

ONL NEWSLETTER



2014 SPRING QUARTERLY OF OSTOMY NSW LIMITED

IT'S AN HONOUR: TOM'S STORY

9th June, 2014: Tom Flood was awarded the 'Order of Australia Medal' (OAM) in the Queen's Birthday Honours for service to community health through leadership and advocacy for people living with stomas



To many members Tom Flood is purely the name of the President of Ostomy NSW Ltd. (ONL), and the Vice-President of 'Bladder Exstrophy, Epispadias, Cloacal Exstrophy, and Hypospadias Australian Community' (BEECHAC). To others Tom may be a neighbour, a friend or relative, a fellow worker, someone that travels on the same bus or train as you. Many, many great and unknown Australians contribute a vast amount to our society and without people such as Tom that ask for no reward our community would not prosper as it does.

The beginning is well put by Marjorie Vartha, lifelong friend of Tom's.

"Tom Flood was born on the 14th December 1930, enduring a very difficult delivery. Tom was not expected to live 24 hours, but, Tom had other ideas!

I think 'The Boss' upstairs looked down and thought that "Tom is going to survive because I've got some very important duties lined up for him."

Tom's Mum and Dad were told by all, including specialists, that "nothing can be done; everybody

dies when born with bladder exstrophy". Tom is living proof they were wrong! The only advice given to Tom's parents was "If he is not in pain just leave things the way they are". Tom was born with bladder exstrophy (where the bladder is on the outside) and the pelvis open instead of shut... as he grew this also produced an unusual gait. Nothing very much was known about bladder exstrophy then. Tom was the only son but has three sisters none of whom were born with problems.

Tom's father died at 53 years, but Tom is very happy he taught him how to ride a bike!

With wonderful support from his mother Tom was brought up as "normal". At the age of five he attended the local school and Sunday school; he was given no special consideration and joined in everything. Nothing stopped Tom and he would be involved in everything, including camping trips, walking, playing tennis and swimming in the surf. He learnt to handle difficult situations, wished he didn't have such problems, but decided he was going to get on with life.

One of Tom's mottos he lives by is "Don't let problems mar being a useful person".

Each day he would have to go home to have the "dressings" of cotton wool and towels changed when he was wet. Tom recalls this as being very uncomfortable and smelly, he says smelling all the time was the hardest and that his marvellous Mum always had washing on the line! He left school after completing his Intermediate Certificate and for a short time worked at Anthony Horden's before getting a job at Larson Bros. where he worked for 24 years. Come rain, hail or shine Tom rode his bike to work in all weathers. All Tom's schooling, social events, and work life were undertaken wearing a towel, safety pins and cottonwool all encased in a thick pair of pants.

When he was 19 or 20 Tom became a Sunday School Superintendent and through this he met Kate in the mid-1960s. Kate was a Sunday school teacher – romance blossomed and they married in 1966 despite opposition from Tom's family because they did not think Kate would be able "handle the situation". Kate was, and continues to be, very supportive; she joins him cycling, walking and swimming in the surf besides helping him in his endeavours to provide people with a better life. The old adage working well "Love conquers all"!

The turning point for Tom came one evening in the 1970s listening to Roger Bush on the radio interviewing Betty Hughes and Hugh Rolfe from the NSW Ileostomy Association (as ONL was called then) and Tom was introduced to the ostomy scene! After becoming involved with the IA and talking with many people Tom decided December 1985 at the age of 55 to have an ileal conduit. To quote him: "The morning after (the op.) I awoke to the sight of a bag full of urine right beside my bed. Had I not been tethered to that bed with an assortment of drips, tubes etc. I would have jumped for joy and shouted, 'It's in the bag!' I felt so liberated and just could not wait to try this new life out!"

As soon as he could Tom went from Perth across the Nullabor – LOVELY TO BE DRY...!

Tom became even more involved with the IA in NSW: manning the counter, editing and helping to get the Newsletter out, becoming Secretary of the association, then Vice-president and on to President a position he still holds today... all the time feeling how good it is to help new and old

members, organising and attending the United Ostomy Associations, NSW country meetings and realising the importance of the stoma support groups. Tom says that he loves being one of a team bringing peace of mind to others through support, reassurance and provision of information.

Tom is humble and exceptional in that he had the foresight from an early age to pursue his vision for, and love of, humanity. He appears to have never been daunted whatever obstacles confront him, and, with dedication and enthusiasm continues to be a driving force providing guidance and support to ONL and its members, his Church, and BEECHAC.

Sir Hugh Walpole might have written the advice but Tom personifies it: " 'Tisn't life that matters! 'Tis the courage you bring to it." Congratulations Tom!

ORDER OF AUSTRALIA MEDAL AWARD

To all those very kind and generous people who have taken the time to nominate me for this award, A BIG THANK YOU. It is an honour to be recognised in this manner, both myself and my wife Kate appreciate the kind remarks that so many of you have expressed, many of you I have worked together with over the years in organising or arranging for speakers to address meetings for our members across this state of NSW.

Thank you very much, for your friendship and support over the past 20 or so years, as we worked together for the benefit of other Australians who have a stoma to look after.

To all my other kind friends who have sent greetings of congratulations, a big thank you, your cards were very much appreciated, 'The big day' when we receive our awards is still to be announced, I will be thinking of you all on that very important day. When I receive the medal I will wear it with pride and think of the large number of our members scattered across this wonderful country Australia we all live in, and be thankful that we live here.

*Kind regards to everyone,
Thomas Flood OAM
ONL President*



CHRISTMAS CLOSING TIMES

DECEMBER 2014—JANUARY 2015

TUESDAY 23 DECEMBER	OPEN
(Please note: Pickup from 9am to 2pm)	
WEDNESDAY 24 DECEMBER	CLOSED
THURSDAY 25 DECEMBER	CLOSED
FRIDAY 26 DECEMBER	CLOSED
MONDAY 29 DECEMBER	CLOSED
TUESDAY 30 DECEMBER	CLOSED
WEDNESDAY 31 DECEMBER	CLOSED
THURSDAY 1 JANUARY	CLOSED
FRIDAY 2 JANUARY	CLOSED
MONDAY 5 JANUARY	OPEN
(Please note: Pickup from 9am to 2pm)	

STOMAL THERAPY SCHOLARSHIP AWARD PRESENTATION AT THE AASTN MEETING

At the AASTN Meeting Christine Clausen of the Narwee Baptist Creative Craft Group (photo: left) presented Patricia Doherty (photo: right) with her award.

The Stomal Therapy Scholarship Award provides funds to successful applicants to put towards completing their Graduate Certificate of Stomal Therapy Nursing.

The other recipients of this year's awards were Emma Bowen, Katey Jones and Kenneth Nico Salazar.

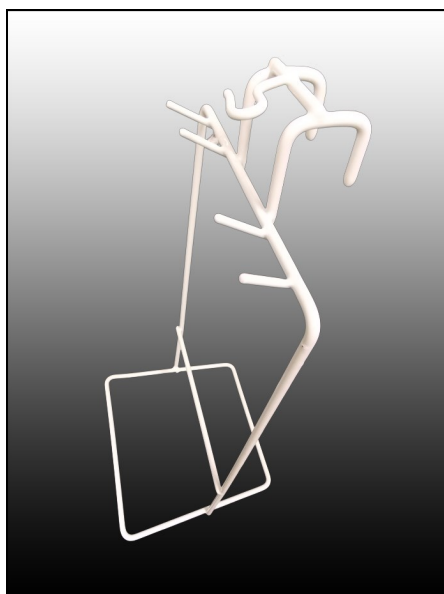


UNITED OSTOMY ASSOCIATIONS OF NSW ARE HOLDING A REGIONAL DAY AT GOULBURN

Make a note in your diary United Ostomy Associations of NSW are holding the next regional day on Friday, 28th November, 2014, in Goulburn at the Goulburn Soldiers Club, 15 Market Street, Goulburn from 11 a.m.. **All welcome.**

Meet and talk with other people who have stomas; company representatives will be there to show and demonstrate products; presentations by stomal therapy nurses and a Q & A session.

METAL NIGHT STANDS



We are now able to offer members a metal night stand for drainage bags (see photo).

The units are Australian made and of superior quality to the old imported unit.

As they are NOT included on the Stomal Appliance Scheme they are available on a cash sale basis at \$41.50 each including GST.

CONTACT US

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WEB: www.ostomynsw.org.au

Visit our website for links to other useful sites

ORDERS

WE ARE UNABLE TO ACCEPT PHONE ORDERS

Please post, fax or email to:

ORDERS@OSTOMYNSW.ORG.AU

ORDERS MAY BE COLLECTED FROM

18 MONRO AVE, KIRRAWEE

HOURS OF OPERATION

WE ARE OPEN FOUR DAYS A WEEK MONDAY TO

THURSDAY – SERVICE HOURS ARE 9:00 AM TO 2:00 PM.

Payments can be paid by bank transfer (EFT) to:

ACCOUNT NAME: ONL

BSB: 112879 (St George Bank)

ACCOUNT NUMBER: 45 664 3389

REFERENCE: Member Number and Surname

BOARD OF DIRECTORS

PRESIDENT: Tom Flood—Tel: 02 4333 4727

VICE PRESIDENT: Stephen Grange

TREASURER: Gerard Watts

DIRECTOR: Heather Hill, AM

Tel: 0422 204 497

DIRECTOR: David Nicol

DIRECTOR: Perry Johnstone

COMPANY SECRETARY AND MANAGER: Robert (Bob) Newman

YOUR ONL TEAM

OPERATIONS SUPERVISOR – Colleen

OFFICE TEAM – Michelle, Cheryl, Yvonne, Kim, Bev

WAREHOUSE SUPERVISOR – Steve

WAREHOUSE TEAM – Barry, Janice, Natalie, Aye Aye, Frank, Matt, Carole-Anne

PLUS OUR DEDICATED VOLUNTEERS

Newsletter designed by Justine Bailey