

# LIVErNEWS

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

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

# LIVERNEWS No 26 - March 2008

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## Chairman's Report

Well, spring is here and Christmas is a distant memory (for now).

I was criticised in the last issue for one joke article 'knocking' women. Regular readers will know that every issue usually has reams of stuff having a go at men and the last issue was possibly the only one ever to have anything making fun of women. Ah well... as all men know, you can't win, so why try?

This issue has a couple of meeting posters on pages 5 & 6. The Dr John Allen one is particularly interesting because this picture of him is how he shows himself on his University web page. He is into computer imaging in a big way so it will be interesting to see what he really looks like in April (why not detach this page and put it up somewhere it will be seen?).

Tilly & I were invited to Appleby Grammar School on 7th March to pick up a cheque (photo page 12) and the Head Teacher said during assembly that he only ever hears stories about kids causing trouble in the news and hardly ever about the good work some young people do. The Appleby students have indeed been magnificent in their fund raising efforts and the Head has every right to be proud but it did get me thinking.

He is right and all you hear about is the trouble caused by unruly kids who basically 'own' town centres after dark. People are afraid to walk alone past gangs of children because they fear for their health, if not for their lives.

It's an awful state of affairs which I believe has come about because of the politically correct nanny state we live in.

Far from being able to discipline children it is they who have the power over you. I read recently about a mother who told her unruly 14 year old to go to his room because he was out of control. He rang the police who came quickly and cautioned his mother, warning her she could be charged with child abuse.

What kind of a world is it when this is

considered acceptable. What kind of policemen (sorry, policepeople) would even consider cautioning a struggling mother of an unruly teenager?

The world has turned upside down and we all know the reason - political correctness and the fear of being branded 'outspoken'.

It is high time someone stepped into the political arena and said 'I'm mad as hell and I'm not going to take this anymore' like Howard Beale in the 1976 film 'Network'. They would certainly get my vote and I suspect, a lot of yours - let me know how you feel.

Now that's off my chest on to other things. I was surprised when visiting Roy & Margaret McGahan before Christmas to see a photograph of George Best on their wall. Have a look & read Roy's letter on page 25. It certainly opened my eyes.

Everyone who did the Great North Run for us last year has now handed over their sponsorship and we are extremely grateful to them all for their hard work (everyone also got a personal letter). We do have a few places available for this year so if you think you could get good sponsorship for us then please get in touch as soon as possible.

There is a great deal in this issue about PBC that will make interesting reading for the majority of members. The reason things appear in the LIVERNEWS is because people send them in so if you want to see more on alcoholism, NAFLD, hepatitis, PSC or whatever then please get writing.

Thank you all for your submissions especially the extra howlers this issue. Enjoy the coming Spring, best wishes,

John Bedlington

## ☆ 2008 Numbers Club ☆

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

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

Congratulations to: Mrs A Gleghorn of Gt Lumley who won £250  
 with her number 141 at our February 13th meeting. Next draw: 19th March


## DIARY 2008

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

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

March	19	7.00 pm	Mr D M Manas Live Liver Transplantation
April	30	7.00 pm	Dr John Allen Optical Assessment in Chronic Fatigue - A new way of looking at things
June	11	7.00 pm	Professor Dave Talbot Subject TBA
July	23	7.00 pm	Professor David Jones AGM
September	3	7.00 pm	TBA
September	20	1.00 pm	Autumn Fair Opened by Denise Robertson
October	29	7.00 pm	Mr J J French Subject TBA

TBA = To Be Announced.



NEXT MEETING:



Wednesday  
19th March 2008

Mr Derek  
Manas



Clinical Head  
of Transplantation

LIVE LIVER  
TRANSPLANTATION

\* EVERYONE WELCOME \*

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

FUTURE MEETING: 

Wednesday  
30th April 2008

Dr John Allen

Lead Clinical Scientist  
& Honorary Lecturer



Optical Assessment  
in Chronic Fatigue

A new way of looking at things

\* EVERYONE WELCOME \*

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

## LIVErNORTH PBC MEETINGS

The lunchtime meetings for 2008 are as follows:

Monday	21 April	11.30 – 2.00	Freeman Hospital, Postgraduate Functions Room (137/138) Speaker: Dr Julia Newton
Wednesday	25 June	12.00 – 2.30	Sunderland Royal Hospital, Bede Main Conference Room
Tuesday	23 Sept	12.00 – 2.30	Bishop Auckland General Hospital, Postgraduate Common Room
Wednesday	5 Nov	11.00 – 1.30	Freeman Hospital, Postgraduate Functions Room (137/138) Christmas Coffee Morning – Coffee, Cake and Raffle. All proceeds to PBC Research.

Please note that the meetings are on different days of the week and slightly different times. This is due to problems with bookings at Freeman, and having to fit in with what they have available.

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

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


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

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

Tilly Hale  
01670 714901



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" The only way to have a friend is to be one."  
-- Ralph Waldo Emerson

# It's not when you drink but how much that counts

VOMIT and broken glass are as much a part of the festive season in binge-prone Britain as are crackers and tinsel. This year, though, drinkers took the customary bender further than usual. Calls to ambulance services in the first four hours of 2008 rose dramatically: in London, for example, by 16% on the same period in 2007, and by 30% on 2006. Those caught in the crossfire took evasive action: some churches held "midnight" mass as early as 6pm on Christmas Eve to avoid drunken interruptions; some councils brought forward their New Year's Eve firework displays, or cancelled them altogether.

These excesses did little to convince critics of the licensing-law changes in 2005--which allowed pubs to stay open past the old closing time of 11pm, even around the clock--that the country is acquiring the less sodden, continental-style drinking culture that the liberalisation was supposed to foster. Doctors' and patients' groups, which had opposed the move in the first place, are calling once more for the government to backtrack.

Last year it looked as if opponents of looser licensing laws would get their way. The puritanical new prime minister, Gordon Brown, threw out plans for a supercasino, promised to rethink the decision to downgrade cannabis and said that he "would not hesitate" to tighten the

alcohol-licensing rules once more if a review of the new regime warranted it.

But they now seem likely to be disappointed. That review, due soon, will probably recommend only a few tweaks. There will be tougher measures to curb under-age drinking, and harsher penalties for rowdy venues, but no return to last orders. Although ending the race to drink up before closing time has not moderated drinking habits, neither have apocalyptic predictions come to pass. Violence fuelled by alcohol has remained broadly stable, with slightly fewer incidents around 11pm, when tanked-up hordes used to pour out onto the streets, and slightly more in the wee hours.

That may be because 24-hour drinking is almost nowhere the reality. Most premises have extended their licences by only an hour or so. Only 3% are open around the clock, and two-thirds of them are hotels, which were entitled to 24-hour licences under the previous regime.

The battleground is now shifting from the mean streets to suburban living rooms. There has been a long-term rise in the number of Britons drinking enough to damage their health: 4,144 deaths were caused by alcohol in 1991; by 2005 that had more than doubled to 8,386. Many are middle-class and middle-aged folk who would never dream of taking a swing at a fellow boozer, but regularly polish off a bottle or two of wine at home with dinner.

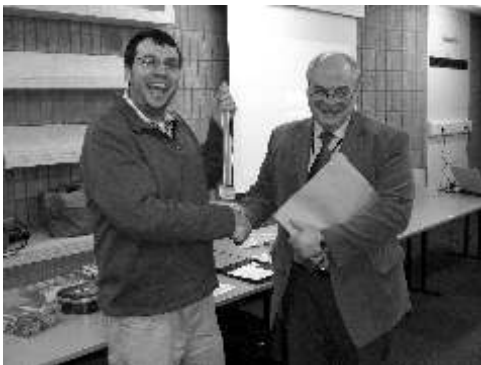
Those who campaign for shorter pub-opening hours also want higher taxes on

alcohol and a crackdown on happy hours and supermarkets' special offers. Here they may make more progress. In December MPs debated the consequences for the country's health of cheap alcohol; much time was spent castigating supermarkets for selling booze below cost, and one MP dubbed Sir Terry Leahy, the boss of Tesco, the "godfather of British binge drinking".

been under-counting the Britons who drink to excess. Figures to be published later this month will take into account the trend towards stronger wines and larger wine glasses. Those whose New Year's resolutions include cutting down may wish to note that a large glass of high-alcohol wine comes in at a whopping three units.

*(Article first appeared in The Economist Newspaper January 2008)*

Just before Christmas the Office for National Statistics had more bad news for bourgeois boozers: it has, apparently,



Dr Soren Nielsen who carries out research (Hep C particularly) at Newcastle University has run the Great North Run for us for a few times. This year his time was 1hr 45 minutes making him no 4323 out of 40,000 (wow). He raised £200 for us by sponsorship and his colleague & co-worker Dr Daniel Felmler dropped by at our last meeting to give us the cheque and show us Soren's medal (pictured left). Well done & thank you Soren!

Pictured right is Tilly presenting Dr Julia Newton with her LIVERNORTH pen after Julia's brilliant talk on Memory and concentration in Primary Biliary Cirrhosis at our February 2008 meeting (abstract overleaf). Julia is a great supporter of our cause and never fails to provide an interesting and informative presentation at our meetings.



# Memory and concentration in Primary Biliary Cirrhosis

Julia Newton

Over recent years we have recognised from patient reports and qualitative studies performed during the derivation of the disease specific quality of life measure, the PBC-40 that PBC patients experience significant problems with memory and concentration. Studies carried out in non-liver diseases shown links between low blood pressure and memory problems.

We have performed a programme of work over the last 3 years examining memory and concentration in PBC and many local patients have helped us by participating in these studies for which we are extremely grateful.

The study set out to firstly determine how common problems of memory and concentration are in PBC, the relationship between these symptoms and overt cognitive impairment and structural brain lesions. We also explored the role of blood pressure regulation.

Prevalence of symptoms of memory and concentration problems was determined in 198 PBC patients. In addition, 28 representative early stage female PBC patients and 11 matched controls underwent formal cognitive testing at baseline and after 2 years follow up. Autonomic nervous system function (blood pressure control) was also assessed. 11 PBC subjects had structural brain lesions quantified by MR.

Cognitive symptoms were frequent in our PBC population, with 53% of patients experiencing moderate or severe problems with concentration and/or memory, which were unrelated in their severity to biochemical and histological makers of liver disease severity suggesting that this symptom burden is largely or entirely unrelated to hepatic encephalopathy (the delirium classically associated with end stage liver disease). Perceived cognitive symptoms correlated with objectively assessed cognitive impairment ( $r_2=0.2$ ,  $p<0.05$ ). Cognitive deficits were seen in the PBC cohort compared to controls, with significant decline detected over 2 years follow up. Correlations were seen between cognitive performance (FSIQ) and baseline systolic blood pressure ( $p=0.01$ ,  $r_2 = 0.2$ ) with decline in cognitive function associated with autonomic abnormalities. Structural brain lesions were found in PBC, the density of which correlated with degree of cognitive impairment ( $p=0.01$ ,  $r_2=0.5$ ), and autonomic function ( $p = 0.03$ ,  $r_2 = 0.2$ ).

In conclusion: Cognitive symptoms are prevalent in PBC are independent of liver disease severity and associate with poorer performance on objective cognitive testing. Cognitive impairment in turn is associated with structural brain lesions and autonomic dysfunction which may predict those at risk of cognitive decline. Longitudinal studies are needed to investigate the pathogenesis of cognitive impairment in PBC patients and whether manipulating adrenergic function is an effective intervention.

# European PBC Conference

Sam Ducker

After five years working for Professor James at Newcastle University as a PBC research nurse, I couldn't believe my luck that I was to attend a European conference which was wholly devoted to PBC. Daydreaming, I imagined Paris, Rome and Berlin, a few days away from the children and of course a great opportunity to consolidate my knowledge of PBC!

This daydreaming was short lived as the conference venue turned out to be Newcastle or to be more precise, Gateshead. My hopes of wandering around Rome were replaced by a sneaky trip to the Metro Centre before collecting the children!

The venue did not in anyway detract from the importance of the conference, far from it; it was to ensure that Newcastle and PBC remained a familiar union to everyone who attended.

For a novice like me, attending such a conference was a daunting prospect, as those experts whose work I have read for the last 5 years were there in body. However with the eminent Tilly as my escort the whole experience was very enjoyable! Apart from home-grown experts like Professors James, Bassendine and Jones; Eric Gershwin, James Neuberger, Poupon, Podda and Pares (to name but a few), took to the stage to engage the audience in recent developments of PBC research.

The conference took place on two cold dark days in December, which deterred us

from leaving the warm, comfortable suite at the Hilton hotel. Monday morning started with a great recap of PBC by James Neuberger followed by topics such as fatigue, osteoporosis and overlap syndromes.

The highlight of day one was a presentation of the work I have been doing with Professor James since 2002. Our preliminary findings suggest that once again, there are clusters of PBC throughout the North East. There may also be early indications that the date of diagnosis of these cases (within the clusters), might be significantly close together, giving strength to the idea that PBC may be triggered by an infectious agent.

Monday afternoon was challenging for Tilly and me as we delved into the realms of molecular biology. We were grateful for the opportunity to listen to such fascinating topics including molecular mechanisms of cholestasis and cholangiocyte anion exchange but were equally thankful for the cartoon type diagrams of cells, reminiscent of school text books, which gave us an inkling of what was being discussed!

After my sneaky trip to the Metro centre and an early night, I embarked on day two with enthusiasm. The morning was chaired by Professor Jones (aka Dave!) and the theme was autoimmunity. So vast was the amount of knowledge in this area that eight speakers took us right up to lunch time. The highlight of day two (without offending any of the fantastic speakers from Newcastle, such as

Professor Bassendine and Dr. Julia Newton), was a 45 minute performance by Eric Gershwin showcasing his work from America. His talk was witty, entertaining but most of all informative.

The final afternoon, possibly most interesting to those in the audience with PBC, covered therapeutic interventions for itch, inflammation and fatigue. There were several women in the audience with PBC who had travelled from America and Ireland to be at the conference.

This was a very inspiring conference for those of us connected with PBC. It was unique to have all experts together from all over the world, devoting their time to the disease. Doctors, nurses, scientists, patients and researchers benefitted from the knowledge shared at this event and I left with a sense of being involved in a worldwide challenge to understand PBC, with Newcastle and its many experts, very much at the leading edge.



John and Tilly at Appleby Grammar School receiving a cheque for £1568 from year eight students on 7th March.

LIVERNORTH has been assisting the school with citizenship classes and telling students about the long term effects of drug & alcohol abuse. Every year students raise funds for charities and this year, LIVERNORTH was chosen to receive a share of the £10,000 raised by the whole

school. Year eight students chose LIVERNORTH as their charity. Mr Little their form teacher said that he was very pleased with the amount raised and proud of his form for nominating our charity. Other grant recipients included the Great North Air Ambulance and Cancer Research UK.



## Autumn Fair 20th September Can you help?

# TILLY TATTLE

As I sit typing this, the first Tilly Tattle of 2008, the sun is shining outside, and the early morning frost has disappeared (although it is still frosty on my front lawn which is on the shaded side of the street). I have daffodils beginning to show in my back garden, and it all seems very spring-like.

It therefore seemed very strange to be writing articles about the Carol Service, the LN PBC Coffee Morning, and David Jones' sponsored weight loss, which were all events for 2007, but that is what happens with a newsletter.

However, looking forward, I am delighted to tell you that our patron, Miss Denise Robertson, MBE, has once again agreed to open the Autumn Fair on Saturday 20 September. When Denise agreed to become our patron she explained that she was already heavily involved with over 30 charities and would not be able to be very active for us, but was happy for us to use her name. Since then, she has opened two Fairs for us, and we know that her presence does bring in many people from the wards as well as from outside the hospital. We are very grateful to Denise for the time she does give to us. Plans for the Fair are now underway, and you will no doubt read more about it elsewhere in this newsletter, but please do think about whether you can help in any way, and do remember we are always looking out for good quality goods to use on our Tombola stall, as well as needing lots of other items. The Fair is a major fund raiser for the group, and together with the raffle, is the main fund raising effort

during the year that is done by the group, although obviously we have lots of fund raising done by individuals, for which we are extremely grateful.

We started the year with a talk by Dr Julia Newton who told us the results of the recent Memory Study carried out on PBC patients. This was a very interesting talk, and very enlightening. Julia has kindly written a brief outline of the results and this is printed earlier in the newsletter. Volunteers are regularly needed for research and studies and if you do not already volunteer, but are willing to take part, please do let me have your name – at the moment a very faithful band of people take part on a regular basis but we are always needing more. Taking part in these projects is very worthwhile and can often be of benefit to you, as well as to future patients.

Easter is now fast approaching, and holidays will be starting to be planned (or may already be booked). If you find any insurance company that is particularly helpful and reasonably priced, please do let us know so that we can add their details to our list. From year to year we find that companies change their policies so that a firm who has been extremely good one year, may be very expensive or not willing to insure liver patients another year, so it is always good to hear of ones that are helpful.

On that note, I will just close by wishing you all a happy Easter, and good health throughout the year.

Tilly Hale, 01670 714901.

## PBC CONFERENCE, 2-4 DEC 2007

This conference took place at the Hilton Hotel in Gateshead. It was a gathering of the great and good of PBC specialists and was organised by Professor Maggie Bassendine and two of her European colleagues. Whilst it was basically for the medical profession, lay people could attend, but it was expensive.

I was fortunate to have received a substantial birthday cheque so decided to spend my money on my conference fees. I felt this was a one off opportunity of seeing and hearing many of the names of whom I have read during my life with PBC (some 22 years since my diagnosis so I have read and heard of a lot of people.

I knew some of it would be way over my head, but I also knew that I had heard some of the items through the LN PBC lunchtime meetings when David Jones and Julia Newton keep us up to date with the latest thinking as well as the results of the various research studies they are carrying out.

The whole conference was a fantastic time. "Our doctors" performed brilliantly. We had talks from Prof James, Prof Bassendine, David and Julia, Prof Alistair Burt, Dr Peter Donaldson, which were interesting and also amusing – Prof James has a rare wit and a good way of telling a joke in his talks!

During the various coffee and lunch breaks, we had a chance to chat to various doctors and it was a thrill for me to speak to Dr Jenny Heathcote from Canada and Dr Poupon from France. Dr Poupon was one of the first people I read about, when I was prescribed URSO as he had written many papers on the subject, and in fact I often used to refer to Urso and say "according to Poupon et al" which was my little joke.

A lovely little moment occurred when I met up with Dr Malcolm Bateson from Bishop

Auckland who has conducted a one centre study on Urso which he reported at a lunchtime meeting at Bishop Auckland. Dr Bateson was speaking to Dr Poupon and kindly included me in the conversation.

Sam Ducker, who is Prof James' research assistant, contacted me and we agreed to meet to sit together at the conference. This was very kind of Sam as I had thought I would just sneak in at the back, but being with Sam made it much more fun. (Sam used to be an Intensive Care Nurse and actually looked after me when I had my transplant so I feel I have known her a long time.)

Everything about the Conference was enjoyable – the talks were extremely interesting (even those that I did not understand), the speakers were friendly, the venue was very comfortable, and the food was excellent.

Sandra Souza, an American PBC patient, used the Conference as her holiday. She flew in on the Sunday and flew out on the Wednesday, so unfortunately did not have the chance to see anything of the north east, but said she felt it had been money well spent. Some PBC patients came over from Ireland and have now gone onto our mailing list and they too felt it was a worthwhile trip. As for me, it was a great few days. I don't suppose I will ever be able to attend another conference of this level, so I feel it was the opportunity of a lifetime.

My thanks to Prof Bassendine for her efforts in bringing this conference to the north east.

Tilly Hale

## HANNAH HUESTON – PART TWO

First, I must begin with an apology.

In the last newsletter I told how Hannah's husband Harold had sent a magnificent donation of £3,000 to be used for PBC research. In fact Harold had not used the word "research" he had merely said he was sending a donation of £3,000 as a tribute "to his dear wife and best friend – Hannah Hueston, who passed away on 14 August 2004" and during our phone conversation Harold had said that he wanted the money to be used for some aspect of PBC.

After much thought, Prof David Jones came up with the idea of producing a DVD which would explain about the disease, and would answer the most frequently asked questions and also touch on subjects which patients often did not raise with doctors but which came up in conversation with other patients. There would also be a space for positive feedback from PBC patients, and possibly from family members on how they find living with a PBC person. This DVD would be available for patients and doctors and would hopefully take away some of the isolation of this disease. Hannah's name, and the donation, would be shown on the DVD.

At the Committee meeting on 4 February it was agreed that the money would be used to finance the DVD. When I phoned Harold to tell him of this decision he was delighted and said it was the best news he had received for a long time. He felt this was a living memorial to Hannah and that she would have been very proud to be associated with this. He also knew that if Hannah had been able to receive such a DVD in her lifetime, she would have found

it very helpful.

I have no idea of the time scale of the DVD, but when it is ready it will be announced in the newsletter.

Our sincere thanks go to Harold for his kindness, we are very appreciative and grateful to him for thinking of LIVErNORTH in this way.

Tilly Hale

## DAVE JONES' DIARY – THE FINAL INSTALMENT

18 December: Calories today 1500 (average for the last week 1550). Sweets nil. Cigarettes nil. Cakes nil. Greggs sausage rolls (you know, the really yummy ones at 4 for £1) nil. Workouts in the last 7 days – 7.

Feeling soooooo good. Skin tanned and healthy. Muscles rippling in the breeze (note to self: need to work just a little harder on the left pec as it doesn't match). Just back from a 6.5 mile run. Could have run further but only had half an hour window in my day (hang on, 6.5 miles, half an hour, that doesn't sound right, I must have done well.) Lunch will be one piece of lettuce (AND I AM LOOKING FORWARD TO IT).

Hang on. That's rather nice. Just being kissed by the most beautiful woman in the world. She is telling me how gorgeous I am with my tanned and muscle-bound body.

That's odd. Most beautiful woman in the world has a rather long tongue. Still never mind. She is the most beautiful woman in the world.

And very long furry ears!!

Spaniel ears!!!!!

Aaaaaaaaagh

IT'S ALL A DREAM (just like in Dallas when they brought Bobby back) and

I'm kissing the dog.

Now where's that Gregg's fourpack?

THE END.

As you know, Professor David Jones very kindly offered to do a sponsored weight loss to raise funds for LIVERNORTH (hence the diary above).

He was weighed at the AGM on Wednesday 18 July and it was agreed that he would have a final weighing on 18 December 2007.

However, I had a clinic appointment on Monday 10 December and David and I agreed it would be much easier for me if I weighed him during my appointment, so I duly turned up with my scales (the same ones that he had been weighed on at the AGM) and found that he had lost 7.1 kilos. David was disappointed not to have lost 10 (which he had originally hoped for) but said that the arrival of his second son, Thomas, on 20 November had scuppered his plans for the last few weeks, and it had put a stop to his visits to the gym, and also had an adverse impact on his healthy eating. (Prior to Thomas' arrival David had thought that the new baby would not make much more work that having Matthew!! However, 7.1 kgs is still a reasonable amount and we are very grateful to David for his efforts.

Could we please ask those of you who took sponsorship forms to collect any money and return to Joan Bedlington as soon as possible. Some people have already sent in their sponsorship, but a full total will be given in due course.

Many thanks to everyone who has contributed, and if anyone would like to do so now, it is still possible to make a donation.

Tilly Hale - 01670 714901

LN PBC COFFEE MORNING - NOVEMBER 2007

At the annual coffee morning in November the sum of £165 was raised for PBC research.

We had coffee and cakes, and an excellent raffle, and the meeting was reasonably well attended. My thanks to Peggy Oliver who did a magnificent job selling raffle tickets, and to Sadie Gibson, who helped out with the refreshments. My thanks, also, to all who contributed prizes for the raffle. I am constantly amazed at the generosity of people who donate such lovely items.

PBC RESEARCH

During January some 21 people took part in a study at the RVI, carried out by Lisa Robinson, a physiotherapist working in the Liver Unit, Dr James Frith, occasionally to be found in the PBC clinic, and Jessie Pairman and Katherine Wilton, two research nurses who work in the Falls and Syncope Department at the RVI. This study looked into the way PBC people cope with fatigue and the affect it has on mobility etc.

My thanks, as always, to those who took part. I know the team, under David Jones and Julia Newton, are very grateful for the way in which patients are willing to be involved, and I know when I telephone people I am especially grateful for the way in which everyone is so positive.

Another study is being planned, with an occupational therapist, so no doubt I will soon be on the phone once again, so my thanks in advance.

Tilly Hale

INCOME		EXPENDITURE	
	£.p		£.p
Balance B/Fwd	£20,971.53	Postage	£236.53
Donations	£7,739.15	Newsletter Production & Postage	£2,413.31
Sponsorship	£2,799.50	Stationery & Administration Supplies	£1,280.64
Flat Accommodation	£793.00	Insurance	£183.84
Spike Rawlings Tribute Dinner	£30,225.00	Autumn Fair	£11.74
Webb Ivory	£150.00	Charity Draw	£610.39
Pens, Badges & Key Fobs	£279.00	Lottery Registration	£17.50
In Memoriam	£3,010.89	Flat Accommodation Expenses	£5,265.50
Collection Cans	£58.20	Leaflets	£400.00
Grand Charity Draw	£2,970.91	Numbers Club Prizes	£4,100.00
Autumn Fair Income	£1,979.86	Liver Patient Welfare Fund	£512.00
P.B.C. Meetings	£350.20	Research	£59,130.10
Gift Aid	£972.98	Pens & badges etc	£1,218.47
Coffee Days	£518.00	Educational Grants	£8,057.12
Numbers Club	£584.00	Committee Expenses	£182.20
Grants for Education & Development	£8,000.00	Great North Run Registration	£55.00
Transfer from Capital A/C	£11,000.00		
Transfer from C&S A/C	£29,000.00		
Bequest	£1,000.00		



FUNdraising in action. Eric, Debbie, Mick & kids sell more tickets for the Autumn Fair raffle in one day than any other team. Well done team Lovell & everyone else - a record total of £2,970.91 this year!

Balance C/Fwd £38,727.88

£122,402.22

£122,402.22



INCOME	£.p	EXPENDITURE	£.p
Balance B/Fwd	£249.94	Refreshments	£98.12
General Meeting Raffles	£260.50	Gifts	£116.92
General Meeting Teas	£104.91	Inpatients' Christmas Gifts W12/16	£171.20
Donations	£41.40	Christmas Dinner	£1,184.40
Christmas Dinner	£990.00	Christmas Dinner Tombola	£192.20
Christmas Dinner Tombola	£363.00	Carol Service Refreshments	£96.77
Sales	£66.90		

## Financial Report

As you can see from the Audited Accounts, LIVErNORTH continues to benefit from the generosity of our many supporters. The methods used to raise funds continues to be diverse and it never fails to impress me how resourceful and altruistic people are. Making donations in lieu of flowers after the death of a loved is always moving and thinking of others at such a difficult time demonstrates incredible strength and kindness. Recently we had a request for the loan of our collection buckets to be used at a wake, which we delivered and imagine our surprise to hear the due to the weight of the collection the bottom had dropped out of one them - so now there's a hole in our bucket! Here in the North East it is well known that the generosity of people from the region appears to know no bounds especially where local appeals and organisations such as ours are concerned. However LIVErNORTH has the added benefit of support from people from outside of the local communities. Our collection cans are a valuable cont...

Balance C/Fwd £217.04

£2,076.65

£2,076.65



• LIVErNORTH Capital Reserve Account for year ended 31/3/2007 •

INCOME	£.p	EXPENDITURE	£.p
Balance B/Fwd	£67,424.16	Transfer to Charities A/C	£11,000.00
Interest	£904.13		
		Total Carried Fwd	£57,328.29
	<b>£68,328.29</b>		<b>£68,328.29</b>

• LIVErNORTH Clubs & Societies Reserve Account for year ended 31/3/2007 •

INCOME	£.p	EXPENDITURE	£.p
Balance B/Fwd	£22,489.54	Transfer to Charities A/C	£29,000.00
Numbers Club Payments	£9,345.32		
Donations	£24.00		
Interest	£355.75		
		Total Carried Fwd	£3,214.61
	<b>£32,214.61</b>		<b>£32,214.61</b>

...source of revenue. Even though we do not normally have street collections they are displayed in various shops and at fund raising events. Two examples come to mind, one is located in Workington and Margaret Younghusband regularly empties her can sending the group much needed funds. Another is even further afield in Coulsden, Surrey where Lisa Courtney's Mum displays a can at Valley Pharmacy and again regularly sends the group a donation. Although LIVErNORTH is based in the North East, it is our hope, of course, that the work carried out by the group and in particular the research which the group helps to fund will lead to improved treatments and support for liver patients no matter where they live. Our thanks and appreciation to everyone who supports the group - now matter how much the donation is without your generosity LIVErNORTH would not be able to function.

Joan Bedlington Hon. Treasurer

• LIVErNORTH Balance Sheet for year ended 31/3/2007 •

**Charities Account •**

	£.p		£.p
Total Credits	£122,402.22	Nat West Bank Statement to 31st March 2007	£40,450.98
Total Debits	£83,674.34		
Balance	<span style="border: 1px solid black; padding: 2px;">£38,727.88</span>	Cheques not yet presented: 381, 448 & 450	£1,723.10
		Balance	<span style="border: 1px solid black; padding: 2px;">£38,727.88</span>

**General Account •**

	£.p		£.p
Total Credits	£2,076.65	Nat West Bank Statement to 31st March 2007	£217.04
Total Debits	£1,859.61		
Balance	<span style="border: 1px solid black; padding: 2px;">£217.04</span>		
		Balance	<span style="border: 1px solid black; padding: 2px;">£217.04</span>

**Capital Reserve Account •**

	£.p		£.p
Total Credits	£68,328.29	Nat West Bank Statement to 31st March 2007	£57,328.29
Total Debits	£11,000.00		
Balance	<span style="border: 1px solid black; padding: 2px;">£57,328.29</span>		
		Balance	<span style="border: 1px solid black; padding: 2px;">£57,328.29</span>

**Clubs & Societies Reserve A/c •**

	£.p		£.p
Total Credits	£32,214.61	Nat West Bank Statement to 31st March 2007	£3,214.61
Total Debits	£29,000.00		
Balance	<span style="border: 1px solid black; padding: 2px;">£3,214.61</span>		
		Balance	<span style="border: 1px solid black; padding: 2px;">£3,214.61</span>

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

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

\_\_\_\_ Dec 2007



## WEBB IVORY

I must first of all apologise to anyone who received cards without a printed message . I have been in touch with the company and they have given us a credit of £13.50 as a goodwill gesture.

A total of £150.00 was raised for the group - thank you to everyone who supported this fund raising scheme.

## CONGRATULATIONS

Our warmest congratulations to David and Vanessa Jones on the birth of their second son, Thomas, who was born on 20 November and weighed in at a very healthy 6 lbs 13 oz.

Thomas and his big brother Matthew are great friends, and Thomas thinks Matthew is great fun.

David and Vanessa are slowly recovering from the shock of going from one son to two, and realising that it is not just twice the work!

*(How to fit these two photographs on the same page? well, here goes...)*



## MORE EXPENSE FOR TOP DOC

Following the birth of his second child, Professor David Jones is having to stump up £50 in sponsorship to Mr Jeremy French (Consultant Transplant Surgeon) who offered to shave off his sideboards for LIVErNORTH if David would pay. Here's the proof....  
a Sideburnectomy.



## It's a Crazy World...

(or as Uncle Stan says, the fuse gets a little shorter every day)



- Here's a picture of us all lined up after the Autumn Fair this year - that's me third from the left (with thanks to Cann Hall Primary School who decided to replace pupils faces with smiley faces in their school photograph to prevent paedophiles looking at them). The National Society for the Prevention of Cruelty to Children has described the decision as 'over the top'. The government is considering replacing the Queen's head on stamps and currency with a smiley face also in case any men (or women?) start looking at her face. The previous sentence is actually rubbish but the rest is all true.

A real friend is one who walks in when the rest of the world  
walks out.-- Walter Winchell

There were five places of worship in a small town - the presbyterian church, the baptist church, the methodist church, the catholic church and the jewish synagogue.

Each church and synagogue was overrun with squirrels.

One day, the presbyterian church called a meeting to decide what to do about the squirrels. After much prayer and consideration they determined that the squirrels were predestined to be there and that they shouldn't interfere with God's divine will.

In the baptist church the squirrels had taken up residence in the baptistery. The deacons met and decided to put a cover on the baptistery and drown the squirrels in it. The squirrels escaped somehow and there were twice as many there the next week.

The methodist church elders got together and decided that they were not in a position to harm any of God's creation. So they humanely trapped the squirrels and set them free a few miles outside town. Three days later, the squirrels were back.

But the catholic church came up with the best and most effective solution. They baptised the squirrels and registered them as members of the church. Now they only see them at Christmas and Easter.

Not much was heard about the jewish synagogue, but they took one squirrel and had a short ceremony with him called a circumcision and they haven't seen a squirrel on the property since.



*Dear LIVERNORTH*

Dear Sir,

I am writing to sincerely thank you for all your help and support that you gave to my aunty, Ann Rochelle, during her illness at the freeman hospital, after many months of fighting

and four liver transplants my auntie sadly lost her fight and died surrounded by family last week. She took great comfort in having people like yourselves to talk to and gave her hope for her future. Ann was the bravest person I know and is very sadly missed by us all. I am planning fundraising for your organisation as I know it will be put to good use. But once again our heartfelt thank you from all her family for everything that your organisation did.

Rob Duncan

Hello again!

Can you please arrange for a second collecting can to be posted to :-  
(name & address withheld) & some more of the seals for the top.

We have one, but Mum likes to take a new one when she goes to collect the old one for counting, so a second would be a big help.

Also if at any time you could give a mention to Valley Pharmacy in Coulsdon Surrey, i could take my copy of the book & let them see it, & maybe display it.

Many thanks  
Love to all esp Tilly

Lisa Courtney

Dear Joan & John.

Thank you for 'LIVErNEWS' we always enjoy reading it. We enclose a cheque for David Jones' weight loss - we enjoyed his 'diary', looking forward to the final result.

Stan & Jane  
Penrith.

Dear LIVErNORTH,

I can't imagine how I would have coped without your facilities. Thank you kindly and please accept the extra for your funds.

HB Whitehaven

Dear All,

Happy New Year!

I completed the Great North run in September for LIVErNORTH. I have enclosed 2 photographs to show how I adapted my running top to incorporate the LIVErNORTH logo. I felt so proud that everyone could see who I was running for and even more proud when I came across my nephews and niece at 11 miles, who had made lots of banners with the LIVErNORTH logo on them to show their support.

I decided to run for LIVErNORTH as I felt it was my chance to give a little back following my illness (6 years ago) when I was treated and looked after so well by



Mr Manas and his team at the freeman Hospital.

I have raised £600.00 and I hope that this can be put to good use by your charity.

Here's to a happy healthy New Year.

Nicola Myers.

Dear Mr Oliver,

I refer to my previous correspondence concerning your nomination of Liver North and support from the Yorkshire Building Society Charitable Foundation.

I am pleased to inform you that the Trustees have agreed that £50.00 be donated to your suggested cause and we would like to thank you for taking the time to complete the Be One in a Million leaflet. In 2007 the Foundation was able to support over 1,100 causes that were recommended by members.

Over half a million of the Society's members now contribute to the Society's unique Small Change Big Difference scheme, which largely funds the Foundation's activities. This innovative scheme enables the Foundation to assist smaller, local good causes - particularly those nominated by Society members on an ongoing basis – that may otherwise be overlooked.

Hopefully, with suggestions like yours, we can support even more good causes throughout the UK and you can continue to make a difference through your participation in the Small Change Big Difference scheme.

Thank you once again for your nomination. Yours sincerely

Adrian Horsley, Campaign Administrator

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Whitburn, Sunderland

Dear John

As you suggested, we enclose a copy of George Best's signed photo which he sent to Margaret in May 2003. Margaret went live on the transplant list on 1st. May 2003. She was very ill and at that time George Best had a weekly column in the Mail on Sunday magazine. This was before he became ill again. Photographs of him looking so well (with his six pack!) were of great comfort to Margaret and were an inspiration during this very difficult time.

We wrote to George to let him know of this and to thank him for good he was unknowingly

doing.

He was kind enough to send Margaret a signed photograph "with his love". The photograph hangs in our dining room alongside our family photos.

Our family will be forever grateful for George's kindness.

Margaret & Roy McGahan

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## Men Are Just Happier People.

What do you expect from such simple creatures? Your last name stays put. The garage is all yours. Wedding plans take care of themselves. Chocolate is just another snack. You can be US President. You can never be pregnant. You can wear a white T-shirt to a water park. You can wear NO shirt to a water park. Car mechanics tell you the truth. The world is your urinal. You never have to drive to another petrol station restroom because this one is just too icky. You don't have to stop and think of which way to turn a nut on a bolt. Same work, more pay. Wrinkles add character. Wedding dress £5000. Tux rental-£100. People never stare at your chest when you're talking to them. The occasional well-rendered belch is practically expected. New shoes don't cut, blister, or mangle your feet. One mood all the time. Phone conversations are over in 30 seconds flat.

A five-day holiday requires only one suitcase. You can open all your own jars. You get extra credit for the slightest act of thoughtfulness. If someone forgets to invite you, he or she can still be your friend.

Your underwear is £8.95 for a three-pack. Three pairs of shoes are more than enough. You almost never have strap problems in public. You are unable to see wrinkles in your clothes. Everything on your face stays its original colour. The same hairstyle lasts for years, maybe decades. You only have to shave your face and neck.

You can play with toys all your life. Your belly usually hides your big hips. One wallet and one pair of shoes - one colour for all seasons. You can wear shorts no matter how your legs look. You can "do" your nails with a pocket knife. You have freedom of choice concerning growing a moustache. You can do Christmas shopping for 25 relatives on December 24 in 25 minutes.

No wonder men are happier.

*(With apologies to our male readers - of course it is biased and sexist, it was written by a woman. What about 'you will work for 65 years of your life without pause before you get a pension. If you leave work for any reason other than mortal illness, you will be branded lazy. You will take the blame for everything that ever goes wrong at any time anywhere etc etc' Ed).*



## Egyptian mummy examined by NHS

LONDON A 3,000-year-old Egyptian male mummy is to be examined with the help of the best imaging technology available to the NHS. Nesperennub, enclosed in a linen and plaster case within a coffin, will undergo a computerised tomography scan at University College Hospital in London, on behalf of the British Museum. Among the items under scrutiny will be jewellery around his neck, which was believed to have been worn just before his burial. An earlier scan in London in 2004 revealed that Nesperennub was in good health at the time of his death — apart from a hole in his head.



### ***Thought of the Day***

***"I know you believe you understood what you thought I said but I am not sure you realise that what you heard is not what I meant."***

***Don't know who said it first but I do know it is so often true!***

***POOR GRANDMA***  
***(sent in by Wynn Reeves)***

*The computer swallowed Grandma.  
Yes, honestly it's true.  
She pressed "Control" and "Enter"  
And disappeared from view.*

*It devoured her completely.  
The thought just makes me squirm.  
She must have caught a "Virus"  
Or been eaten by a "Worm".*

*I've searched through the "Recycle Bin"  
And files of every kind.  
I've even used the "Internet"  
But nothing did I find.*

*In desperation I asked "Jeeves"  
My searches to refine  
The reply from him was negative  
Not a thing was found "Online".*

*So, if inside your "Inbox"  
My Grandma you should see,  
Please "Copy", "Scan" and "Paste" her  
And send her back to me.*



## ***My Daily Walk***

*It's nice to go out each day especially as we are old,  
But don't forget your overcoat, this is what we are old.  
And take your umbrella, as they say it's going to rain,  
Otherwise you will go down, with allsorts of aches and pains.*

*Don't hurry now, you have lots of time, walk at a steady pace  
Or you may have a fall again, and bruise and scratch your face.  
So go out now and enjoy yourself, it looks quite nice out there,  
Don't forget your bus pass, if you go by bus you have no fare.*

*Get out in the country, and breath in the lovely air,  
Just look at all the lovely things, that are always there.  
Now that Spring is with us there are bluebells, and crocus there to see,  
There is something I like to see, my first big Bumble Bee.*

*There is lots of lovely water, in the stream there on the hill,  
Look around at nature's movement, there is nothing staying still.  
There are rabbits in the hedgerow, there are lambs all out at play,  
With the Ewes all calling, if the lambs should start to stray.*

*Now going past the village school, with children out to play,  
Playing skipping and hopscotch, as we did in our day.  
But listen to the bird song, as they start to make their nest,  
Of all the seasons that we have Springtime is the best.*

*Everything is new again, as flowers and grasses grow,  
The farmer is out with his tractor, to plough and then to sow.  
Growing all the food we need, like barley, veg and wheat.  
I think it's time to take a rest a while, on that park side seat.*

*As soon as I feel rested, I start making my way back,  
Besides the fields and hedgerows, along the well worn track.  
Now I'm back to where I live, as I walk I hear the gravel crunch,  
It's then I hear my wife call out, "you're just in time for lunch."*

*By V.R. Kenchington*

## **MPUMALANGA HOSPITAL REGISTER**

1. The patient refused autopsy.
2. The patient has no previous history of suicides.
3. The patient has left white blood cells at another hospital.
4. Patient's medical history has been remarkably insignificant with only a 40 pound weight gain in the past three days.
5. She has no rigors or shaking chills, but her husband states she was very hot in bed last night.
6. Patient has chest pain if she lies on her left side for over a year.
7. On the second day the knee was better, and on the third day it disappeared.
8. The patient is tearful and crying constantly. She also appears to be depressed.
9. The patient has been depressed since she began seeing me in 1983.
10. Discharge status : Alive but without my permission.
11. Healthy appearing decrepit 69 year old male, mentally alert but forgetful.
12. Patient had waffles for breakfast and anorexia for lunch.
13. She is numb from her toes down.
14. While in ER, she was examined, x-rated and sent home.
15. The skin was moist and dry.
16. Occasional, constant infrequent headaches.
17. Patient was alert and unresponsive.
18. Rectal examination revealed a normal size thyroid.
19. She stated that she had been constipated for most of her life, until she got a divorce.
20. I saw your patient today, who is still under our car for physical therapy.
21. Both breasts are equal and reactive to light and accommodation.
22. Examination of genitalia reveals that he is circus sized.
23. The lab test indicated abnormal liver function.
24. Skin: somewhat pale but present.
25. The pelvic exam will be done later on the floor.
26. Large brown stool ambulating in the hall.
27. Patient has two teenage children, but no other abnormalities.

Sent in by Dorothy Barker, from her brother, Henry Gordon.

# HELEN'S HOWLERS

**M**ost of the funnies you see in these pages are sent from friends and colleagues or a freely circulating via the internet. Special thanks to Patricia Heard and David Hasting for many of the items in this issue.

I am constantly on the look out for more material so please send in anything you have or have heard whilst out and about. It doesn't have to be 'professional' – your witty observations on life are always welcome. If you wish I will ensure you are credited with whatever you send me.

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## An unlikely explanation

TWO-hundred years ago, everything had to be transported by ship. This was at a time before the invention of commercial fertilizer, so large shipments of manure were common.

The manure was shipped dry because, in dry form, it weighed a lot less. But when it came into contact with seawater, it not only became heavier but the process of fermentation also began. A by-product of the fermentation was methane gas, which began to build up below decks. And the first time a seaman came below at night with a lantern - BOOM!

Several ships were destroyed in this way before people realised what was happening. After that, insurers demanded that shipments of manure were always stamped with the term "Ship High In Transit", to stow it high enough off the lower decks so that any water that came into the hold would not touch this volatile cargo and start the production of methane.

Thus evolved the term S.H.I.T, which has come down through the centuries and is in use to this very day.

## Drive time

YOU are driving in a car at a constant speed. On your right-hand-side is a fire

engine travelling at the same speed as you. In front of you is a galloping horse which is the same size as your car and you cannot overtake it. Behind you is another galloping horse. Both horses are also travelling at the same speed as you. What must you do to safely get out of this dangerous situation?

Get off the fairground carousel.

## Blonde logic

TWO blondes living in Oklahoma were sitting on a bench talking, and one blonde said to the other, "Which do you think is farther away - Florida or the moon?"

The other blonde turned and said, "Helloooooo, can you see Florida?"

A blonde pushed her BMW into a garage. She told the mechanic the engine had died. After the mechanic had worked on it for a few minutes, the engine was idling smoothly. "What's the story?" asked the blonde, to which the mechanic replied, "Just crap in the carburettor". The blonde thought for a moment and said, "How often do I have to do that?"

A GIRL was visiting her blonde friend, who had acquired two new dogs, and asked her what their names were. The blonde explained that one was named

'Rolex' and the other 'Timex'. Her friend said, "Whoever heard of someone giving dogs names like that?" "Helloooooo," said the blonde. "They're watchdogs."

A MOTHER visited her son, Joe, for dinner. Joe lived with a female flat-mate, Betty. During the course of the meal, mother couldn't help but notice how attractive Betty was. She had long been suspicious of a relationship between the two, and dinner only made her more curious. During the course of the evening, while watching the two interact, she started to wonder if there was more between Joe and his flat-mate than met the eye.

Reading his mother's thoughts, Joe volunteered, "I know what you must be thinking, but I assure you, Betty and I are just flat-mates."

About a week later, Betty said to Joe, "Ever since your mum came to dinner, I've been unable to find the rice. You don't suppose she took it, do you?"

"Well, I doubt it, but I'll email her, just to be sure."

So Joe sat down and typed, "Dear Mum, I'm not saying that you did take the rice from my flat. I'm not saying that you did not take the rice. But the fact remains that it has been missing ever since you were here for dinner. Love, Joe."

Several days later, Joe received an email from his mother, which read, "Dear Joe, I'm not saying that you do sleep with Betty. I'm not saying that you do not sleep with Betty. But the fact remains that, if she were sleeping in her OWN bed, she would have found the rice under her pillow by now. Love, Mum."

Costly round

A MAN began his weekly round of golf with an eagle on the first hole and a birdie on the second. On the third he had just scored his first ever hole-in-one when his mobile phone rang. It was the hospital, to tell him that his wife had been in an accident and was in a critical condition in hospital. The man told the doctor he'd be there as soon as possible.

As he hung up the phone, the man reflected that he was he was leaving what was shaping up to be his best ever round of golf. He decided to get in another couple of holes before heading to the hospital. He ended up playing all eighteen, finishing his round shooting a personal best 61, shattering the club record by five strokes and beating his previous best by fifteen. He was jubilant. Then he remembered his wife.

Feeling dreadfully guilty, he drove to the hospital. He met the doctor in the corridor and asked about his wife's condition.

The doctor glared at him and shouted, "You went ahead and finished your round of golf, didn't you? I hope you're proud of yourself! While you've been out for the past four hours enjoying yourself at the golf club, your wife has been in intensive care. It's just as well you went ahead and finished your game because it will probably be your last. For the rest of her life, your wife will require round-the-clock care. And it's you who will be providing the care."

Wracked with guilt, the man broke down and sobbed. The doctor laughed and said, "Only joking. She's dead. What did you shoot?"

DO YOU KNOW You're not just an age, or an hourly wage. You're more than your e-mail address. You're not just some size, or the shape of your thighs, or the make of the car you possess.

You're not just your PIN, or the shade of your skin, or the place you were born, or the date.

You're not your IQ, or the width of your shoe, your post code, your height, or your weight.

You can't be defined by your zodiac sign, or the lines in the palm of your hand.

It's not who you know or the money you owe, your blood type or cereal brand.

You're much too complex for just race, creed or sex, you're wonderfully multi-dimensional.

You're one-of-a-kind with a fabulous mind and a spirit that's quite unconventional!

That makes you a treasure which cannot be measured with numbers or checks on a chart.

You're truly tremendous, amazing, stupendous! believe it with all of your heart!

#### Words To Live By

Accept that some days you're the pigeon, and some days you're the statue.

Always keep your words soft and sweet, just in case you have to eat them.

Always read stuff that will make you look good if you die in the middle of it.

Drive carefully. It's not only cars that can be recalled by their maker.

If you can't be kind, at least have the decency to be vague.

If you lend someone £20, and never see that person again, it was probably worth it.

Never buy a car you can't push.

Never put both feet in your mouth at the same time, because then you don't have a leg to stand on.

Nobody cares if you can't dance well. Just get up and dance.

The early worm gets eaten by the bird, so sleep late.

When everything's coming your way, you're in the wrong lane.

Ever notice that the people who are late are often much jollier than the people who have to wait for them?

If ignorance is bliss, why aren't more people happy?

You may be only one person in the world, but you may also be the world to one person.

Some mistakes are too much fun to only make once.

We could learn a lot from crayons: some are sharp, some are pretty, some are dull, some have weird names, and all are different colours but they all have to learn to live in the same box.

A truly happy person is one who can enjoy the scenery on a detour. Happiness comes through doors you didn't even know you left open.

Have an awesome day, and know that someone has thought about you today...

Today, Enjoy being with your friends and make the most of the day!!!!

Forrest arrives at the Pearly Gates.

Upon his arrival, a concerned St Peter met Forrest at the Pearly Gates.

'I'm sorry Forrest' St Peter said; 'But Heaven is suffering from an overload of goodly souls and we have been forced to put up an Entrance Exam for new arrivals to ease the burden of Heavenly Arrivals.'

'That's Cool' said Forrest. 'What does the

Entrance Exam consist of?'  
'Just 3 Questions' said St Peter.  
'Which are?' asked Forrest.  
'The first' said St Peter, 'Is, which two days of the week start with the letter 'T'?'  
The second is: How many seconds are there in a year?  
The third is: What was the name of the swagman in Waltzing Matilda?  
Now,' said St Peter, 'Go away and think about those questions and when I call upon you, I shall expect you to have those answers for me.'  
So Forrest went away and gave those three questions some considerable thought (I expect you to do the same).  
The following morning, St Peter called upon Forrest and asked if he had considered the questions, to which Forrest replied, 'I have.'  
'Well then,' said St Peter, 'Which two days of the week start with the letter T?'  
Forrest said, 'Today and Tomorrow.'  
St. Peter pondered this answer for some time, and decided that indeed the answer can be applied to the question.  
'Well then Forrest, could I have your answer to the second of the three questions?' St Peter went on, 'how many seconds in a year?'  
Forrest replied, 'Just 12!'  
'Only 12?' exclaimed St Peter, 'How did you arrive at that figure Forrest?'  
'Easy' said Forest, 'there's the second of January, the second of February right through to the second of December, giving a total of twelve seconds.'  
St Peter looked at Forrest and said, 'I need some time to consider your answer before I can give you a decision.' And he walked away shaking his head.  
A short time later St Peter returned to

Forrest. 'I'll allow the answer to stand Forrest, but you need to get the third and final question absolutely correct to be allowed into Heaven.  
Now Forrest, can you tell me the answer to the name of the swagman in Waltzing Matilda?'  
Forrest replied: 'Of the three questions, I found this the easiest to answer.'  
'Really!' exclaimed St Peter, 'And what is the answer, Forrest?'  
'It's Andy.'  
'Andy???'  
'Yes, Andy' said Forrest.  
This totally floored St Peter, and he paced this way and that, deliberating the answer. Finally, he could not stand the suspense any longer, and turning to Forrest, asked 'Forrest, how in God's name did you arrive at THAT answer?'  
'Easy' said Forrest 'Andy sat, Andy watched, Andy waited til his billy boiled.'  
And Forrest entered Heaven...

From the world of medicine.  
When a panel of doctors was asked to vote on adding a new wing to their Hospital, the Allergists voted to scratch it and the Dermatologists advised not to make any rash moves.  
The Gastroenterologists had sort of a gut feeling about it, but the Neurologists thought the administration had a lot of nerve, and the Obstetricians felt they were all labouring under a misconception. The Ophthalmologists considered the idea short sighted; the Pathologists yelled, 'Over my dead body', while the Paediatricians said, 'Oh, Grow up!'  
The Psychiatrists thought the whole idea was madness, the Radiologists could see right through it, and the Surgeons

decided to wash their hands of the whole thing.

The Internists thought it was a bitter pill to swallow, and the Plastic Surgeons said, 'This puts a whole new face on the matter.'

The Podiatrists thought it was a step forward, but the Urologists felt the scheme wouldn't hold water.

The Anaesthesiologists thought the whole idea was a gas and the Cardiologists didn't have the heart to say no.

In the end, the Proctologists left the decision up to some asshole in Administration.

Ann Summers

The husband walks into Ann Summers to purchase some see-through lingerie for his wife.

He is shown several possibilities that range from £50 to £150 in price, the more see-through, the higher the price.

He opts for the sheerest item, pays the £150 and takes the lingerie home.

He presents it to his wife and asks her to go upstairs, put it on and model it for him.

Upstairs, the wife thinks, "I have an idea. It's so see-through that it might as well be nothing. I'll not put it on, do the modelling naked and return it tomorrow and get a £150 refund for myself".

So she appears naked at the top of the stairs and strikes a pose.

The husband says, "My God! It wasn't that creased in the shop".

His funeral is on Thursday.

Brilliant Test

Pass mark is 40% so all you require is only 4 correct answers...

1) How long did the Hundred Years War last?

2) Which country makes Panama hats?

3) From which animal do we get catgut?

4) In which month do Russians celebrate the October Revolution?

5) What is a camel's hair brush made of?

6) The Canary Islands in the Pacific is named after what animal?

7) What was King George VI's first name?

8) What colour is a purple finch?

9) Where are Chinese gooseberries from?

10) What is the colour of the black box in a commercial aeroplane?

All done? Check your answers below!

1) 116 years

2) Ecuador

3) Sheep and Horses

4) November

5) Squirrel fur

6) Dogs

7) Albert

8)Crimson

9)New Zealand

10) Orange , of course.

What do you mean you Failed ?

Pass this on to all your so called 'Brilliant' friends.

CONGRATULATIONS TO ALL THE KIDS WHO WERE BORN IN THE 1940's, 50's, 60's and 70's !!

First, we survived being born to mothers who smoked and/or drank while they carried us.

They took aspirin, ate blue cheese dressing, tuna from a tin, and didn't get tested for diabetes.

Then after that trauma, our baby cots were covered with bright coloured lead-based paints.

We had no childproof lids on medicine

bottles, doors or cabinets and when we rode our bikes, we had no helmets, not to mention, the risks we took hitchhiking .

As children, we would ride in cars with no seat belts or air bags.

Riding in the back of a van - loose - was always great fun.

We drank water from the garden hosepipe and NOT from a bottle.

We shared one soft drink with four friends, from one bottle and NO ONE actually died from this.

We ate cakes, white bread and real butter and drank pop with sugar in it, but we weren't overweight because.....

**WE WERE ALWAYS OUTSIDE PLAYING!!**

We would leave home in the morning and play all day, as long as we were back when the streetlights came on.

No one was able to reach us all day. And we were O.K.

We would spend hours building our go-carts out of scraps and then ride down the hill, only to find out we forgot the brakes. After running into the bushes a few times, we learned to solve the problem

We did not have Playstations, Nintendo's, X-boxes, no video games at all, no 99 channels on cable, no video tape movies, no surround sound, no cell phones, no text messaging, no personal computers, no Internet or Internet chat rooms.....

**WE HAD FRIENDS** and we went outside and found them!

We fell out of trees, got cut, broke bones and teeth and there were no lawsuits from these accidents .

We played with worms and mud pies made from dirt, and the worms did not live in us forever.

Made up games with sticks and tennis

balls and although we were told it would happen, we did not poke out any eyes.

We rode bikes or walked to a friend's house and knocked on the door or rang the bell, or just yelled for them!

Local teams had tryouts and not everyone made the team. Those who didn't had to learn to deal with disappointment. Imagine that!!

The idea of a parent bailing us out if we broke the law was unheard of. They actually sided with the law!

This generation has produced some of the best risk-takers, problem solvers and inventors ever!

The past 50 years have been an explosion of innovation and new ideas

We had freedom, failure, success and responsibility, and we learned **HOW TO DEAL WITH IT ALL!**

And **YOU** are one of them!

**CONGRATULATIONS!**

You might want to share this with others who have had the luck to grow up as kids, before the lawyers and the government regulated our lives for our own good.

And while you are at it, show it to your kids so they will know how brave their parents were.

**Why Parents Drink**

The boss wondered why one of his most valued employees was absent but had not phoned in sick one day. Needing to have an urgent problem with one of the main computers resolved, he dialed the employee's home phone number and was greeted with a child's whisper. 'Hello ?'

'Is your daddy home?' he asked.

' Yes ,' whispered the small voice.

'May I talk with him?'

The child whispered, 'No.'

Surprised and wanting to talk with an adult, the boss asked, 'Is your Mommy there?' 'Yes'

'May I talk with her?' Again the small voice whispered, 'No'

Hoping there was somebody with whom he could leave a message, the boss asked, 'Is anybody else there?'

'Yes,' whispered the child, 'a policeman.'

Wondering what a cop would be doing at his employee's home, the boss asked, 'May I speak with the policeman?'

'No, he's busy,' whispered the child.

'Busy doing what?'

'Talking to Daddy and Mommy and the Fireman,' came the whispered answer.

Growing more worried as he heard a loud noise in the background through the earpiece on the phone, the boss asked, 'What is that noise?'

'A helicopter' answered the whispering voice.

'What is going on there?' demanded the boss, now truly apprehensive.

Again, whispering, the child answered,

'The search team just landed a helicopter'

Alarmed, concerned and a little frustrated the boss asked, 'What are they searching for?'

Still whispering, the young voice replied with a muffled giggle...

'ME.'

Junior School Children Writing About The Sea

1) This is a picture of an octopus. It has eight testicles. (Kelly age 6)

2) Oysters' balls are called pearls. (James age 6)

3) If you are surrounded by sea you are an

Island. If you don't have sea all round you, you are incontinent. (Wayne age 7)

4) Sharks are ugly and mean, and have big teeth, just like Emily Richardson. She's not my friend no more. (Kylie age 6)

5) A dolphin breaths through an \*rsehole on the top of its head. (Billy age 8)

6) My dad goes out in his boat, and comes back with crabs. (Emily age 5)

7) When ships had sails, they used to use the trade winds to cross the ocean. Sometimes, when the wind didn't blow, the sailors would whistle to make the wind come. My brother said they would be better off eating beans. (William age 7)

8) I like mermaids. They are beautiful, and I like their shiny tails. How do mermaids get pregnant? (Helen age 6)

9) I'm not going to write about the sea. My baby brother is always screaming and being sick, my Dad keeps shouting at my Mum, and my big sister has just got pregnant, so I can't think what to write. (Amy age 6)

10) Some fish are dangerous. Jellyfish can sting Electric eels can give you a shock. They have to live in caves under the sea where I think they have to plug themselves into chargers. (Christopher age 7)

11) When you go swimming in the sea, it is very cold, and it makes my willy small. (Kevin age 6)

12) Divers have to be safe when they go under the water. Two divers can't go down alone, so they have to go down on each other. (Becky age 8)

13) On holiday my Mum went water skiing. She fell off when she was going very fast. She says she won't do it again because water shot up her f\*nny. (Julie age 7).

A young man named John received a parrot as a gift. The parrot had a bad attitude and an even worse vocabulary. Every word out of the bird's mouth was rude, obnoxious and laced with profanity.

John tried and tried to change the bird's attitude by consistently saying only polite words, playing soft music and anything else he could think of to 'clean up' the bird's vocabulary.

Finally, John was fed up and he yelled at the parrot. The parrot yelled back. John shook the parrot and the parrot got angrier and even ruder. In desperation, John threw up his hands, grabbed the bird and put him in the freezer.

For a few minutes the parrot squawked and kicked and screamed. Then suddenly there was total quiet. Not a peep was heard for over a minute.

Fearing that he'd hurt the parrot, John quickly opened the door to the freezer.

The parrot calmly stepped out onto John's outstretched arms and said, 'I believe I may have offended you with my rude language and actions. I'm sincerely remorseful for my inappropriate transgressions and I fully intend to do everything I can to correct my rude and unforgivable behavior.'

John was stunned at the change in the bird's attitude. He was about to ask the parrot what had made such a dramatic change in his behavior, when the bird continued, 'May I ask what the turkey did?'

FARM KID (NOW AT San Diego MARINE CORPS RECRUIT TRAINING)

Dear Ma and Pa,

I am well. Hope you are. Tell Brother Walt

and Brother Elmer the Marine Corps beats working for old man Minch by a mile. Tell them to join up quick before all of the places are filled.

I was restless at first because you get to stay in bed till nearly 6 a.m. But I am getting so I like to sleep late. Tell Walt and Elmer all you do before breakfast is smooth your cot, and shine some things. No hogs to slop, feed to pitch, mash to mix, wood to split, fire to lay. Practically nothing.

Men got to shave but it is not so bad, there's warm water. Breakfast is strong on trimmings like fruit juice, cereal, eggs, bacon, etc., but kind of weak on chops, potatoes, ham, steak, fried eggplant, pie and other regular food, but tell Walt and Elmer you can always sit by the two city boys that live on coffee. Their food, plus yours, holds you until noon when you get fed again. It's no wonder these city boys can't walk much.

We go on 'route marches,' which the platoon sergeant says are long walks to harden us. If he thinks so, it's not my place to tell him different. A 'route march' is about as far as to our mailbox at home. Then the city guys get sore feet and we all ride back in trucks.

The sergeant is like a school teacher. He nags a lot. The Captain is like the school board. Majors and colonels just ride around and frown. They don't bother you none.

This next will kill Walt and Elmer with laughing. I keep getting medals for shooting. I don't know why. The bulls-eye is near as big as a chipmunk head and don't move, and it ain't shooting at you like the Higgett boys at home. All you got to do is lie there all comfortable and hit it.

You don't even load your own cartridges  
They come in boxes.

Then we have what they call hand-to-hand  
combat training. You get to wrestle with  
them city boys. I have to be real careful  
though, they break real easy. It ain't like  
fighting with that ole bull at home. I'm  
about the best they got in this except for  
that Tug Jordan from over in Silver Lake . I  
only beat him once. He joined up the same  
time as me, but I'm only 5'6' and 130  
pounds and he's 6'8' and near 300  
pounds dry.

Be sure to tell Walt and Elmer to hurry and  
join before other fellers get onto this  
setup and come stampeding in.

Your loving daughter,

Alice

## HOW TO CALL THE POLICE WHEN YOU'RE OLD AND DON'T MOVE FAST ANYMORE.

George Phillips of Gold Coast, Australia  
was going up to bed when his wife told him  
that he'd left the light on in the garden  
shed, which she could see from the  
bedroom window. (Boy does this sound  
familiar!)

George opened the back door to go turn  
off the light but saw that there were people  
in the shed stealing things.

He phoned the police, who asked 'Is  
someone in your house?' and he said 'no'.  
Then they said that all patrols were busy,  
and that he should simply lock his door  
and an officer would be along when  
available.

George said, 'Okay,' hung up, counted to  
30, and phoned the police again. 'Hello,  
I just called you a few seconds ago  
because there were people stealing things  
from my shed.

Well, you don't have to worry about them  
now because I've just shot them.' Then he  
hung up.

Within five minutes three police cars, an  
Armed Response Unit, and an ambulance  
showed up at the Phillips' residence and  
caught the burglars red-handed.

One of the Policemen said to George: 'I  
thought you said that you'd shot them!'

George said, 'I thought you said there was  
nobody available!'

(True Story) I LOVE IT - Don't mess with  
old people!!

## 1960 versus 2008

Scenario: Johnny and Mark get into a  
fistfight after school.

1960 - Crowd gathers. Mark wins.  
Johnny and Mark shake hands and end up  
mates.

2008 - Police are called, SWAT team  
arrives and arrests Johnny and Mark.  
Mobiles with video of fight confiscated as  
evidence. They are charged with assault,  
ASBOs are taken out and both are  
suspended even though Johnny started it.  
Diversionsary conferences and parent  
meetings conducted. Video shown on 6  
internet sites.

Scenario: Jeffrey won't sit still in class,  
disrupts other students.

1960 - Jeffrey is sent to the principal's  
office and given a good paddling. Returns  
to class, sits still and does not disrupt  
class again.

2008 - Jeffrey is given huge doses of  
Ritalin. Counsellor to death. Becomes a  
zombie. Tested for ADD. School gets  
extra funding because Jeffrey has a  
disability. Drops out of school.

Scenario: Billy breaks a window in his neighbor's car and his Dad gives him a whipping with his belt.

1960 - Billy is more careful next time, grows up normal, goes to college, and becomes a successful businessman.

2008 - Billy's dad is arrested for child abuse. Billy is removed to foster care and joins a gang. Psychologist tells Billy's sister that she remembers being abused herself and their dad goes to prison. Billy's mum has an affair with the psychologist. Psychologist gets a promotion.

Scenario: Mark, a college student, brings cigarettes to school.

1960 - Mark shares a smoke with the school principal out on the smoking area.

2008 - Police are called and Mark is expelled from School for drug possession. His car is searched for drugs and weapons.

Scenario: Vinh fails high school English.

1960 - Vinh goes to Remedial English, passes and goes to college.

2008 - Vinh's cause is taken up by local human rights group. Newspaper articles appear nationally explaining that making English a requirement for graduation is racist. Civil Liberties Association files class action lawsuit against state school system and his English teacher. English is banned from core curriculum. Vinh is given his CGSE anyway but ends up mowing lawns for a living because he cannot speak English.

Scenario: Johnny takes apart leftover firecrackers, puts them in a model plane paint bottle and blows up an anthill.

1960 - Ants die.

2008 - Security and ASIO are called and Johnny is charged with domestic terrorism. Teams investigate parents, siblings are removed from the home, computers are confiscated, and Johnny's dad goes on a terror watch list and is never allowed to fly again.

Scenario: Johnny falls during recess and scrapes his knee. His teacher, Mary, finds him crying, and gives him a hug to comfort him.

1960 - Johnny soon feels better and goes back to playing.

2008 - Mary is accused of being a sexual predator and loses her job. She faces three years in prison. Johnny undergoes five years of therapy.

George Carlin on age.  
(Absolutely Brilliant)

IF YOU DON'T READ THIS TO THE VERY END, YOU HAVE LOST A DAY IN YOUR LIFE. AND WHEN YOU HAVE FINISHED, DO AS I AM DOING AND SHOW IT TO OTHERS.

George Carlin's Views on Aging

Do you realize that the only time in our lives when we like to get old is when we're kids? If you're less than 10 years old, you're so excited about aging that you think in fractions.

How old are you? 'I'm four and a half!' You're never thirty-six and a half. You're four and a half, going on five! That's the key.

You get into your teens, now they can't hold you back. You jump to the next number, or even a few ahead.

'How old are you?' 'I'm gonna be 16!' You

could be 13, but hey, you're gonna be 16!  
And then the greatest day of your life . .  
You become 21. Even the words sound  
like a ceremony . YOU BECOME 21  
YESSSS!!!

But then you turn 30. Oooohh, what  
happened there? Makes you sound like  
bad milk! He TURNED; we had to throw  
him out. There's no fun now, you're Just a  
sour-dumpling. What's wrong? What's  
changed?

You BECOME 21, you TURN 30, then  
you're PUSHING 40. Whoa! Put on the  
brakes, it's all slipping away. Before you  
know it, you REACH 50 and your dreams  
are gone.

But wait!!! You MAKE it to 60. You didn't  
think you would!

So you BECOME 21, TURN 30, PUSH  
40, REACH 50 and MAKE it to 60.

You've built up so much speed that you  
HIT 70! After that it's a day-by-day thing;  
you HIT Wednesday!

You get into your 80's and every day is a  
complete cycle; you HIT lunch; you  
TURN 4:30 ; you REACH bedtime. And  
it doesn't end there. Into the 90s, you  
start going backwards; 'I Was JUST 92.'

Then a strange thing happens. If you make  
it over 100, you become a little kid again.  
'I'm 100 and a half!'

May you all make it to a healthy 100 and a  
half!!

### HOW TO STAY YOUNG

1. Throw out nonessential numbers. This  
includes age, weight and height. Let the  
doctors worry about them. That is why  
you pay 'them.'

2. Keep only cheerful friends. The  
grouches pull you down.

3. Keep learning. Learn more about the

computer, crafts, gardening, whatever.  
Never let the brain idle. 'An idle mind is  
the devil's workshop' And the devil's name  
is Alzheimer's.

4. Enjoy the simple things.

5. Laugh often, long and loud. Laugh until  
you gasp for breath.

6. The tears happen. Endure, grieve, and  
move on. The only person, who is with us  
our entire life, is ourselves. Be ALIVE  
while you are alive.

7. Surround yourself with what you love ,  
whether it's family, pets, keepsakes, music,  
plants, hobbies, whatever. Your home is  
your refuge.

8. Cherish your health: If it is good,  
preserve it. If it is unstable, improve it. If it  
is beyond what you can improve, get help.

9. Don't take guilt trips. Take a trip to the  
mall, even to the next county; to a foreign  
country but NOT to where the guilt is.

10. Tell the people you love that you love  
them, at every opportunity.

### AND ALWAYS REMEMBER :

Life is not measured by the number of  
breaths we take, but by the moments that  
take our breath away.

### DICTIONARY FOR WOMEN'S PERSONAL ADS

40-ish - 49

Adventurous - Slept with everyone

Athletic - No boobs

Average looking - Ugly

Beautiful - Pathological liar

Contagious Smile - Does a lot of pills

Emotionally secure - On medication

Feminist - Fat

Free spirit - Junkie

Friendship first - Former very 'friendly'  
person

Fun - Annoying  
New Age - Body hair in the wrong places  
Open-minded - Will stop at nothing  
Outgoing - Loud and Embarrassing  
Passionate - Sloppy drunk  
Professional - Bitch  
Voluptuous - Very Fat  
Large frame - Hugely Fat  
Wants Soul mate - Stalker

#### WOMEN'S ENGLISH

1. Yes = No
2. No = Yes
3. Maybe = No
4. We need = I want
5. I am sorry = you'll be sorry
6. We need to talk = you're in trouble
7. Sure, go ahead = you better not
8. Do what you want = you will pay for this later
9. I am not upset = of course I am upset, you moron!
10. You're very attentive tonight = is sex all you ever think about?
11. Perhaps we could meet for dinner? = I'd like to have sex with you.

#### MEN'S ENGLISH

1. I am hungry = I am hungry
2. I am sleepy = I am sleepy
3. I am tired = I am tired
4. Nice dress = Nice cleavage!
5. I love you = let's have sex now
6. I am bored = Do you want to have sex?
7. May I have this dance? = I'd like to have sex with you
8. Can I call you sometime? = I'd like to have sex with you
9. Do you want to go to a movie? = I'd like to have sex with you
10. Can I take you out to dinner? = I'd like to have sex with you

11. Those shoes don't go with that outfit  
= I'm gay

#### LONDON LAWYER V GLASGOW COP (miss-match)

A London lawyer runs a stop sign and gets pulled over by a Glasgow copper.

He thinks that he is smarter than the cop because he is a lawyer from LONDON and is certain that he has a better education than any Jock cop.

He decides to prove this to himself and have some fun at the Glasgow cops expense!

Glasgow cop says, "Licence and registration, please."

London Lawyer says, "What for?"

Glasgow cop says, "Ye didnae come to a complete stop at the stop sign."

London Lawyer says, "I slowed down, and no one was coming."

Glasgow cop says, "Ye still didnae come to a complete stop. Licence and registration, please."

London Lawyer says, "What's the difference?"

Glasgow cop says, "The difference is, ye havte to come to complete stop, that's the law, Licence and registration, please!"

London Lawyer says, "If you can show me the legal difference between slow down and stop, I'll give you my licence and registration; and you give me the ticket. If not, you let me go and don't give me the ticket."

Glasgow cop says, "Sounds fair. Exit your vehicle, sir."

The London Lawyer exits his vehicle.

The Glasgow cop takes out his baton and starts beating the living daylight out of the lawyer and says, "Dae ye want me to stop, or just slow doon?"

## First Time Sex

A girl asks her boyfriend to come over Friday night to meet, and have dinner with her parents.

Since this is such a big event, the girl announces to her boyfriend that after dinner, she would like to go out and make love for the first time.

The boy is ecstatic, but he has never had sex before, so he takes a trip to the pharmacist to get some condoms. He tells the pharmacist it's his first time and the pharmacist helps the boy for about an hour. He tells the boy everything there is to know about condoms and sex. At the register, the pharmacist asks the boy how many condoms he'd like to buy, a 3-pack, 10-pack, or family pack. The boy insists on the family pack because he thinks he will be rather busy, it being his first time and all.

That night, the boy shows up at the girl's parents house and meets his girlfriend at the door. 'Oh, I'm so excited for you to meet my parents, come on in!'

The boy goes inside and is taken to the dinner table where the girl's parents are seated. The boy quickly offers to say grace and bows his head.

A minute passes, and the boy is still deep in prayer, with his head down.

10 minutes pass, and still no movement from the boy. Finally, after 20 minutes with his head down, the girlfriend leans over and whispers to the boyfriend, 'I had no idea you were this religious.'

The boy turns, and whispers back, 'I had no idea your father was a pharmacist.'

JUAN came up to the Mexican border on his bicycle. He had two large bags over his shoulders. The guard stopped him and

said, "What's in the bags?"

"Sand," answered Juan.

The guard said, "We'll just see about that. Get off the bike."

The guard took the bags and ripped them apart. Then he emptied them out, but found nothing in them but sand. He detained Juan overnight and had the sand analysed, only to discover that there was nothing but pure sand in the bags.

The guard released Juan, put the sand into new bags, hefted them onto the man's shoulders, and let him cross the border.

A week later, the same thing happened.

The guard asked, "What have you got?"

"Sand," said Juan.

The guard went through his thorough examination again and discovered that the bags contained nothing but sand. He gave the sand back to Juan, and Juan crossed the border.

The same sequence of events was repeated every day for three years. Finally, Juan didn't show up one day and the guard met him some time later in a cantina in Mexico.

"Hey, buddy," said the guard. "I know you were smuggling. It's driving me crazy. It's all I think about. I can't sleep. Just between you and me, what were you really smuggling?"

Juan sipped his beer and said, "Bicycles."

## 25 THINGS MY MOTHER TAUGHT ME

1. My mother taught me TO APPRECIATE A JOB WELL DONE .

'If you're going to kill each other, do it outside. I just finished cleaning.'

2. My mother taught me RELIGION.

'You better pray that will come out of the carpet.'

3. My mother taught me about TIME TRAVEL .  
'If you don't straighten up, I'm going to knock you into the middle of next week!'
4. My mother taught me LOGIC .  
'Because I said so, that's why.'
5. My mother taught me MORE LOGIC .  
'If you fall out of that swing and break your neck, you're not going to the store with me.'
6. My mother taught me FORESIGHT .  
'Make sure you wear clean underwear, in case you're in an accident.'
7. My mother taught me IRONY  
'Keep crying, and I'll give you something to cry about.'
8. My mother taught me about the science of OSMOSIS .  
'Shut your mouth and eat your supper.'
9. My mother taught me about CONTORTIONISM .  
'Will you look at that dirt on the back of your neck!'
10. My mother taught me about STAMINA .  
'You'll sit there until all that spinach is gone.'
11. My mother taught me about WEATHER .  
'This room of yours looks as if a tornado went through it.'
12. My mother taught me about HYPOCRISY .  
'If I told you once, I've told you a million times - Don't exaggerate!'
13. My mother taught me the CIRCLE OF LIFE .  
'I brought you into this world, and I can take you out.'
14. My mother taught me about BEHAVIOR MODIFICATION .  
'Stop acting like your father!'
15. My mother taught me about ENVY .  
There are millions of less fortunate children in this world who don't have wonderful parents like you do.'
16. My mother taught me about ANTICIPATION .  
'Just wait until we get home.'
17. My mother taught me about RECEIVING .  
'You are going to get it when you get home!'
18. My mother taught me MEDICAL SCIENCE .  
'If you don't stop crossing your eyes, they are going to freeze that way.'
19. My mother taught me ESP .  
'Put your sweater on; don't you think I know when you are cold?'
20. My mother taught me HUMOR .  
'When that lawn mower cuts off your toes, don't come running to me.'
21. My mother taught me HOW TO BECOME AN ADULT .  
'If you don't eat your vegetables, you'll never grow up.'
22. My mother taught me GENETICS .  
'You're just like your father.'
23. My mother taught me about my ROOTS .  
'Shut that door behind you. Do you think you were born in a barn?'
24. My mother taught me WISDOM .  
'When you get to be my age, you'll understand.'
25. And my favorite: My mother taught me about JUSTICE 'One day you'll have kids, and I hope they turn out just like you.  
An old man was on his death bed. He wanted badly to take all his money with him.'

He called his priest, his doctor and his lawyer to his bedside.

"Here's £30,000 cash to be held by each of you. I trust you to put this in my coffin when I die so I can take all my money with me."

At the funeral, each man put an envelope in the coffin.

Riding away in a limousine, the priest suddenly broke into tears and confessed that he had only put £20,000 into the envelope because he needed £10,000 for a new baptistery.

"Well, since we're confiding in each other," said the doctor, "I only put £10,000 in the envelope because we needed a new machine at the hospital which cost £20,000."

The lawyer was aghast. "I'm ashamed of both of you," he exclaimed. "I want it known that when I put my envelope in that coffin, it held my personal check for the full £30,000."

## ROOSTERS

A farmer went out one day and bought a brand new stud rooster for his chicken coop.

The new rooster struts over to the old rooster and says, 'OK old fart, time for you to retire.'

The old rooster replies, 'Come on, surely you cannot handle ALL of these chickens. Look what it has done to me. Can't you just let me have the two old hens over in the corner?'

The young rooster says, 'Beat it: You are washed up and I am taking over.'

The old rooster says, 'I tell you what, young stud. I will race you around the farmhouse. Whoever wins gets the exclusive domain over the entire chicken

coop.'

The young rooster laughs. 'You know you don't stand a chance, old man. So, just to be fair, I will give you a head start.'

The old rooster takes off running. About 15 seconds later the young rooster takes off running after him. They round the front porch of the farmhouse and the young rooster has closed the gap.

He is only about 5 feet behind the old rooster and gaining fast. The farmer, meanwhile, is sitting in his usual spot on the front porch when he sees the roosters running by.

The Old Rooster is squawking and running as hard as he can. The Farmer grabs his shotgun and - BOOM - he blows the young rooster to bits.

The farmer sadly shakes his head and says, 'Dammit...third gay rooster I bought this month.'

Loads of great Howlers sent in over the Christmas holiday period - excellent... please keep them coming.

That's all folks

Helen

Howlers welcome via email to  
[info@livernorth.org.uk](mailto:info@livernorth.org.uk)

or by letter to  
LIVERNORTH  
FREEPOST NEA2762  
STANLEY  
Co Durham  
DH9 0BR

## 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.

Age Concern	0845 6012234
Bib Insurance Brokers	01325 353888
<a href="http://www.bibinsurance.co.uk">www.bibinsurance.co.uk</a>	
Bishop Skinner	0191 232 8682
City Bond	0117 9426877
Churchills*	0800 200388
CNA	01452 623623
Direct Travel Insurance*	0800 068 1603
Endsleigh Insurance	0191 2210900
Floyd's Direct	0870 442 3234
Holiday Services (Quote MS for LiverNorth discount)	01773 747 426
Insure and Go	0870 2202240
Jardine/Lloyd Thompson	0121 2246934
Leisure Care Insurance	01793 514 199
Marcus Hearn	0207 7393444
Norwich Union Direct*	0800 121007
Post Office	0800 1699999
RIAS*	0800 552100
SAGA	0800 0964556
Sainsbury's	0845 3003190
Tesco Insurance	0845 300 8800
Travelcare Ltd	0800 181 532
<a href="http://www.the-life-insurance.co.uk">www.the-life-insurance.co.uk</a>	

\* - Will not insure you against liver problems if you have had a transplant. It is essential to check this aspect with other companies also.



## UIOLI No.30

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

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

Keep trying - Use It Or Loose It!

### Medium SUDOKU

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

### Hard SUDOKU

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

# UIOLI No.31

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

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

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

Medium SUDOKU

Hard SUDOKU

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

## SU DOKU

As featured in the Times  
Monday to Saturday

©Puzzles by Pappocom

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

How to play:

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

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

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

If you want some tips on getting started, have a look at the website [www.sudoku.com](http://www.sudoku.com)

The correct solutions will be published in our next issue.

# UIOLI No 32

## FOOTBALL & MARINE QUIZ!

Fill in the blank spaces with the name of a UK football club (sort of). The first one is done for you to illustrate just how easy this quiz is (ha!). Use poetic license & 'sounds like'. Answers in the next issue of course.

The sun shone BRIGHTON the day we set sail for the \_\_\_\_\_<sup>1</sup> in a ship with a \_\_\_\_\_<sup>2</sup> riddled with holes. We sailed down the river which \_\_\_\_\_<sup>3</sup> to the sea. We waved to a fair maiden who was leaning against the old Baltic Flour \_\_\_\_\_<sup>4</sup>.

The motley \_\_\_\_\_<sup>5</sup> was made up of Scots, Irish and others of the \_\_\_\_\_<sup>6</sup> race. The exception was the cabin boy named \_\_\_\_\_<sup>7</sup>, whose job it was to \_\_\_\_\_<sup>8</sup> the boilers. He was illiterate, but won our \_\_\_\_\_<sup>9</sup> with his \_\_\_\_\_<sup>10</sup> efforts to improve his \_\_\_\_\_<sup>11</sup>. He was sent to \_\_\_\_\_<sup>12</sup> by the other villains who had brought their \_\_\_\_\_<sup>13</sup> of weapons on board. They were a rowdy lot and after a bout of drinking they did in fact \_\_\_\_\_<sup>14</sup> of the furniture and we had to repair it.

The voyage made my \_\_\_\_\_<sup>15</sup>. She had not had a holiday \_\_\_\_\_<sup>16</sup> too long and the sea \_\_\_\_\_<sup>17</sup> did her \_\_\_\_\_<sup>18</sup> lot of good.

We landed on the \_\_\_\_\_<sup>19</sup> of the island below where the natives \_\_\_\_\_<sup>20</sup> their dead. We \_\_\_\_\_<sup>21</sup> regardless and eventually met a group of \_\_\_\_\_<sup>22</sup> dressed in \_\_\_\_\_<sup>23</sup> green with cowboy hats and wearing \_\_\_\_\_<sup>24</sup>. After a days journey we caught some dirty fish in a \_\_\_\_\_<sup>25</sup> and tried to get some milk from a herd of cows but they didn't like having their \_\_\_\_\_<sup>26</sup>.

At last we came to our destination, the home of the Hawaiian Monarch, the \_\_\_\_\_<sup>27</sup>. She greeted us with a friendly ' \_\_\_\_\_<sup>28</sup>, but she was upset as her expensive \_\_\_\_\_<sup>29</sup> had been smashed during construction when the \_\_\_\_\_<sup>30</sup> fell down. While her \_\_\_\_\_<sup>31</sup> was being built she had to live in a sumptuous \_\_\_\_\_<sup>32</sup>.

When we found the treasure someone suggested we should put the \_\_\_\_\_<sup>33</sup> the deck of the ship. We were determined to put it in the \_\_\_\_\_<sup>34</sup> when we got home. That night we had \_\_\_\_\_<sup>35</sup> cake and \_\_\_\_\_<sup>36</sup> buns, and for supper we had some \_\_\_\_\_<sup>37</sup> which made us all quite ill.

*Thanks to Wes & Elsie Clayton for providing this puzzler*

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

IRENE	01287 644211
NANCY	01325 463754
JOAN	0191 3702961
TILLY	01670 714901
ANN	0191 4131827
SUSAN	01207 271707
JULIE	0191 4873665
SYLVIA	01661 881020

Please ring us to make contact or  
email us at [info@livernorth.org.uk](mailto:info@livernorth.org.uk)

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

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

**Liver**  
NORTH  
REGIONAL LIVER PATIENT SUPPORT GROUP

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

FREEPOST NEA2762 STANLEY Co. Durham DH9 0BR Tel & FAX 0191 3702961 e-mail [info@livernorth.org.uk](mailto:info@livernorth.org.uk)

Registered Charity No. 1087226

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

SEE INSIDE FOR OUR  
HELPLINE NUMBERS

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ALTA

(ADDENBROOKE'S LIVER TRANSPLANT ASSOCIATION)  
Helpline 01223 871871 (Roy Pitman)  
[rhayzen@bigfoot.com](mailto:rhayzen@bigfoot.com) (Bob Hayzen)

-oOo-

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

-oOo-

HAEMOCHROMATOSIS SOCIETY  
Janet Fernau  
Tel: 0181 449 1363  
e-mail: [info@ghsoc.org](mailto:info@ghsoc.org)  
Website: [www.ghsoc.org](http://www.ghsoc.org)

-oOo-

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

-oOo-

MERSEY LIVER SUPPORT GROUP  
Tel: 0151 2207066/  
2289866 or 01772 496987  
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website: [www.britishlivertrust.org.uk](http://www.britishlivertrust.org.uk)

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

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