 to the Institute of Transplantation from LIVERNORTH. The money is being used to facilitate the creation of an Institute of Transplantation website. The website will provide information for patients and professionals in relation to the transplantation service offered by Newcastle Hospitals, research and development being undertaken and training opportunities. It is hoped that transplant patients and their relatives will find the website an invaluable source of information regarding transplantation care.

Yours sincerely  
Professor D M Manas  
Professor of Transplantation  
Consultant HPB & Transplant Surgeon  
University of Newcastle upon Tyne &  
Hospital Trust

Mrs H Warlow  
Directorate Support Manager  
Business & Development



Dear Mrs Bedlington

Many thanks to you for your recent donation of £16,500.00 which you have made towards Liam Cornell's third year stipend, which has been passed on to us via Dr Helen Reeves.

With very best wishes  
Sandra Cartwright Institute Secretary  
Newcastle University  
Northern Institute for Cancer Research

\*\*\*\*\*

Dear LIVErNORTH,

Please find enclosed a copy of my sponsor form and a cheque for £350. I hope you find good use for the funds. My family have been affected by liver disease through Hep C and would love this money to be put towards families like ours. Without the hard working and amazingly talented people at the Freeman hospital our lives would be very different for the worse.

I hope this small donation helps.

Kind Regards  
NJ (Ashington) (Newcastle Stampede - 10k Run & Army Obstacle Course 16.10.11)

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Just a little note to say how thankful I was for being able to stay in the flat and be near my partner, while he was in hospital. It took the stress out of finding somewhere near to stay or travelling to see him. It was also very clean and comfortable. Thanks again.

J & M (Carlisle)

\*\*\*\*\*

Dear Joan.

Just a quick note to say we were so very impressed with the whole set up and super care we received at the Freeman. I felt as though we were really being sorted out and everyone knew about PSC..Also we were finished after 2 days so were home last night - an unexpected bonus. We will see you at the next LN meeting. Regards and thanks again.

G

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Dear All at LIVErNORTH,

Thank you so much for the patients' gifts, which you very kindly provided for Ward 16.

Happy New Year and Best wishes from  
Kim, Anne and Staff (Ward 16 Freeman Hospital)

# In Memoriam

## **Harold Hueston**

Harold was not a liver patient but his wife, Hannah, was. When she died he donated £3,000 to LIVErNORTH and after much consideration it was decided to use it to produce the PBC DVD. This has been a great success and demand continues. Harold was delighted by our decision and said it was a living memorial to Hannah. I think everyone who has seen the DVD would agree that it has been a great asset to them and their families in understanding more about Primary Biliary Cirrhosis.

Harold and Hannah lived in Northern Ireland so never managed to get to any of our meetings but enjoyed receiving the newsletter and when Hannah was alive she and I spoke regularly on the telephone. After her death Harold continued this practice although obviously not as frequently. Harold was a generous man and when he donated to LIVErNORTH he also donated to the local hospital but felt the money given to us was spent much more wisely and with much greater effect. We offer our deepest sympathy to Harold's three children and the rest of the family.

*Tilly*

## **Margaret McGahan**

It is with much sadness that we have to announce that Margaret McGahan, beloved wife of Roy, died in South Tyneside Hospital on 12th February following a long illness. Her funeral took place on 22nd February and was attended by a great number of family members, friends and neighbours. Roy and Margaret were regulars at our meetings and made many friends as a result. Margaret will be missed very much by her LIVErNORTH friends - she was much liked for her gentle nature and 'putting others first'. Donations in lieu of flowers were made at the church and by post, all of which will be used to support the Institute of Transplantation at the Freeman Hospital.

LIVErNORTH was represented at the funeral by John, Joan and Peggy.

# LIVERNorth Meetings 2012

All meetings are held in the Functions Rooms (137/138) on Level 1 at the Freeman Hospital.

If you are coming from the Main Entrance on Level 2, take the lift (or the stairs) down to Level 1. Coming out of the lift you turn left (right from the stairs) and go through the double doors into the corridor of the Education Department. Walk to the far end of this corridor, then turn right through double doors. The Functions Room is on the left hand side.

Unfortunately the doors to the corridor are often locked by 7pm, and if that is the case you need to go out of the exit double doors on Level 1 and turn right and walk to the double doors just past the portakabin.

By car, drive to the roundabout inside the grounds and take the first exit past the various staff car parks. There are tokens in this newsletter which allow you to park for FREE in the Multi-storey car park, Levels 1 and 2 (at the back of the hospital on the way to the Cancer Care Unit). Walk back out of the car park and follow the road round to a set of double doors (you have driven past them, they are near a portakabin) and go through these doors and another two sets of double doors and the Functions Room is ahead on the left hand side

9 May	7.00 pm	Professor Derek Manas, Transplantation
13 June	7.00 pm	Dr Mark Hudson, Primary Sclerosing Cholangitis
18 July	7.00 pm	Dr Kieren Hollingsworth and Dr Mike Trenell
19 September	7.00 pm	Dr Steven Masson Updates in Alcohol related Liver Disease
29 September	1.00 pm	LIVERNORTH Annual Fair
24 October	7.00 pm	Professor David Jones
9 December	2.30	LIVERNORTH Carol Service Freeman Chapel. Coffee/tea and mince pies served afterwards
12 December	6.30 for 7pm	LIVERNORTH Christmas Dinner Freeman Dining Room

PLEASE NOTE THAT THE TRANSPLANT THANKSGIVING SERVICE WILL TAKE PLACE ON **SUNDAY, 11 NOVEMBER**, AT 3PM AT ST.GEORGE'S CHURCH, OSBORNE ROAD, JESMOND.

# PBC Diary Dates for 2011-2012

- Tuesday 29 May 12 - 2 Sunderland Royal Hospital, Bede Main Conference Room.  
Speaker, Lisa Robinson, Physiotherapist.
- Wednesday 12 Sept 11-1\* Bishop Auckland General Hospital Postgraduate Common Room.  
Speaker: Professor Julia Newton  
(At the back of the hospital, in the old buildings, on the first floor.) There is a lift just inside the entrance to the building and this brings you alongside the meeting room.  
*\* Note the earlier time and prompt finish.*
- Tuesday 13 November 1 - 3 Freeman Hospital, Postgraduate Functions Room, Level 1. Speaker: Professor David Jones  
PLEASE NOTE THE SLIGHT CHANGE OF TIME – THIS WAS THE ONLY DAY AND TIME THAT I COULD BOOK IN NOVEMBER.

All the meetings are open to everyone. Tea, coffee, orange juice and biscuits are served, and we have a small raffle – the proceeds of this are given to Professor David Jones' PBC Research Fund. Please feel free to bring your own sandwich.

PLEASE NOTE: We are able to park without paying at Newcastle Freeman Hospital, but due to changes in the parking plans it is now essential that I give car registrations to Freeman Security and then you are asked to park in the Multi-storey Car Park, Levels 1 and 2, at the back of the Hospital. Obviously, if you have a disabled badge and are able to obtain a space in the front car park you may prefer to do this, but to make sure you do not have to pay it would be wise to contact me approximately two weeks prior to the Newcastle meetings so that I can pass your details on to Security.

PLEASE DO NOT PAY AT THE PARKING METER AS I CANNOT REFUND THIS – JUST PARK THE CAR AND AS LONG AS I HAVE HAD YOUR CAR REGISTRATION FREEMAN SECURITY WILL KNOW ABOUT YOU AND YOU WILL NOT BE CHARGED FOR PARKING WITHOUT A TICKET.

At Sunderland and Bishop Auckland we have to pay. Parking at Sunderland is difficult but Bishop Auckland is usually quite easy.

Tilly Hale, 016670 714901, [tilly.liveliver@gmail.com](mailto:tilly.liveliver@gmail.com)

# Tilly Tattle

Here we are again, in Spring, and the weather is warming up – although for the most part we have been lucky in our area in that we have not really had a bad winter. Some say that we would be better to have a really cold winter to kill off all the bugs but I know that last year most of us found it difficult to cope with the prolonged snow, so I think we appreciate the milder winter we have had this year.

As always, we are looking ahead at LIVErNORTH, and both the evening and lunchtime meetings are all organised. We have some interesting talks planned so we do hope you will be able to come along to some of them.

We are also planning ahead for the LIVErNORTH Fair and the Grand Raffle. As you know, this is the major fund raising that we do as a group and with your help it is a great success. As always, I would be very grateful for any items for the tombola stall, and Peggy Oliver would also be grateful for any items for the toiletries stall. I am happy to store any prizes in my house, so please do feel free to bring along your donations to any of the meetings. If you have items which you would like to donate but are unable to attend the meetings please contact me and I can arrange to collect these, either from Ward 12 or Outpatients when you are coming for your appointments, or in some cases I can collect (or arrange for someone to collect) from your home. I mentioned the Grand Raffle earlier – tickets will be coming out soon but as most of you know, we also sell in the Freeman Hospital. A list of dates appears later in the newsletter and I would be very grateful to anyone who could help to sell tickets that way. Selling is done from the charity booth opposite the lifts and the time is really to suit sellers, although we usually run from about 6.30

until 8.30. Evening visiting ends at 8pm so by selling until 8.30 we find we have a lot of customers when they are leaving the hospital. We have a very small group who sell every year but unfortunately we are all getting older and some of our sellers are no longer able to help. Please do consider giving a couple of hours of your time – it really is a worthwhile cause and if you come with a few friends it can be good fun.

In the LN Diary you will see I have included the date for the Transplant Thanksgiving Service. Usually I put this into a later newsletter but often this means that people do not see it in time. This service is open to all and is a very moving time – there are a lot of donor families and it is good for them to see people who have benefitted from their generosity. It covers all the transplants carried out so apart from liver transplants there are also heart, kidney and all the other forms of transplant attending, as well as several doctors and nurses. The service is organised by Lynn Robson and her team of transplant co-ordinators and it takes place at St. George's church just off Osborne Road in Jesmond. After the service there is always tea and coffee and a chance to talk to people and each year I have met new donor families as well as catching up with some from previous years. Those of us who attend regularly do find it very meaningful. If you have never been before, please think about coming – it is a way of showing our gratitude for our gift of life.

With all good wishes,

Tilly Hale, 01670 714901, [tilly.liveliver@gmail.com](mailto:tilly.liveliver@gmail.com)

# Carol Service

It seems strange to be telling you about the last Carol Service when we are almost up to Easter, but with the newsletter being a quarterly production that is the way things go.

As always, the 2011 Carol Service was held in the Freeman Chapel. We had a good mix of speakers: David Jones told us how he sees the role of the doctor and how he feels very strongly about getting alongside the patients. Those of us who are patients of David's know just how caring he is of his patients and we feel very lucky to have him as our consultant. Margaret Bickle spoke of the change to her life due to being diagnosed with liver disease and how she ended up having to take early retirement due to her fatigue. She put a very funny spin on her story and kept us very amused, but at the same time brought home how much it had affected her. Dick Edminson spoke next and told us how Diane's diagnosis had affected their family life. This was a very moving account of how he had to change his life to accommodate Diane's illness, and his sincere wish to be a real help to her. We all know about how illness affects the patient but it was really good to hear from a family member and I am sure all the family members at the service could relate to Dick's message. Dorothy Barker then spoke about her role as a Chaplaincy Visitor on Ward 12. Dorothy is a committed Christian but is very happy to talk to anyone and everyone, those with any faith and those with none, and

on any sort of topic. Finally, a very recent transplant patient, Tony Barclay-Walker, spoke of his gratitude to the Freeman and the donor family for his gift of life.

The readings were adaptations of the Bible texts and were given by Fiona Hale, John Bedlington, and Kathy Jones\* (see below). We had solos from Helen Abela accompanied on the piano by her friend Gillian Richardson, and Dorothy Barker played the piano for the rest of the carols.

As always, Nigel and Dawn Goodfellow had prepared the Christingles which were given out to everyone who attended, and the lights were dimmed so that we finished the service by candlelight.

After the service, tea, coffee and orange juice were served, along with mince pies. This gave everyone a chance to have a natter and to catch up with friends.

I would like to thank Nigel for all his help with the Carol Service and for the work he puts into it, year after year. We really are very grateful to him, and to Dawn. This is a busy time of year for the Chaplaincy in the hospitals but Nigel always makes us feel special. I would also like to thank all the speakers, the readers, the soloist and the two pianists for their part in making the service so meaningful.

I would also like to take this opportunity of wishing Kathy Jones happiness in her new role as Chaplain in Northumbria Health Care Trust. Kathy has been at Freeman for quite a few years and is well known to many of us – she will be missed.

Tilly Hale

# Living with someone with PBC

**A**t the Carol Service Dick Edminson spoke about what it's like to be married to someone with PBC. Thanks to Dick and Diane for sharing this with LIVERNEWS.

'My wife Diane has PBC. When she was diagnosed, you hear the words 'your liver is slowly dying', you can't take in any more. Your mind goes into a fog. You just go home and think, 'what is happening here?' We had never heard of this primary biliary cirrhosis - PBC. We knew nothing about it. We went on the computer and found LIVERNORTH, saw we could get a video. We ordered it, and watched it and learnt. We got the phone number of a lady from LIVERNORTH who we could get in touch with to talk about PBC. A few weeks later, I asked Diane, 'Did you ever phone that lady?' She hadn't, so she gave her a call. That lady was Tilly, and she talked to her about her experiences of PBC. She also told her about a meeting that was coming up about PBC, so we went. I found it really quite amusing, seeing all these people there who were just like Diane. They were falling asleep, struggling to keep their eyes open, having a scratch. It was good to see that it was not just Diane – there were other people with the same problems.

So what is it like when your partner has PBC? Well, your life as you knew it is completely changed. It's very hard, but you have to accept it. Diane was a dancer, she loved to dance and she dragged me along to dancing lessons. We used to go dancing four or five times a week. We used to love walking, and we'd often go for

walks along Hadrian's Wall. We loved socialising.

But now, socialising was a bit of a problem. We couldn't say 'Yes, we'll come to that party, that christening, that wedding' because we didn't know how Diane would be on that day. So we become social outcasts.

Then we had to sort out the housework. I learnt to iron – the only things I've never mastered are fitted bedsheets! So I'd put them to one side, and leave them for Diane when she was having a good day.

In the car, I felt isolated – I'd be driving, and after ten minutes she'd be asleep in the passenger seat. Watching TV was the same – I now know that if there's a programme Diane wants to watch, I record it because otherwise she'll fall asleep and not see more than the start of it.

Then there's the itch. Diane will wake me up at half past four in the morning to scratch her back, and then she'll fall asleep again – I'll be wide awake by then and can't get back to sleep.

With holidays, it's hard to plan. The heat and sun makes the itch worse. So in the summer Diane will often not want to go out. Luckily, five years ago she got me membership to Durham County Cricket Club, and now if it's a hot day, I'm happy because I go off to watch the cricket, and Diane can stay inside.

I did used to get angry and depressed about Diane's PBC, but I think that 47 years ago we said to each other 'In sickness and in health', and that's the way it has to be.'

# PBC Research - Rituximab Trial

**A**t the February meeting, Professor Julia Newton spoke about the forthcoming Rituximab Trial which will get underway towards the end of this year. It is thought that Rituximab could be a big help in combating the dreaded fatigue. For the trial 78 people will be involved, 39 on the therapy and 39 on a placebo. It is a double blind trial which means no-one (including the doctors) knows who is on what.

However, before the trial starts people will be contacted in various ways to see if they are willing to take part and if they are suitable. This involves completing the PBC 40 (yes, another one) and also giving a small sample of blood – something similar to the amount taken in clinic appointments. Greta Pells, who attended the meeting in October when Prof David Jones spoke, is conducting this early piece of research and LIVERNORTH is funding the project.

David and Julia feel this could be a big step forward in the treatment of fatigue and I know many people are very keen.

David has asked me to “spread the word” so keep your ears open to hear more.

Tilly Hale

## PBC DVD

**A**s you may have read earlier in the newsletter, the DVD was produced thanks to a marvellous donation of £3,000. The money was given by Harold Hueston in memory of his wife, Hannah, who was a PBC patient. Harold loved the DVD and said he just wished it had been around when Hannah was alive as he knew she would have appreciated it and found it a great help.

The DVD continues to be popular and I am still getting regular requests for it. Quite a few copies go to the United States and Canada – they have a different DVD system but when our original DVD was produced the man who did it for us (Jonathon Allan of Batfish Media) produced a second version which was compatible with their system. Apart from that we still get requests from various parts of Europe and of course the bulk of the requests are from people in the UK.

The DVD is packed with information about Primary Biliary Cirrhosis. It has a chapter where Professor David Jones speaks to a “patient” in clinic. This is done as a first visit and so David talks to them generally about the disease and the effect it can have on their lives. Professor Julia Newton and David do a long session answering questions about PBC and cover as many aspects as we were able to think of when we set this up. We also have a section where PBC people talk about living with the disease, and we have a chapter where two husbands of PBC people talk about living with people with the disease. Several people have told me that their husbands and wives (yes we do have some men with PBC and one of them actually speaks on the DVD) have found this very helpful. In fact most people tell me that the whole DVD has made the disease more real to their families and apart from helping the patient it has helped the whole family to understand what is going on.

If you would like to have a copy, please phone me or email me at any time: tilly.livelliver@gmail.com, 01670 714901. It is also listed on our website [www.livernorth.org.uk](http://www.livernorth.org.uk).

# The Grand Draw Dates

It is time once again for us to think about selling our raffle tickets for the Grand Draw which takes place at the Fair on 29 September. As in previous years we will be selling from the Charity Booth opposite the lifts in Freeman Hospital. Usually we manage to sell about £1,000 worth of tickets which is a big help towards the total sales. To do this we sell on various nights over the summer anytime between 6pm and 8.30 – some people start at 7pm and work until 8.30 as then you see people coming out after the end of visiting and it is a good time to sell. The more people who can sell the better, and if you have four people on each evening it can be good fun. Joan Bedlington and I say we are like a market stall, calling out to people as they pass. We have the tickets and we also have the poster showing that it is LIVErNORTH and we have various items such as the pens and key fobs which help to make the booth look more attractive. If you volunteer on your own we will make sure you are with someone else, no-one is ever expected to sell on their own.

The dates are listed below and if you are able to sell at any of these please do get in touch. Last year we had to cancel several dates due to lack of volunteers and it affected our overall total quite a lot, so we really would be very grateful if you could spare an evening.

Monday	23 July
Friday	27 July
Friday	3 August
Wednesday	8 August
Monday	13 August
Monday	20 August
Wednesday	22 August
Friday	31 August
Friday	7 September
Wednesday	12 September
Monday	17 September
Friday	21 September

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If you are able to sell on any of these evenings, please either email me, telephone me, or return this slip to LIVErNORTH, FREEPOST NEA2762, STANLEY, Co. Durham, DH9 OBR  
Many thanks, Tilly Hale, 01670 714901, [tilly.liveliver@gmail.com](mailto:tilly.liveliver@gmail.com)

I am able to sell tickets on \_\_\_\_\_

Name \_\_\_\_\_

Telephone number \_\_\_\_\_

# Durham's Biggest Girls' Night Out

Durham's biggest girls' night out is back!

## **St Cuthbert's Hospice Midnight Walk, Saturday 23rd June 2012, St Leonard's School playing field.**

Ladies, ditch those Saturday night heels and get the girls together for the biggest night in town! The Midnight Walk is back and coming to a street near you this summer.

Last year, 850 fun-loving ladies took on the 10km sponsored stroll for St Cuthbert's Hospice. Circus performers and flame throwers kick-started the evening by lighting up the night air before a Zumba performance got the ladies warmed up for their wander. Then, when the clock struck twelve, TV Agony Aunt, Denise Robertson, set the pink ladies off on their 10km midnight walk.

This year's event promises to be another night to remember when it hits the streets on Saturday 23rd June. The walk sets off from St Leonard's School playing field and event organisers hope that even more mothers, daughters, grandmothers, friends and colleagues will unite for the girls' night out under the midsummer stars.

St Cuthbert's Hospice, which is based in Merryoaks, provides free-of-charge care and support to people with life-limiting illnesses such as cancer and MS, as well as supporting their families. The hospice features a ten bed In-Patient Unit for 24 hour care, a Day Hospice and a Family Support Service. Over 900 local people are given vital support each year.

Laura Barker, event organiser said: "The Midnight Walk is an incredible event with an electric atmosphere; the sight of hundreds of ladies illuminating the darkness with flashing pink bunny ears is incredible! We have been overwhelmed by the support that people have shown this event since it began. We have to raise £4,300 every single day so every penny raised by our Midnight Walkers really does make a huge difference to local lives."

If you'd like to be a part of the biggest girls' night out and make a difference to St Cuthbert's Hospice, please log onto [www.stcuthbertshospice.com](http://www.stcuthbertshospice.com) to register. Alternatively, you can contact Laura Barker on 0191 386 1170 or email [laura.barker@stcuthbertshospice.com](mailto:laura.barker@stcuthbertshospice.com). The walk is open to all females and accompanied girls over the age of 12. Registration costs £10, plus sponsorship raised. Closing date for registrations is Friday 8th June.

For more information, please contact Kathryn Doherty on 0191 386 1170 or email [kathryn.doherty@stcuthbertshospice.com](mailto:kathryn.doherty@stcuthbertshospice.com)

# Institute of Transplantation thanks

David Allison  
Chief Operating Officer  
Freeman Hospital  
High Heaton  
Newcastle upon Tyne  
NE7 7DN  
Tel: 0191 223 1038  
Fax: 0191 2131968  
David.allisonnuth.nhs.uk

6th October 2011  
Mr J Bedlington

Dear John

On behalf of The Newcastle upon Tyne Hospitals NHS Foundation Trust, I would like to thank you for the generous donation of £1880 from LIVErNorth.

I understand that the money was raised by Appleby Rotary Club for LIVErNorth and you have kindly allocated the donation to support The Institute of Transplantation at The Freeman Hospital.

The Institute of Transplantation is in the final stages of being commissioned and it is hoped that the first patients will receive treatment in the facility by the end of October 2011.

The money LIVErNorth has so kindly donated will be used to further enhance the world-class environment being created for the treatment and care of transplant patients.  
Yours sincerely

David Allison  
Chief Operating Officer

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## **HepC Nomads has a new portal!**

HepC Nomads Online forum has added a new portal page.  
<http://hepcnomads.co.uk/phpBB3/portal.php>

# LiverNorth Christmas Dinner 2011



# Annual Accounts 2011

## LIVERNORTH Charities Account for year ended 31/3/2011

INCOME		EXPENDITURE	
Autumn Fair	£ 1,707.89	IoT	£ 1,278.53
Coffee Events	£ 10.00	Christmas Gifts - inpatients	£ 183.86
Collecting Cans	£ 160.14	Computer Related Expenses	£ 733.99
Donations - Autumn Fair	£ 100.00	Designated	£ 11,321.15
Donations - Charity Draw	£ 285.00	Charity Draw	£ 694.50
Donations - Designated	£ 15,670.20	Education	£ 19,850.00
Donations - Flat	£ 201.00	Equipment	£ 1,644.34
Donations - General	£ 12,456.39	Fair	£ 38.14
Flat Accommodation	£ 563.00	Flat	£ 6,307.50
Great North Run	£ 3,369.30	Great North Run	£ 1,919.79
In Memoriam	£ 7,080.95	Hardship Fund W12	£ -
Newsletter	£ 35.00	Insurance	£ 202.53
Numbers Club	£ 403.00	Leaflets	£ -
Pens, Badges & Key Fobs	£ 64.00	Lotteries Registration	£ 20.00
Postage	£ -	Newsletter	£ 4,850.71
Repaid Cheques	£ 100.00	Numbers Club	£ 4,250.00
Research Grants	£ -	Pens, Badges & Fobs	£ -
Charity Draw	£ 3,096.75	Postage	£ 773.45
DVD Donations	£ 454.53	Research Grants	£ 10,000.00
Sponsorship	£ 1,515.00	Stationery	£ 374.76
Chqs not presented	£ -	Internet	£ 35.48
Gift Aid	£ -	Travelling Expenses	£ -
		PBC DVD Copies	£ 250.00
<b>Total Credits</b>	<b>£ 47,272.15</b>	<b>Total Debits</b>	<b>£ 64,728.73</b>
<b>Balance B/Fwd</b>	<b>£ 34,174.13</b>	<b>Balance C/Fwd</b>	<b>£ 16,717.55</b>
	<b>£ 81,446.28</b>		<b>£ 81,446.28</b>

<b>LIVErNORTH General Account for year ended 31/3/2011</b>			
<b>INCOME</b>		<b>EXPENDITURE</b>	
Christmas Dinner	£ 1,085.00	Christmas Dinner	£ 1,124.04
Christmas Dinner Tombola	£ 243.20	Christmas Dinner Tombola	£ 177.55
Donations	£ -	Gifts	£ 116.54
Raffles	£ 199.50	Refreshments	£ 150.24
Refreshments	£ 88.30	Misc 1	£ -
Sales	£ 11.40		
Cheques not presented	£ 26.00		
Misc 2	£ -		
<b>Total Credits</b>	<b>£ 1,653.40</b>	<b>Total Debits</b>	<b>£ 1,568.37</b>
<b>Balance B/Fwd</b>	<b>£ 539.68</b>	<b>Balance C/Fwd</b>	<b>£ 624.71</b>
	<b>£ 2,193.08</b>		<b>£ 2,193.08</b>
<b>LIVErNORTH Capital Reserve Account for year ended 31/3/2011</b>			
<b>INCOME</b>		<b>EXPENDITURE</b>	
<b>Balance B/Fwd</b>	<b>£ 58,968.88</b>		
Interest	£ 23.58		
		<b>Balance C/Fwd</b>	<b>£ 58,992.46</b>
<b>Total Credits</b>	<b>£ 58,992.46</b>		<b>£ 58,992.46</b>
<b>LIVErNORTH Clubs and Societies Reserve Account for year ended 31/3/2011</b>			
<b>INCOME</b>		<b>EXPENDITURE</b>	
<b>Balance B/Fwd</b>	<b>£ 32,099.87</b>		
Donations	£ 24.00		
Numbers Club Payments	£ 9,191.00		
Interest	£ 15.13		
		<b>Balance C/Fwd</b>	<b>£ 41,330.00</b>
<b>Total Credits</b>	<b>£ 41,330.00</b>		<b>£ 41,330.00</b>

**LIVErNORTH Accounts Balance Sheet for year ended 31/3/2011**

<b>CHARITIES ACCOUNT</b>			
Total Credits	£81,446.28	Nat West Bank Statement to 31/3/2011	£17,441.55
Total Debits	£64,728.73	Cheques not yet presented:	
		677	£250.00
Balance	£16,717.55	697	£474.00
		<b>Balance</b>	<b>£16,717.55</b>
<b>GENERAL ACCOUNT</b>			
Total Credits	£2,193.08	Nat West Bank Statement to 31/3/2011	£624.71
Total Debits	£1,568.37	Cheques not yet presented:	£0.00
Balance	£624.71		
		<b>Balance</b>	<b>£624.71</b>
<b>CAPITAL RESERVE ACCOUNT</b>			
Total Credits	£58,992.46	Nat West Bank Statement to 31/3/2011	£58,992.46
Total Debits	£0.00	Cheques not yet presented:	£0.00
Balance	£58,992.46		
		<b>Balance</b>	<b>£58,992.46</b>
<b>CLUBS AND SOCIETIES RESERVE ACCOUNT</b>			
Total Credits	£41,330.00	Nat West Bank Statement to 31/3/2011	£41,330.00
Total Debits	£0.00	Cheques not yet presented:	£0.00
Balance	£41,330.00		
		<b>Balance</b>	<b>£41,330.00</b>
<b>RAVI KULKARNI SARCOMA RESEARCH FUND</b>			
Total Credits	£11,424.90	Nat West Bank Statement to 31/3/2011	£11,424.90
Balance	£11,424.90	<b>Balance</b>	<b>£11,424.90</b>
Examined and found to be correct in accordance with the documents and explanations provided to me			
		D.W.Inch	
			2012

# Life on the transplant list

*In this article, a member of LIVErNORTH who prefers to remain anonymous talks about life on the transplant list.*

I was diagnosed five years ago, just after my 40th birthday. I had never been ill – I hadn't had a day off work in 8 years. Then I suddenly got hit with gallstones, and the pain was terrible. Within two weeks, I was in hospital and had my gall bladder removed. But I didn't recover. I was so tired. I thought that I had just gone soft after four weeks off work. I thought the problem was me just feeling sorry for myself. But I really was so exhausted, and I could not understand why I was so tired.

My bloods didn't go back to normal, and I was still exhausted. I was sent for more tests, more appointments. There were lots of questions about lifestyle, about whether I drank, used drugs. A positive AMA result was picked up by accident by a junior registrar who realised it was PBC. I had never heard of it – and neither had the nurse who couldn't even find me any leaflets about it.

It took about a year from the gall bladder operation to getting the PBC diagnosis. I was under the care of a liver doctor in my local area. He did a biopsy, and confirmed it was stage 3 PBC. I was told, 'Go home, live your life. Come and see us every six months, and we'll tell you when you are deteriorating.' He said I may need a transplant when my liver deteriorated. [To be fair, he said he didn't know much about PBC – there are only a few people with PBC in my area, and the others are in their 70s with more immediate health problems than PBC.]

I went home and looked on the internet. I saw that the St James hospital in Leeds was good for transplants, so I went back to my GP and asked to be referred there. I saw a very good doctor at St James, who was lovely. He sent me for psychological tests – I think maybe he thought I wasn't coping with being diagnosed with a chronic long term illness. I didn't get any treatment for the symptoms, just anti-depressants, though I wasn't depressed.

He referred me for transplant assessment, I think mainly because he didn't know what else to do with me. This was two years after my diagnosis. In my own mind, I think I'd had PBC since I was pregnant 24 years ago. But life goes on, and I thought it was just my personality, that I was just someone who was tired or maybe a bit lazy.

After the transplant assessment, I was sent home with a flea in my ear. The doctor who had referred me for assessment was not on duty that week, so I saw someone else. He told me that even if I had stage 3 PBC, I could live another 20 years. I was also told that even if I was lucky enough to get a transplant, I had to realise that I would be taking it away from someone who really needed it. These things stay with you.

My doctor was lovely, and very apologetic. He said he should not have let me come for assessment when he was not there. Since he knew I was prepared to travel to get treatment, he sent me to Newcastle, to see an expert in PBC – Professor Jones.

At my first clinic appointment in Newcastle, both Professor Jones and Professor Newton were there. The way they talked to me was amazing – it took a big weight off my shoulders. They had ideas about what to do with me. I think people in Newcastle are so lucky having that on their doorstep. I'm fortunate that I can afford the £60 train fare every 8 weeks or so – I am working so I can pay it. But it's the only thing I can make the effort for.

I can't find the energy for a night out, or a weekend away with my partner, but I will travel to Newcastle and stay the night to go to clinic at the Freeman.

At the Freeman, I have had every treatment possible – they really have done everything for me to try to treat the symptoms – fatigue and itch. Some of it worked, though only for a while.

Eventually I went up for assessment for a transplant. I had the assessment in April 2010, but I was refused because an effect of my PBC and the fatigue was that my anaerobic threshold was too low to be safe for me to have the operation. So they started looking at how to improve my anaerobic threshold. I got an exercise bike to use at home, and I was given very specific exercises to do. They take me about 27 minutes every day, and I was coming up to Newcastle every month for tests. It was hard work.

By November 2010 my anaerobic threshold was up to a safe level, and my case was being discussed at a meeting at the Freeman to see if I could now go on the transplant list. I knew the day of the meeting, and was waiting to hear the news. I didn't hear anything that day, and the next day I couldn't wait any longer so I rang in. It was good news – I was on the list. Ever since then, every day I've thought I might get the call that night. It's been 14 months now. I have been more emotional for the last 14 months than all the rest of the 5 years I've had PBC. Every symptom has been heightened. It's a problem because physically and psychologically I have to be in the best place for when I get the call. Work is difficult – I can't do things, and I feel that I should be on the exercise bike, walking the dogs, keeping myself fit, but the stress of work, of thinking about what's going to happen to my job, how will I manage in the long term... it's hard. I've always planned, that's the kind of person I am, and to be unable to plan, to feel that things are out of my control, that's really difficult. I can't change my personality.

After transplant I know it won't be easy, but I think my family have big expectations that I'll get back to normal. We don't do much as a family – it all revolves around me and how I'm feeling. I'm always put first, and that's wrong. It's OK short term, but not long term. People get resentful.

My wish would be to cope better. I crave better quality of life – it's not that I crave the life I used to have, but I do want to be able to cope better, to be happy with the life I have now. I've tried all sorts of things – reiki healing, quantum healing, anything I can.

The more time I've had on the list, the more my initial positivity about transplant changes to anxiety. Too much time to think. I'm frightened – will my heart and lungs make it through the operation. I'm not frightened of the recovery afterwards, and I know my quality of life will be better, but my big fear is not making it through the operation.

I also worry how my family will cope, being so far away from the Freeman. I worry about my mum who is 78 having to look after my dogs, does she know how to use the tumble drier – silly things like that.

The last 3 years would have been so much harder without LIVErNORTH and the support of my friends at LN. No matter when I ring or email, and every time I'm up to stay at the Freeman or for an appointment, they always come in to see me. My mum never worries about me – she says I've got my 'Newcastle family'. Nobody has ever not had time for me. I feel very very lucky, the support has been amazing.

## Numbers Club

The 2011 £2500 Jackpot prize was won by Mrs P. Marshall of Teesside with her number (169) drawn at our Christmas Dinner on 14th December 2011.

Prizes of £250 were won by:

Mr F. Dobson of Blyth with his number (50) drawn at our meeting on 9th February.

Mrs Sandra Beal of Scarborough with her number (92) drawn at our meeting on 14th March.

Congratulations to our winners and thank you for your continued support.

---

*A letter from a winner!*

Dear LIVErNORTH,

Thank you so much for my lovely surprise! I have been a numbers club member since commencement so you can imagine my delight when I received your cheque. Thank you again and keep up the great work.

Love and admiration

Sandra

## A smile

A smile costs nothing but creates much

It enriches those who receive without impoverishing those who give,

It happens in a flash and the memory of it sometimes lasts forever,

None are so rich they can get along without it and none so poor but both are richer for its benefits

It creates happiness in the home, fosters good will in business and it's the countersign of friends,

It is rest to the weary, daylight to the discouraged, sunshine to the sad and nature's best antidote for troubles.

Yet it cannot be bought, begged, borrowed or stolen, for it is something that is no earthly good to anybody until it is given away. Nobody needs a smile so much as those who have none left to give.

---

THIS ENGLAND – spotted on the obituary page of the Wirral Globe:

'Wish them luck with a message in your local paper'

(Courtesy of Linda Muir)

# Automatic Generic Substitution

Some of you will remember LIVERNORTH's 2010 campaign against government proposals for Automatic Generic Substitution. Under this scheme, pharmacists would be able to substitute a generic version of a medication even if the doctor had prescribed a specific brand. Although branded and generic medicines usually have the same active ingredient, they are rarely identical. LIVERNORTH mounted the biggest letter-writing campaign against the proposal, and was named 14 times in the government's response to the consultation document. We reported in this in LIVERNEWS No. 37 (Winter 2010). Thanks to our patient pressure, the proposals were scrapped.

One LIVERNORTH member (who prefers to remain anonymous here) wrote to his local (LibDem) Councillor who was also then their candidate in the General Election. At the time, he received no reply - but having just chased him up on another matter, the Councillor has now responded! Better late than never?

Dear X,

As stated in my other email today, I am sorry that I didn't reply to the email below when it was originally sent in 2010.

In general I would support the use of generic drugs when a specific proprietary version is not medically needed, but on the question of automatic substitution I believe that the Coalition Government decided in October 2010 not to make any changes to the rules on use of generic drugs, and that it remains the case that doctors can still prescribe specific proprietary drugs when this is what a patient needs (and that pharmacists can't then make generic substitutions when dispensing).

If I have got this wrong, or if you are encountering any particular difficulties over doctors or pharmacists being required to use generic versions, please let me know. As a member of Gateshead's Health Scrutiny Committee I would be interested to follow up this issue if there are any problems in this area.

Once again, please do contact me if I can be of assistance to you on this or other matters – I shall endeavour to reply unprompted next time.

Yours sincerely

Frank Hindle

# Photos



John with Dr Liam Cornell, who spoke to the March 2012 LIVERNORTH meeting about liver cancer.



Professor Julia Newton speaking at the February 2012 meeting about the upcoming study on Rituximab as a therapy for fatigue.

# 2012 Charity Draw

Our charity draw tickets are now available and you may have received 2 books of tickets (value £10) with this newsletter. If you have not received any but would like to help raise funds through the purchase or selling of the tickets please contact me on 0191 370 2961 or email me at [info@livenorth.org.uk](mailto:info@livenorth.org.uk).

Joan Bedlington

## Anagrams

Here are some Anagrams to test your skills:

PRESBYTERIAN	(4 2 6)
ASTRONOMER	(4 6)
DESPERATION	(1 4 4 2)
THE EYES	(4 3)
GEORGE BUSH	(2 4 4)
THE MORSE CODE	(4 4 4)
DORMITORY	(5 4)
SLOT MACHINES	(4 4 2 2)
ANIMOSITY	(2 2 5)
ELECTION RESULTS	(4 4 7)
SNOOZE ALARMS	(4 2 4 2)
A DECIMAL POINT	(2 1 3 2 5)
THE EARTHQUAKES	(4 5 5)
ELEVEN PLUS TWO	(6 4 3)
MOTHER-IN-LAW	(5 6)

Find the answers on page 37.

# Helen's Howlers

*As LIVErNEWS readers will know, this column goes by the name of Helen's Howlers, Helen Milburn being the original jokes editor. They are edited by Margaret Bickle, who introduced herself in the last LiverNews. Enjoy!*

Paraprosdokians

Here is the definition: "Figure of speech in which the latter part of a sentence or phrase is surprising or unexpected; frequently used in a humorous situation."

Example: "Where there's a will, I want to be in it" OK- so now enjoy!!!

1. Do not argue with an idiot. He will drag you down to his level and beat you with experience.
2. The last thing I want to do is hurt you. But it's still on my list.
3. Light travels faster than sound. This is why some people appear brighter until you hear them speak.
4. If I agreed with you, we'd both be wrong.
5. We never really grow up, we only learn how to act in public.
6. War does not determine who is right-only who is left.
7. Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
8. Evening News is where they begin with "Good evening" and then proceed to tell you why it isn't.
9. To steal from one person is plagiarism. To steal from many is research.
10. A bus station is where a bus stops. A train station is where a train stops. On my desk, I have a work station.
11. I thought I wanted a career. Turns out I just wanted pay-checks.
12. Whenever I fill out an application, in the part that says, "In case of Emergency, notify:" I always put "Doctor"
13. I didn't say it was your fault. I said I was blaming you.
14. Women can never be equal with men until they can walk down the street with a bald

15. head and a beer gut and still think they are sexy.
  15. Behind every successfully man is his woman. Behind the fall of a successful man is usually another woman.
  16. A clear conscience is the sign of a fuzzy memory.
  17. You do not need a parachute to skydive. You only need a parachute to skydive twice.
  18. Money can't buy happiness, but it sure makes misery easier to live with.
  19. There's a fine line between cuddling and holding someone down so they can't get away.
  20. I used to be indecisive. Now I'm not so sure.
  21. You're never too old to learn something stupid.
  22. To be sure of hitting the target, shoot first and call whatever you hit the target.
  23. Nostalgia isn't what it used to be.
  24. Change is inevitable, except from a vending machine.
  25. Going to church doesn't make you a Christian any more than standing in a garage makes you a car.
  26. A diplomat is someone who tells you to go to hell in such a way that you look forward to the trip.
  27. Hospitality is making your guests feel at home even when you wish they were.
  28. I always take life with a grain of salt. Plus a slice of lemon and a shot of tequila.
  29. When tempted to fight fire with fire, remember the Fire Brigade usually uses water.
- Words of wisdom: "The early bird may get the worm but the second mouse gets the cheese"
- Las Vegas churches accept gambling chips?**
- This may come as a surprise to those of you not living in Las Vegas, but there are more catholic churches than casinos.
  - Not surprisingly, some worshippers at Sunday services will give casino chips rather than cash when the basket is passed.
  - Since they get chips from many different casinos, the churches have devised a method to collect the offerings.
  - The churches send all their collected chips to a nearby Franciscan monastery for sorting and then the chips are taken to the casinos of origin and cashed in.
  - This is done by the chip monks.
  - You didn't even see it coming did you?

### Understanding Engineers #1

Two engineering students were biking across a university campus when one said, "Where did you get such a great bike?"

The second engineer replied, "Well, I was walking along yesterday, minding my own business, when a beautiful woman rode up on this bike, threw it to the ground, took off all her clothes and said, "Here I am, take anything you want."

So I took this bike.

The first engineer nodded approvingly and said, "Good choice, The clothes probably wouldn't have fit you anyway."

### Understanding Engineers #2

To the optimist, the glass is half-full.

To the pessimist, the glass is half-empty.

To the engineer, the glass is twice as big as it needs to be.

### Understanding Engineers #3

A priest, an ophthalmologist, and an engineer were golfing one morning behind a particularly slow group of golfers.

The engineer fumed, "What's with those guys? Here comes the greens keeper. Let's have a word with him."

"Hello, George. What's wrong with that group ahead of us?"

They're rather slow, aren't they?"

The greens keeper replied, "Oh, yes. That's a group of blind firemen. They lost their sight saving our clubhouse from a fire last year, so we let them play for free anytime."

The group fell silent for a moment. Then the priest said, "That's so sad. I think I'll say a special prayer for them."

The ophthalmologist added, "Good idea. And maybe I could examine them to see if there's anything I can do for them."

They were silent for a moment.

Then the engineer said, "Why can't they play at night?"

### Understanding Engineers #4

What is the difference between mechanical engineers and civil engineers?

Mechanical engineers build weapons.

Civil engineers build targets.

### Understanding Engineers #5

The graduate with a science degree asks, "Why does it work?"

The graduate with an engineering degree asks,

"How does it work?"

The graduate with accounting degree asks, "How much will it cost?"

The graduate with an arts degree asks, "Do you want fries with that?"

### Understanding Engineers #7

Normal people believe that if it ain't broke, don't fix it.

Engineers believe that if it ain't broke, it doesn't have enough features yet.

\*\*\*

A sheriff walks into a saloon and shouts for everyone's attention.

"Has anyone seen Brown Paper Jake?" he asks.

"What's he look like?" asks one shoddy-looking cowboy.

"Well", replies the Sheriff, "he wears a brown paper hat, a brown paper waistcoat, a brown paper shirt, brown paper boots, brown paper pants, and a brown paper jacket."

"So what's he wanted for?" asks the same cowboy.

"Rustlin'."

### Did you know? Really Interesting stuff

- If you are right-handed, you will tend to chew your food on the right side of your mouth, If you are left handed, you will tend to chew your food on the left side of your mouth.

- To make half a kilo of honey, bees must collect nectar from over 2 million individual flowers.

- Heroin is the brand name of morphine once marketed by Bayer.

- Communications giant Nokia was founded in 1865 as a wood-pulp mill by Fredrik Idestam.

- Tourists visiting Iceland should know that tipping at a restaurant is considered an insult!

- People in nudist colonies play volleyball more than any other sport.

- Albert Einstein was offered the presidency of Israel in 1952 but he declined.

- Astronauts can't belch - there is no gravity to separate liquid from gas in their stomachs.

- Ancient Roman, Chinese and German societies often used urine as mouthwash.

- The average person who stops smoking requires one hour less sleep a night.

- The Mona Lisa has no eyebrows. In

the Renaissance era, it was the fashion to shave them off!

- Because of the speed at which the earth moves around the sun, it is impossible for a solar eclipse to last more than 7 minutes and 58 seconds.

- The night of January 20th is "Saint Agnes's Eve" which is regarded as a time when a young woman dreams of her future husband.

- There are over 25 million bubbles waiting to burst out of each bottle of Champagne.

- Google is actually the common name for a number with a million zeros.

- It takes glass one million years to decompose, which means it never wears out and can be recycled an infinite amount of times!

- The heat of peppers is rated on the Scoville scale.

- Gold is the only metal that doesn't rust, even if it's buried in the ground for thousands of years.

- Your tongue is the only muscle in your body that is attached at only one end.

- If you stop getting thirsty, you need to drink more water. When a human body is dehydrated, its thirst mechanism shuts off.

- Each year 2 million smokers either quit smoking or die of tobacco related diseases.

### **Bell ringer**

*Make sure you scroll down it's in two parts.*

After Quasimodo's death, the bishop of the Cathedral of Notre Dame sent word through the streets of Paris that a new bell ringer was needed.

The bishop decided that he would conduct the interviews personally and went up into the belfry to begin the screening process.

After observing several applicants demonstrate their skills, he had decided to call it a day. Just then, an armless man approached him and announced that he was there to apply for the bell ringer's job. The bishop was incredulous.

'You have no arms!'

'No matter,' said the man. 'Observe!' And he began striking the bells with his face, producing a beautiful melody on the carillon.

The bishop listened in astonishment; convinced he had finally found a replacement for Quasimodo. But suddenly, as he rushed forward to strike the bell, the armless man tripped and plunged headlong out of the belfry window to his death below.

The stunned bishop rushed down two hundred and ninety five church steps; when

he reached the street, a crowd had gathered around the fallen figure, drawn by the beautiful music they had heard only moments before. As they silently parted to let the bishop through, one of them asked, 'Bishop, who was this man?' 'I don't know his name,' the bishop sadly replied,

.....

•

•

•

•

BUT HIS FACE RINGS A BELL!'

•

•

NO, .....WAIT, there's more...

•

The following day, despite the sadness that weighed heavily on his heart due to the unfortunate death of the armless campanologist, the bishop continued his interviews for the bell ringer of Notre Dame.

The first man to approach him said, 'Your Excellency, I am the brother of the poor armless wretch that fell to his death from this very belfry yesterday. I pray that you honor his life by allowing me to replace him in this duty.'

The bishop agreed to give the man an audition, and, as the armless man's brother stooped to pick up a mallet to strike the first bell, he groaned, clutched at his chest, twirled around, and died on the spot.

Two monks, hearing the bishop's cries of grief at this second tragedy, rushed up the stairs to his side.

'What has happened? Who is this man?' the first monk asked breathlessly.

'I don't know his name,' sighed the distraught bishop, 'but .....

•

•

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•

'HE'S A DEAD RINGER FOR HIS BROTHER!'

•

### **Jewish Modesty**

A Catholic, a Protestant, a Muslim and a Jew were in a discussion during a dinner.

Catholic: "I have a large fortune... I am going to buy Citibank!"

Protestant: "I am very wealthy and will buy General Motors!"

Muslim: "I am a fabulously rich prince... I intend to purchase Microsoft!"

They then all wait for the Jew to speak...

The Jew stirs his coffee, places the spoon neatly

on the table, takes a sip of his coffee, looks at them and casually says:

"I'm not selling!..."

\*\*\*

After a long illness, a woman died and arrived at the Gates of Heaven.

While she was waiting for Saint Peter to greet her, she peeked through the Gates.

She saw a beautiful banquet table.

Sitting all around were her parents and all the other people she had loved and who had died before her.

They saw her and began calling greetings to her "Hello! How are you!

We've been waiting for you! Good to see you!"

When Saint Peter came by, the woman said to him, "This is such a wonderful place! How do I get in?"

"You have to spell a word," Saint Peter told her.

"Which word?" the woman asked.

"Love."

The woman correctly spelled L-O-V-E and Saint Peter welcomed her into Heaven.

About six months later, Saint Peter came to the woman and asked her to watch the Gates of Heaven for him that day.

While the woman was guarding the Gates of Heaven, her husband arrived.

"I'm surprised to see you," the woman said. "How have you been?"

"Oh, I've been doing pretty well since you died," her husband told her.

"I married the beautiful young nurse who took care of you while you were ill. And then I won the lottery.

I sold the little house where you and I lived and bought a big mansion.

My wife and I traveled all around the world.

We were on vacation and I went water skiing today. I fell, the ski hit my head, and here I am.

How do I get in?"

"You have to spell a word," the woman told him.

"Which word?" her husband asked.

"Czechoslovakia."

\*\*\*

### **Bumper Stickers:-**

\* Your kid may be an honors student, but you're still an idiot.

- \* Horn broken. Watch for finger.
- \* Cover me. I'm changing lanes.
- \* We have enough youth, how about a fountain of Smart?
- \* He who laughs last thinks slowest.
- \* Lottery: A tax on people who are bad at math.
- \* It IS as bad as you think, and they ARE out to get you.
- \* Change is inevitable, except from a vending machine.
- \* Time is what keeps everything from happening at once.
- \* Born free . . . Taxed to death.
- \* The more people I meet, the more I like my dog.
- \* All men are idiots, and I married their King.
- \* Work is for people who don't know how to fish.
- \* Women who seek to be equal to men lack ambition.
- \* Sorry, I don't date outside my species.
- \* No radio--Already stolen.
- \* Where there's a will, I want to be in it.
- \* Few women admit their age; fewer men act it.
- \* Hard work has a future payoff. Laziness pays off NOW.
- \* IRS: We've got what it takes to take what you've got.
- \* Time is the best teacher; unfortunately it kills all its students.
- \* Give me ambiguity or give me something else.
- \* We are born naked, wet, and hungry. Then things get worse.
- \* Very funny Scotty, now beam down my clothes.

\* Puritanism: the haunting fear that someone, somewhere may be happy.

\* i souport publik edekashun.

\* Be nice to your kids. They'll choose your nursing home.

\* There are 3 kinds of people: those who can count & those who can't.

### Seniors Golf Handicap

Arthur is 90 years old and he's played golf every day since his retirement 25 years ago.

One day he arrives home looking downcast.

"That's it," he tells his wife. "I'm giving up golf. My eyesight has got so bad. Once I've hit the ball, I can't see where it went."

His wife sympathizes. As they sit down, she has a suggestion: "Why don't you take my brother with you, and give it one more try."

"That's no good," sighs Arthur, "Your brother is a hundred and three. He can't help."

"He may be a hundred and three," says the wife, "but his eyesight is perfect."

So the next day, Arthur heads off to the golf course with his brother-in-law.

He tees up, takes an almighty swing, and squints down the fairway.

He turns to the brother-in-law. "Did you see the ball?"

"Of course I did!", says the brother-in-law. "I have perfect eyesight."

"Where did it go?" asks Arthur.

"Can't remember."

### Chinese doctor

While in China, a man is rather promiscuous and does not use a condom all the time he is there.

A week after arriving back home in Melbourne, he wakes one morning to find his penis covered with bright green and purple spots.

Horrified, he immediately goes to see a doctor.

The doctor, never having seen anything like this before, orders some tests and tells the man to return in two days for the results.

The man returns a couple of days later and the doctor says, 'I've got bad news for you. You've contracted Mongolian VD. It's very rare and almost unheard of here. We know very little about it.'

The man looks a little perplexed and says, 'Well, give me a shot or something and fix me up, Doc.'

The doctor answers, 'I'm sorry, there's no known cure. We're going to have to amputate your

penis.'

The man recoils in horror, 'Absolutely not! I want a second opinion.'

The doctor replies, 'Well, it's your choice. Go ahead, if you want, but surgery is your only choice.'

The next day, the man seeks out a Chinese doctor, figuring that he'll know more about the disease.

The Chinese doctor examines his penis and proclaims, 'Ah, yes, Mongorrian VD. Vewy ware disease.'

The guy says to the doctor, 'Yeah, yeah, I already know that but what can we do? My Australian doctor wants to operate and amputate my penis!'

The Chinese doctor shakes his head and laughs.

'Stupid Australian docttah, always want to opawate. Make more money dat way.'

No need to amputate!'

Oh, Thank God!' the man replies.

'Yes,' says the Chinese doctor, 'wait two weeks.'

Faw off by itself."

### Why we like the British

*True Reports from British life .....!!!*

Commenting on a complaint from a Mr. Arthur Purdey about a large gas bill, a spokesman for North West Gas said, "We agree it was rather high for the time of year. It's possible Mr. Purdey has been charged for the gas used up during the explosion that destroyed his house."  
(The Daily Telegraph)

Police reveal that a woman arrested for shoplifting had a whole salami in her underwear. When asked why, she said it was because she was missing her Italian boyfriend.  
(The Manchester Evening News)

Irish police are being handicapped in a search for a stolen van, because they cannot issue a description. It's a Special Branch vehicle and they don't want the public to know what it looks like.  
(The Guardian)

A young girl who was blown out to sea on a set of inflatable teeth was rescued by a man on an inflatable lobster. A coast guard spokesman commented, "This sort of thing is all too common".  
(The Times)

At the height of the gale, the harbour master radioed a coast guard and asked him to estimate the wind speed. He replied he was sorry, but he didn't have a gauge. However, if it was any help, the wind had just blown his Land Rover off the cliff.  
(Aberdeen Evening Express)

Mrs. Irene Graham of Thorpe Avenue, Boscombe, delighted the audience with her reminiscence of the German prisoner of war who was sent each week to do her garden. He was repatriated at the end of 1945, she recalled - "He'd always seemed a nice friendly chap, but when the crocuses came up in the middle of our lawn in February 1946, they spelt out 'Heil Hitler.'"  
(Bournemouth Evening Echo)

### HEARD ON THE LONDON UNDERGROUND TUBE

*A list of actual announcements that London Tube train drivers have made to their passengers...*

1) "Ladies and Gentlemen, I do apologise for the delay to your service. I know you're all dying to get home, unless, of course, you happen to be married to my ex-wife, in which case you'll want to cross over to the Westbound and go in the opposite direction."

2) "Your delay this evening is caused by the line controller suffering from E & B syndrome: not knowing his elbow from his backside. I'll let you know any further information as soon as I'm given any."

3) "Do you want the good news first or the bad news? The good news is that last Friday was my birthday and I hit the town and had a great time. The bad news is that there is a points failure somewhere between Barking and East Ham, which means we probably won't reach our destination."

4) "Ladies and gentlemen, we apologise for the delay, but there is a security alert at Victoria station and we are therefore stuck here for the foreseeable future, so let's take our minds off it and pass some time together. All together now.... 'Ten green bottles, hanging on a wall.....'."

5) "We are now travelling through Baker Street... As you can see, Baker Street is closed. It would have been nice if they had actually told me, so

I could tell you earlier, but no, they don't think about things like that".

6) "Beggars are operating on this train. Please do NOT encourage these professional beggars. If you have any spare change, please give it to a registered charity. Failing that, give it to me."

7) During an extremely hot rush hour on the Central Line, the driver announced in a West Indian drawl: "Step right this way for the sauna, ladies and gentleman... unfortunately, towels are not provided."

8) "Let the passengers off the train FIRST!"  
(Pause) "Oh go on then, stuff yourselves in like sardines, see if I care - I'm going home...."

9) "Please allow the doors to close. Try not to confuse this with 'Please hold the doors open.' The two are distinct and separate instructions."

10) "Please note that the beeping noise coming from the doors means that the doors are about to close. It does not mean throw yourself or your bags into the doors."

11) "We can't move off because some idiot has their hand stuck in the door."

12) "To the gentleman wearing the long grey coat trying to get on the second carriage -- what part of 'stand clear of the doors' don't you understand?"

13) "Please move all baggage away from the doors." (Pause..) "Please move ALL belongings away from the doors." (Pause...) "This is a personal message to the man in the brown suit wearing glasses at the rear of the train: Put the pie down, Four-eyes, and move your bloody golf clubs away from the door before I come down there and shove them up your arse sideways!"

14) "May I remind all passengers that there is strictly no smoking allowed on any part of the Underground. However, if you are smoking a joint, it's only fair that you pass it round the rest of the carriage."

\*\*\*

Wife: "What are you doing?"

Husband : "Nothing."

Wife : "Nothing...? You've been reading our

marriage certificate for an hour.”  
Husband : “I was looking for the expiry date.”

\*\*\*

### Top 45 Oxymorons

45. Act naturally
44. Found missing
43. Resident alien
42. Advanced BASIC
41. Genuine imitation
40. Airline Food
39. Good grief
38. Same difference
37. Almost exactly
36. Government organization
35. Sanitary landfill
34. Alone together
33. Legally drunk
32. Silent scream
31. Living dead
30. Small crowd
29. Business ethics
28. Soft rock
27. Butt head
26. Military intelligence
25. Software documentation
24. New classic
23. Sweet sorrow
22. Child Proof
21. “Now, then ...”
20. Synthetic natural gas
19. Passive aggression
18. Taped live
17. Clearly misunderstood
16. Peace force
15. Extinct life
14. Temporary tax increase
13. Computer jock
12. Plastic glasses
11. Terribly pleased
10. Computer security
9. Political science
8. Tight slacks
7. Definite maybe
6. Pretty ugly
5. Twelve-ounce pound cake
4. Diet ice cream
3. Working vacation
2. Exact estimate

... And the number 1 oxymoron is..

1. Microsoft Works

**A Catholic priest and a Rabbi** happened to

• sit opposite each other on a train. During the  
• journey they struck up a conversation. After  
• talking for a while the Catholic priest said to the  
• Rabbi, “In your faith isn’t it true that you’re not  
• allowed to eat any meat from the pig?”  
• The Rabbi replied, “Yes that is true, it is  
• forbidden to eat pork in my faith”  
• The Priest leaned forward and said  
• conspiratorially, “But have you never tasted pork  
• in your life?”  
• The Rabbi also leaned forward and said” Well,  
• as a matter of fact, when I was younger, I did  
• once have some bacon”.  
• Then the Rabbi said “Isn’t it also true that, in  
• your faith, you are forbidden to have carnal  
• relations with a woman?”  
• The priest replied, “Indeed it is, we have to  
• forego the sins of the flesh.”  
• The Rabbi leaned forward and said, “Tell me  
• though, have you never been with a woman?”  
• The Priest leaned forward and very quietly said,”  
• As a matter of fact I did, in my younger days,  
• sleep with a woman.”  
• There was a long pause, then the Rabbi said,  
• “Better than bacon, isn’t it?”

### • **The Swimmin’ Hole**

• An old farmer in Kansas had owned a large farm  
• with a nice pond in the back. It was fixed up nice:  
• picnic tables, horseshoe courts, and some apple  
• and peach trees.  
• One evening the old farmer decided to go down  
• to the pond, as he hadn’t been there for a while,  
• and look it over. He grabbed a five gallon bucket  
• to bring back some fruit.  
• As he neared the pond, he heard voices  
• shouting and laughing with glee. As he came  
• closer he saw it was a bunch of young women  
• skinny-dipping in his pond.  
• He made some noise so the women would  
• be aware of his presence and they all went to  
• the deep end of the pond. One of the women  
• shouted to him, “We’re not coming out until you  
• leave!”  
• The old man frowned, “I didn’t come down here  
• to watch you ladies swim naked or make you get  
• out of the pond naked.”  
• Holding the bucket up he said, “I’m just here to  
• feed the alligator.”  
• The Moral: Old age and cunning will triumph  
• over youth and enthusiasm.

• \*\*\*

• **Composure in the Face of Larceny**

A burglar broke into the house of a Quaker in the middle of the night and started to rob it. The Quaker heard the noise and went downstairs with his shotgun. When he found the burglar he pointed his gun at him and said most gently, "Friend, I mean thee no harm, but thou standest where I am about to shoot!"

### True Love

Ed and Nancy met while on a singles cruise and Ed fell head over heels for her.

When they discovered they lived in the same city only a few miles apart Ed was ecstatic. He immediately started asking her out when they got home.

Within a couple of weeks, Ed had taken Nancy to dance clubs, restaurants, concerts, movies, and museums. Ed became convinced that Nancy was indeed his soul mate and true love. Every date seemed better than the last.

On the one-month anniversary of their first dinner on the cruise ship, Ed took Nancy to a fine restaurant. While having cocktails and waiting for their salad, Ed said,

"I guess you can tell I'm very much in love with you. I'd like a little serious talk before our relationship continues to the next stage. So, before I get a box out of my jacket and ask you a life changing question, it's only fair to warn you, I'm a total golf nut. I play golf, I read about golf, I watch golf on TV. In short, I eat, sleep, and breathe golf. If that's going to be a problem for us, you'd better say so now!"

Nancy took a deep breath and responded, "Ed, that certainly won't be a problem. I love you as you are and I love golf too; but, since we're being totally honest with each other, you need to know that for the last five years I've been a hooker."

Ed said, "I bet it's because you're not keeping your wrists straight when you hit the ball."

**An elderly woman** had just returned to her home from an evening of religious service when she was startled by an intruder. As she caught the man in the act of robbing her home of its valuables, she yelled, "Stop! Acts 2:38!"  
[Turn from your sin]

The burglar stopped dead in his tracks. Then the woman calmly called the police and explained what she had done.

As the officer cuffed the man to take him in, he asked the burglar, "Why did you just stand there?" All the old lady did was yell a scripture at you."

"Scripture?" replied the burglar, "She said she had an axe and two 38s!"

**A Scotsman carrying a huge suitcase** has been riding a London bus for five miles along its route, all the while attempting to avoid the ticket collector. Finally, the conductor manages to corner him and tells him to pay up.

"You've been on for five miles--that'll be 50p, please, and 10p for your suitcase."

The Scotsman responds, "I ha'not, I want a ha'penny fare, just got on this vera moment."

They begin to argue, and the ticket collector becomes more and more enraged, and finally, as the bus is passing over London bridge, he grabs the Scotsman's suitcase and hurls it out of the bus. It lands in the river and sinks without a trace.

The Scotsman stands shocked for a moment and says to the ticket collector, "Not only are ye tryin' to overcharge me for the ticket--but now ye've gone an' drowned me boy Angus!"

**On a bitterly cold winter's morning** a husband and wife in Glasgow were listening to the radio.

They heard the announcer say, "We are going to have 8 to 10 inches of snow today. You must park your car on the even-numbered side of the street, so the Snowplows can get through".

So the good wife went out and moved her car as instructed.

A week later while they are eating breakfast again, the radio announcer said, "We are expecting 10 to 12 inches of snow today. You must park your car on the odd-numbered side of the street, so the snowplows can get through".

The good wife went out and moved her car again.

The next week they are again having breakfast when the radio announcer says, "We are expecting 12 to 14 inches of snow today. You must park....."

Then the electric power went out. The good wife was very upset, and with a worried look on her face she said, "I don't know what to do. Which side of the street do I need to park on so the snowplows can get through?"

Then, with all the love and understanding in his voice that all Scotsmen who are married to blondes always exhibit, the husband replied "Why don't you just leave the bloody car in the garage this time?"

## VATICAN HUMOUR

After getting all of Pope Benedict's luggage loaded into the limo, (and he doesn't travel light), the driver notices the Pope is still standing on the curb.

'Excuse me, Your Holiness,' says the driver, 'Would you please take your seat so we can leave?'

'Well, to tell you the truth,' says the Pope, 'they never let me drive at the Vatican when I was a cardinal, and I'd really like to drive today.'

'I'm sorry, Your Holiness, but I cannot let you do that. I'd lose my job! What if something should happen?' protests the driver, wishing he'd never gone to work that morning..

'Who's going to tell?' says the Pope with a smile.

Reluctantly, the driver gets in the back as the Pope climbs in behind the wheel. The driver quickly regrets his decision when, after exiting the airport, the Pontiff floors it, accelerating the limo to 205 kph.. (Remember, the Pope is German..)

'Please slow down, Your Holiness!' pleads the worried driver, but the Pope keeps the pedal to the metal until they hear sirens.

'Oh, dear God, I'm going to lose my license -- and my job!' moans the driver.

The Pope pulls over and rolls down the window as the cop approaches.

But the cop takes one look at him, goes back to his motorcycle, and gets on the radio.

'I need to talk to the Chief,' he says to the dispatcher.

The Chief gets on the radio and the cop tells him that he's stopped a limo going 205 kph.

'So bust him,' says the Chief.

'I don't think we want to do that, he's really important,' said the cop.

The Chief exclaimed, 'All the more reason!'

'No, I mean really important,' said the cop with a

bit of persistence.

The Chief then asked, 'Who do you have there, the mayor?'

Cop: 'Bigger.'

Chief: 'A senator?'

Cop: 'Bigger.'

Chief: 'The Prime Minister?'

Cop: 'Bigger.'

'Well,' said the Chief, 'who is it?'

Cop: 'I think it's God!'

The Chief is even more puzzled and curious, 'What makes you think it's GOD'

Cop: 'His chauffeur is the Pope!'

\*\*\*

Give me a sense of humor, Lord,  
Give me the grace to see a joke,  
To get some humour out of life,  
And pass it on to other folk.

\*\*\*

Admiral Nelson: "Order the signal, Hardy."

Captain Hardy: "Aye, aye sir."

Nelson: "Hold on, that's not what I dictated to Flags. What's the meaning of this?"

Hardy: "Sorry sir?"

Nelson (reading aloud): "England expects every person to do his or her duty, regardless of race, gender, sexual orientation, religious persuasion or disability" - What gobbledygook is this?"

Hardy: "Admiralty policy, I'm afraid, sir. We're an Equal Opportunities employer now. We had the devil's own job getting 'England' past the censors, lest it be considered racist."

Nelson: "Gadzooks, Hardy. Hand me my pipe and tobacco."

Hardy: "Sorry sir. All naval vessels have now been designated smoke-free working environments."

Nelson: "In that case, break open the rum ration. Let us splice the mainbrace to steel the men before battle."

Hardy: "The rum ration has been abolished, Admiral. Its part of the Government's policy on binge drinking."

Nelson: "Good heavens, Hardy. I suppose we'd

better get on with it ... Full speed ahead.”  
 Hardy: “I think you’ll find that there’s a 4 knot speed limit in this stretch of water.”  
 Nelson: “Damn it man! We are on the eve of the greatest sea battle in history. We must advance with all dispatch. Report from the crow’s nest please.”  
 Hardy: “That won’t be possible, sir.”  
 Nelson: “What?”  
 Hardy: “Health and Safety have closed the crow’s nest, sir. No harness; and they said that rope ladders don’t meet regulations. They won’t let anyone up there until a proper scaffolding can be erected.”  
 Nelson: “Then get me the ship’s carpenter without delay.”  
 Hardy: “He’s busy knocking up a wheelchair access to the foredeck, Admiral.”  
 Nelson: “Wheelchair access? I’ve never heard anything so absurd.”  
 Hardy: “Health and safety again, sir. We have to provide a barrier-free environment for the differently abled.”  
 Nelson: “Differently abled? I’ve only one arm and one eye and I refuse even to hear mention of the word. I didn’t rise to the rank of admiral by playing the disability card.”  
 Hardy: “Actually, sir, you did. The Royal Navy is under-represented in the areas of visual impairment and limb deficiency.”  
 Nelson: “Whatever next? Give me full sail. The salt spray beckons.”  
 Hardy: “A couple of problems there too, sir. Health and safety won’t let the crew up the rigging without hard hats. And they don’t want anyone breathing in too much salt - haven’t you seen the adverts?”  
 Nelson: “I’ve never heard such infamy. Break out the cannon and tell the men to stand by to engage the enemy.”  
 Hardy: “The men are a bit worried about shooting at anyone, Admiral.”  
 Nelson: “What? This is mutiny!”  
 Hardy: “It’s not that, sir. It’s just that they’re afraid of being charged with murder if they actually kill anyone. There’s a couple of legal-aid lawyers on board, watching everyone like hawks.”  
 Nelson: “Then how are we to sink the Frenchies and the Spanish?”  
 Hardy: “Actually, sir, we’re not.”  
 Nelson: “We’re not?”  
 Hardy: “No, sir. The French and the Spanish are our European partners now. According to the Common Fisheries Policy, we shouldn’t even be in this stretch of water. We could get hit with a

claim for compensation.”  
 Nelson: “But you must hate a Frenchman as you hate the devil.”  
 Hardy: “I wouldn’t let the ship’s diversity coordinator hear you saying that sir. You’ll be up on disciplinary report.”  
 Nelson: “You must consider every man an enemy, who speaks ill of your King.”  
 Hardy: “Not any more, sir. We must be inclusive in this multicultural age. Now put on your Kevlar vest, sir ; it’s the rules. It could save your life”  
 Nelson: “Don’t tell me - health and safety. Whatever happened to rum, sodomy and the lash?”  
 Hardy: As I explained, sir, rum is off the menu! And there’s a ban on corporal punishment.”  
 Nelson: “What about sodomy?”  
 Hardy: “I believe that is now legal, sir.”  
 Nelson: “In that case... Kiss me, Hardy.”

\*\*\*

A little girl asks her mum, ‘Mum, can I take the dog for a walk around the block?’  
 Her mum replies ‘No, because she is on heat.’  
 ‘What does that mean?’ asked the child.  
 ‘Go and ask your father. I think he’s in the garage.’  
 The little girl goes out to the garage and says,  
 ‘Dad, can I take Lulu for a walk around the block? I asked Mum, but she said the dog was on the heat, and to come ask you.’  
 He took a rag, soaked it in petrol, and scrubbed the dog’s backside with it to disguise the scent, and said ‘Ok, you can go now, but keep Lulu on the leash and only go one time around the block.’  
 The little girl left and returned a few minutes later with no dog on the leash..  
 Surprised, Dad asked, ‘Where’s Lulu?’

You’ll love this!!!!!!!).....

The little girl said, ‘She ran out of petrol about halfway round the block, so another dog is pushing her home.’

\*\*\*

A 75 year old lady rings her local NHS hospital and this conversation follows:  
 ‘Hello I’d like some information on a patient, Mrs Tiptree. She was admitted last week with chest pains and I just want to know if her condition has deteriorated, stabilised or improved?’

'Do you know which ward she is in?'

'Yes, ward P, room 2B'

'I'll just put you through to the nurse station.'

'Hello, ward P, how can I help?'

'I would just like some information on a patient, Mrs Tiptree, I was wondering if her condition had deteriorated, stabilised or improved?'

'I'll just check her notes. I'm pleased to say that Mrs Tiptree's condition has improved. She has regained her appetite, her temperature has steadied and after some routine checks tonight, she should be well enough to go home tomorrow.'

'Oh that's wonderful news, I'm so happy, thank you ever so much!'

'You seem very relieved, are you a close friend or relative?'

'No, I'm Mrs Tiptree in room 2b. Nobody tells you b\*gger all in here.'

### **Pee wee Entrepreneurs**

Driving home from her office one summer day, a woman noted that there were four places within two blocks of her home where she could stop and buy a five-cent glass of iced tea.

Each little stand had two or three youngsters behind it, all eager to serve any customer who came their way.

During the next two weeks, the woman managed to stop at each of the stands to encourage the entrepreneurs.

In each case the tea was very good.

Small talk revealed that all the youngsters were selling tea made by their mothers, who used tea leaves and real lemons in making the tea.

One day the woman discovered that only one stand was operating.

Behind it was the new kid on the block.

She stopped and ordered a glass of tea. It was served in a paper cup and it cost 10 cents.

Some conversation brought out the fact that the young man's father was a lawyer who specialized in mergers, which had inspired the boy to buy out his competitors, bartering with baseball cards, marbles, and stuff he had laying around in his garage.

His first act, he explained, was to raise the price

of the iced tea, and cut costs.  
He was using a powdered tea mix from the supermarket, he said, which eliminated buying real lemons as well as the bother of squeezing them or putting them in the juicer. He didn't have to brew real tea either, he pointed out. He had plans to cut costs further, he said, and with his competitors out of the market, he expected sales to grow.  
Intrigued, the woman made a half dozen more stops at the stand and became aware that the tea was getting weaker and weaker.  
One day the young man confessed that sales were dropping and he attributed this to the fact that he was using less and less of the powdered-tea mix.  
Then one day he went out of business, as attempts to turn things around failed.  
The moral of this story is: Honest tea is the best policy

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### **Visionaries**

*Famous last (and not-so-last) words.*

1. "Computers, in the future, may weigh no more than 1.5 tons." --Popular Mechanics, forecasting the relentless march of science, 1949.
2. "I think there is a world market for, maybe, five computers." --Thomas Watson, chairman of IBM, 1943.
3. "I have traveled the length and breadth of this country, and talked with the best people, and I can assure you that data processing is a fad that won't last out the year." --The editor in charge of business books for Prentice Hall, 1957.
4. "But what ...is it good for?" --Engineer at the Advanced Computing Systems Division of IBM, 1968, commenting on the microchip.
5. "There is no reason anyone would want a computer in their home." --Ken Olson, president, chairman and founder of Digital Equipment Corp., 1977.
6. "This 'telephone' has too many shortcomings to be seriously considered as a means of communication. The device is, inherently, of no value." --Western Union internal memo, 1876.
7. "The wireless music box has no imaginable commercial value. Who would pay for a

message sent to nobody in particular?" --David Sarnoff's associates in response to his urgings for investment in the radio in the 1920s.

8. "The concept is interesting and well-formed. But, in order to earn better than a 'C,' the idea must be feasible." --A Yale Univ. management professor in response to Fred Smith's paper proposing reliable overnight delivery service. (Smith went on to found Federal Express Corp.)

9. "Who wants to hear actors talk?" --H.M. Warner, Warner Brothers, 1927

10. "I'm just glad it will be Clark Gable who is falling on his face and not Gary Cooper." -- Gary Cooper on his decision not to take the leading role in Gone With The Wind.

11. "A cookie store is a bad idea. Besides, the market research reports say America likes crispy cookies, not soft and chewy cookies like you make." --Response to Debbi Fields' idea of starting Mrs. Fields' Cookies.

12. "We don't like their sound and guitar music is on the way out." --Decca Recording Co. rejecting the Beatles, 1962.

14. "Stocks have reached what looks like a permanently high plateau." --Irving Fisher, Professor of Economics, Yale University, 1929.

15. "Airplanes are interesting toys, but of no military value." --Marechal Ferdinand Foch, Professor of Strategy, Ecole Superieure de Guerre.

### Some new definitions

*These fit so well they should be in a dictionary:*

#### ADULT:

A person who has stopped growing at both ends and is now growing in the middle.

#### BEAUTY PARLOUR:

A place where women curl up and dye.

#### CANNIBAL:

Someone who is fed up with people.

#### CHICKENS:

The only animals you eat before they are born and after they are dead.

#### COMMITTEE:

A body that keeps minutes and wastes hours.

#### DUST:

Mud with the juice squeezed out.

#### EGOTIST:

Someone who is usually me-deep in conversation.

#### HANDKERCHIEF:

Cold Storage.

#### INFLATION:

Cutting money in half without damaging the paper.

#### MOSQUITO:

An insect that makes you like flies better.

#### RAISIN:

Grape with sunburn.

#### SECRET:

Something you tell to one person at a time.

#### SKELETON:

A bunch of bones with the person scraped off.

#### TOOTHACHE:

The pain that drives you to extraction.

#### TOMORROW:

One of the greatest labour saving devices of today.

#### YAWN:

An honest opinion openly expressed.

and MY Favourite!!

#### WRINKLES:

Something other people have, similar to my character lines.

=====

A big thank you to Howlers contributors Ian Wilson, David Hastings, Borothy Barker, Rogannem, Jeffrey Blain, Marj Smith and others.. Keep them coming!

ANAGRAMS: The answers! (from page X)

PRESBYTERIAN (4 2 6)

ASTRONOMER (4 6)

DESPERATION (1 4 4 2)

THE EYES (4 3)

GEORGE BUSH (2 4 4)

THE MORSE CODE (4 4 4)

DORMITORY (5 4)

SLOT MACHINES (4 4 2 2)

ANIMOSITY (2 2 5)

ELECTION RESULTS (4 4 7)

SNOOZE ALARMS (4 2 4 2)

A DECIMAL POINT (2 1 3 2 5)

THE EARTHQUAKES (4 5 5)

ELEVEN PLUS TWO (6 4 3)

MOTHER-IN-LAW (5 6)

Best in prayer

Moon Starer

A rope ends it

They see

He bugs Gore

Here come dots

Dirty Room

Cash lost in me

Is no amity

Lies – Let's recount

Alas! No more Zs

I'm a dot in place

That queer shake

Twelve plus one

Woman Hitler

## LIVERNORTH keyring anyone?



You can get LIVERNORTH pens, badges and keyrings from the following volunteers:

Tilly Hale 01670 714901

Peggy Oliver 0191 3700833

Sarah Murphy, Liver Unit, Ward 12

A £1 donation is suggested for each item, and they can be posted to you if required. All items are always available at our meetings.

# Important! Parking Permits

We have the kind permission of the head of operations at the Freeman Hospital 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. We must use the multi storey car park at the rear of the hospital, and we must 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 - cut out the ones you want and ensure they are on show when you park. For lunchtime PBC meetings, please let Tilly have your car registration number two weeks before the meeting, which she has to pass on to Security. Then you can park in the multi-storey as for the evening meetings. If you do not pass on your car registration you are likely to be fined. If you park in the main car park, you will have to pay the parking charge.

<p>FREEMAN HOSPITAL MSCP</p> <p><b>LIVErNORTH VOLUNTEER PARKING PERMIT</b></p> <p>Valid only on May 9 2012 from 18.00 to 21.30 Meeting in 137/138 Level 1</p>	<p>FREEMAN HOSPITAL MSCP</p> <p><b>LIVErNORTH VOLUNTEER PARKING PERMIT</b></p> <p>Valid only on June 13 2012 from 18.00 to 21.30 Meeting in 137/138 Level 1</p>
<p>FREEMAN HOSPITAL MSCP</p> <p><b>LIVErNORTH VOLUNTEER PARKING PERMIT</b></p> <p>Valid only on July 18 2012 from 18.00 to 21.30 Meeting in 137/138 Level 1</p>	<p>FREEMAN HOSPITAL MSCP</p> <p><b>LIVErNORTH VOLUNTEER PARKING PERMIT</b></p> <p>Valid only on September 19 2012 from 18.00 to 21.30 Meeting in 137/1138 Level 1</p>

# ... and more parking permits!

On this page we are also including parking permits for meetings in the second half of 2012, including the Carol Service and LIVErNORTH Christmas Dinner, so you can keep them all together. We will of course be repeating these in the next edition of LIVErNEWS for any newer members.

<p>FREEMAN HOSPITAL MSCP <b>LIVErNORTH VOLUNTEER PARKING PERMIT</b></p> <p>Valid only on September 29 2012 from 10.00 to 17.00 Meeting in 137/138 Level 1</p>	<p>FREEMAN HOSPITAL MSCP <b>LIVErNORTH VOLUNTEER PARKING PERMIT</b></p> <p>Valid only on October 24 2012 from 18.00 to 21.30 Meeting in 137/138 Level 1</p>
<p>FREEMAN HOSPITAL MSCP <b>LIVErNORTH VOLUNTEER PARKING PERMIT</b></p> <p>Valid only on December 9 2012 from 13.30 to 17.00 Meeting in Freeman Chapel</p>	<p>FREEMAN HOSPITAL MSCP <b>LIVErNORTH VOLUNTEER PARKING PERMIT</b></p> <p>Valid only on December 12 2012 from 18.00 to 22.00 Meeting in Restaurant</p>

## Next Newsletter

If you have any article ideas, suggestions, jokes or photos for the next newsletter, do send them in. If you would like to write about any aspect of liver disease, or if there is something you would like included in the newsletter but you would rather not actually write it yourself, feel free to tell me by phone or email, and I'll see how I can help.

Margaret Bickle is the Howlers editor. Any other items can be sent to me ([fionaatlarge@yahoo.com](mailto:fionaatlarge@yahoo.com) / tel 07815 071918) or John ([info@livernorth.org.uk](mailto:info@livernorth.org.uk)).

Any items for the Summer edition should be sent to me by May 31, 2012.

Fiona Hale

## 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 7506711
Age Concern	0845 6012234
Bib Insurance Brokers	01325 353888
<a href="http://www.bibinsurance.co.uk">www.bibinsurance.co.uk</a>	
Bishop Skinner	0191 2328682
Bradford & Bingley	
FirstAssist Insurance	0800 1694078
City Bond	0117 9246877
Churchills*	0800 200388
CNA	01452 623623
Direct Travel*	0800 0681603
Endsleigh	0191 2210900
Freedom	01223 454290
Floyd's Direct	0870 4423234
Insure and Go	0870 2202240
Intune (Croydon)	0800 0223192
Jardine/Lloyd Thompson	0121 2246934
Leisure Care Insurance	01793 514199
Marcus Hearn	0207 7393444
Norwich Union Direct*	0800 121007
Post Office	0800 1699999
RIAS*	0800 552100
SAGA	0800 0964556
Sainsbury's	0845 3161453
Sladdin & Co Ltd.	0800 7313989
Tesco Insurance	0845 3008800
Travelcare Ltd	0800 181532
<a href="http://www.the-life-insurance.co.uk">www.the-life-insurance.co.uk</a>	

\* not TX patients - check with others also.  
NB: do you need *travel* insurance (not health)?

# LIVERNORTH

## Liver Patient Support

**If you are worried about liver disease  
or would like to know how to look after  
your liver, please telephone one of our  
helpline numbers:**

<b>ALAN</b>	<b>0191 4821802</b>
<b>JOAN</b>	<b>0191 3702961</b>
<b>TILLY</b>	<b>01670 714901</b>
<b>JULIE</b>	<b>0191 4873665</b>
<b>SYLVIA</b>	<b>01661 881020</b>
<b>SUSAN</b>	<b>01207 271707</b>
<b>ANN</b>	<b>0191 4131827</b>

**for alcoholism ring:**

<b>MICHAEL</b>	<b>01228 810598</b>
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**Information available online: [www.livernorth.org.uk](http://www.livernorth.org.uk)**

**LIVERNORTH is a Registered Charity (No 1087226)**

# CONTACT NUMBERS

## LIVERNORTH

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STANLEY

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)

follow us on twitter 'livernorth'

Addenbrookes Liver

Transplant Association (ALTA)

John Williams

[jonathon4uk2001@yahoo.com](mailto:jonathon4uk2001@yahoo.com)

01371 810995

Marion Edwards

[a.edwards27@btinternet.com](mailto:a.edwards27@btinternet.com)

01353 862466

HELPING HANDS SUPPORT  
GROUP (BATH)

Helpline 01225 834966

[helpinghandsblt@yahoo.com](mailto:helpinghandsblt@yahoo.com)

MERSEY LIVER SUPPORT  
GROUP

Tel 0151 2207066/ 2289866

or 01772 496987

[leeandalan@aol.com](mailto:leeandalan@aol.com)

OBSTETRIC CHOLESTASIS  
SUPPORT GROUP

[jennychambersoc@aol.com](mailto:jennychambersoc@aol.com) or via  
the website

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

Gift of Life - Derby Liver Support Group  
(for transplants and liver disease)

Contact: Sister Gerri Casey

0133 234 0131 bleep 1926

HAEMOCHROMATOSIS SOCIETY

Janet Fernau

Tel 020 8449 1363

[info@haemochromatosis.org.uk](mailto:info@haemochromatosis.org.uk)

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

HAEMOCHROMATOSIS WEST  
MIDLANDS SUPPORT GROUP

Kieran Lynch

Coordinator

Telephone; 0121 457 8986

[info@HaemochromatosisWM.org.uk](mailto:info@HaemochromatosisWM.org.uk)

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

PSC Support

Martine Walmsley

[chair@pscsupport.org.uk](mailto:chair@pscsupport.org.uk)

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

[www.pscnews.co.uk](http://www.pscnews.co.uk)

SOMERSET LIVER PATIENT  
SUPPORT GROUP

David

Tel & Fax 01823 662669

[davidjgill2002@yahoo.co.uk](mailto:davidjgill2002@yahoo.co.uk)

BRITISH LIVER TRUST

Tel: 01425 481320

Medical helpline: 0800 652 7330

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

[info@britishlivertrust.org.uk](mailto:info@britishlivertrust.org.uk)

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

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