

Liver

NORTH

Registered Charity No. 1087226  
Patron: Denise Robertson MBE

November 2008



# 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 29 - November 2008

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

## Chairman's Report

In the last issue I started by saying 'It's raining outside and has been for about three weeks now - so it must be Summer'. Little did I know that we were lucky at that stage only to have had three weeks of rain. Morpeth was severely flooded and made the national news but several other Northumberland towns and villages were also affected by rising water. I better be careful about what I say in this issue!

On a brighter side, we had an excellent day for the Great North Run when all of our runners made it home and enjoyed the day. It was a bit chilly standing about at the end but (if I can cast my mind back...) you do warm up when running so our folks would be just fine. There was no rain and the sun shone so what more could you ask for? The Red Arrows display this year was absolutely fantastic and took our mind off the chilly breeze while we waited around. If you did the run for us and you have any photographs or stories, please send them in for publication. We hope to have even more places next year and they will be allocated on the basis of 'who has run before' then 'first come, first served'.

We also had a good day for our Autumn Fair when Denise Robertson did us the great honour of once again opening it for us. Almost everyone was sold out by 3.30 so that's a warning to latecomers - get there early.

Everyone who worked at the fair (apart from committee members) will have had a letter from us by now to say thank. If you helped, and you haven't had a letter then please accept my apologies. If you get in touch, I will write to you by return.

The stalls this year were especially well stocked and were busy most of the time. John Harty's Red Hot Crispy Noodles looked fabulous and John brought along his chinese cousin to help. He looks exactly like John but has a chinese moustache and hat (see the photo on page XX). What a great idea John - well done.

The Fair wrapped up at around 4.30 with one or two old faithfuls helping me to put the room

back in order. If you would like to help in future and doing a stall is not your thing, then perhaps you would like to come along about 3.30 and help tidy up. It really wouldn't take long if there were a few of us and we could all get home just a little bit earlier.

That's about it for my bit but I do have three important announcements:

1. CHRISTMAS DINNER on 3rd December. Book now - the form is on page 9.
2. CAROL SERVICE on 7th December. Put the date in your diary - not to be missed.
3. EXPERT PATIENTS PANEL. We are setting up a panel of people to help us offer opinion or guidance on matters which could affect patients or carers. If you have been involved with the NHS for some time as a patient or carer then this could be for you. Once you register with us you would join our panel and we would consult you whenever we are asked to offer an opinion. You will give your opinions via a simple form and if you wish, anonymously.

This is a great opportunity to help the group and our local hospitals.

The type of thing you might be asked to comment on could be a document produced by the trust that they want to run by us before putting it on general release, a guidance note, information leaflet or even a proposed new procedure.

Whatever opinions we give would be as a group and our sector would be 'experienced liver patients & carers'

Please give it some thought and let me know if you want to be involved. Ideally, your email address is the preferred means of contact as it keeps costs down but I would be quite happy to send items out by post.

I have already been asked to comment on the proposed live liver transplantation protocol document and would appreciate some 'expert patient' help.

Best wishes for a lovely Christmas,  
John Bedlington

## ☆ 2008 Numbers Club ☆

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

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

Congratulations to the following recent £250 winners:

Mrs A Harrison of Gateshead with her number 142 drawn at our September 3rd meeting by Mr Bryon Jacques and Marjorie Batey of Newton Aycliffe with her number 31 drawn at our October 29th meeting by Prof Derek Manas. Previous winning numbers this year: 141, 27, 111, 50, 60. Next draw is for £2500!

## DIARY 2008/09

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



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

December	3	6.30 pm	Christmas Dinner Freeman Restaurant
December	7	2.30	Christmas Carol Service Freeman Chapel
February	4	7.00 pm	Mick Lovell Chief Petty Officer 'Afghanistan'
March	18	7.00 pm	TBA
April	29	7.00 pm	TBA
June	10	7.00 pm	Prof Dave Talbot
July	22	7.00 pm	AGM - Prof David Jones
Sept	2	7.00 pm	TBA
Sept	26	1.00 pm	Autumn Fair
Oct	28	7.00 pm	TBA

TBA = To Be Arranged

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

# IMPORTANT: PARKING PERMITS FOR MEETINGS

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

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

FREEMAN HOSPITAL MSCP

LIVErNORTH  
VOLUNTEER

PARKING PERMIT

Valid only on 3rd Dec 2008

from 1815 until 2130

Meeting in: Restaurant

FREEMAN HOSPITAL MSCP

LIVErNORTH  
VOLUNTEER

PARKING PERMIT

Valid only on 7th Dec 2008

from 1330 until 1600

Meeting in: Chapel

FREEMAN HOSPITAL MSCP

LIVErNORTH  
VOLUNTEER

PARKING PERMIT

Valid only on 4th Feb 2009

from 1830 until 2130

Meeting in: 137/138 Level 1

FREEMAN HOSPITAL MSCP

LIVErNORTH  
VOLUNTEER

PARKING PERMIT

Valid only on 18th Mar 2009

from 1830 until 2130

Meeting in: 137/138 Level 1

LIVErNORTH

**Annual  
Carol Service**



Freeman Chapel  
7th December 2008

2.30 p.m.

Followed by  
**Tea/Coffee & Mince Pies**

Open to all:  
Staff, Patients, Visitors

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



**Chief Petty Officer  
MICK LOVELL RNR**

**AFGHANISTAN**

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



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

# LIVErNORTH *PBC* DIARY

The lunchtime meetings for 2008 are as follows:

Wednesday	5 November	11.00 – 1.30	Freeman Hospital, Postgraduate Functions Room (137 and 138) Christmas Coffee Morning – Coffee, Cake and Raffle. All proceeds to PBC Research at Newcastle.
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2009 Monday	2 March	12.00 – 2.30	Freeman Hospital, Postgraduate Functions Rooms 137/138.
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Meetings still to be arranged for Sunderland Royal and Bishop Auckland General.

Wednesday	11 November	12.00 – 2.30	Freeman Hospital, Postgraduate Functions Rooms (137/138) Christmas Meeting, Raffle and Coffee and Cake. All proceeds to PBC Research at Newcastle.
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The meetings are open to all – PBC patients, family members, friends and anyone with an interest in this disease.

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

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

Please note that we are no longer able to park through the barrier for daytime meetings. We have been advised that we should park in the front car park and go through the barrier there, taking a parking ticket. We have been allocated 20 exit passes so that will allow us free parking. Of course if you have a disabled badge and can get into a disabled bay you automatically have free parking but I am very aware that it is often not possible to find an empty disabled space.

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

Tilly Hale  
01670 714901  
tillyliveliver@gmail.com



★ CHRISTMAS DINNER 2008 ★

Wednesday 3rd December, 6.30 for 7.00 p.m.

Once again at this time of the year, we are planning the annual Christmas Dinner. Last year as always, several people were disappointed as numbers are strictly limited and allocated on a first come, first served basis. If you would like to attend, please complete the booking form below and return it to me, with your payment no later than 19th November.

The meal includes non-alcoholic punch on arrival, a cheese board selection, coffee and mince pies to finish off the meal, all for £11.00 per person. As those of you who have been before know, the Freeman Catering Department put on an excellent meal at a very reasonable cost and we have a great evening. John Bedlington provides us with a quiz and we also have a tombola organised by Wes & Elsie Clayton to make it a really enjoyable night.

Many thanks for your co-operation, Julie Pyburn



**LIVErNORTH CHRISTMAS DINNER, WED. 3rd DECEMBER 2008 - 6.30 FOR 7.00 PM**

I would like to reserve..... Places at a cost of £11.00 each

I enclose my cheque/postal order for £.....

I/we require.....vegetarian option(s)

Starter: choose either: number

Cream of Vegetable Soup .....

Melon Balls with Port & Ginger .....

Desert: choose either:

Christmas Pudding .....

Or Lemon Gateau .....

**(Please indicate your choices clearly)**

Although we cannot guarantee seating arrangements, if you wish to indicate people with whom you would like to share a table we will do our best to organise this.

I would like to be seated near .....

Name .....

Address .....

.....

.....Tel:.....

Please return with cheque or postal order made payable to LIVErNORTH by 19th November to:

**Julie Pyburn, FREEPOST NEA2762, Stanley, Co.Durham DH9 0BR**

Fill in & detach the section below if you want a record of your choices.



**LIVErNORTH Christmas Dinner, 6.30 for 7.00 p.m. Wed 3rd December 2008**

I have ordered..... Places at £11.00 each and have chosen the following options:

..... Vegetarian options ..... Cream of Veg. Soup

..... Melon Balls with Port ..... Christmas Pudding

..... Lemon Gateau



# LIVErNORTH PBC MEETINGS

I was not able to attend the meeting at Bishop Auckland in September but have been told it was a good meeting with an excellent talk, as always, by Professor Julia Newton. I would like to thank Julia for the talk, Irene McGill for organising the meeting and Peggy Oliver for all her help.

Our next meeting is on 5 November and is the Christmas Coffee Event. As stated in the diary, coffee (and tea), cake and biscuits will be provided. There will also be a raffle. All proceeds from this go to Prof David Jones' PBC research, as does any money raised at the other lunchtime meetings. Please do come along, this is more of a social meeting although we usually have a short talk from one of the doctors.

We are very fortunate in that Mr Bent Henriksen of Pharma Nord (UK) Limited took an interest in the lunchtime meetings over 9 years ago, and offered to sponsor the cost of our coffees/teas at the various meetings. Usually we have access to the kitchen at the Functions Room at Freeman and so we can make coffee and tea very easily by bringing along the jar of coffee and the tea bags etc. This is not possible at the other hospitals, and Pharma Nord very kindly pick up the bill from these hospitals (and also from Freeman when we have to meet away from the Functions Room. I would like to thank them once again for their continued support for which we are very grateful.

Tilly Hale  
01670 714901



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## *Best quotes in the Internet*

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*The early bird gets the worm,  
but the second mouse gets the cheese.*

---

*I am not a vegetarian because I love animals;  
I am a vegetarian because I hate plants.*

---

*Politicians, like nappies, have to be changed frequently -  
and for the very same reason.*

---

*When I die, I want to go peacefully like my Grandfather did, in his  
sleep -- not screaming, like the passengers in his car.*

## The Wisdom of Maturity

When I was in my younger days, I weighed a few pounds less.  
I needn't hold my tummy in to wear a belted dress.  
But now that I am older, I've set my body free;  
There's comfort of elastic, where once my waist would be.  
Inventor of those high heeled shoes, my feet have not forgiven;  
I have to wear a nine now, but used to wear a seven.

And how about those blasted tights... They're sized by weight, you see,  
So how come when I put them on, the crotch is at my knee?  
I need to wear these glasses as the print is getting smaller;  
And it wasn't very long ago I know that I was taller.  
Though my hair has turned to grey and my skin no longer fits,  
On the inside, I'm the same old me, the outside's changed a bit.

But on a positive note...  
I've learned that you can tell a lot about a person by the way  
he/she handles these three things:  
A rainy day, lost luggage, and tangled Christmas tree lights.

I've learned that regardless of your relationship with your parents,  
You will miss them when they're gone from your life.

I've learned that making a "living" is not the same thing as making a "life".  
I've learned that life sometimes gives you a second chance.  
I've learned that you shouldn't go through life just being a doormat.  
You need to be able to throw something back.  
I've learned that whenever I decide something with an open heart,  
I usually make the right decision.  
I've learned that even when I have pains, I don't have to be one.

I've learned that every day you should reach out and touch someone.  
People love a warm hug, or just a friendly pat on the back.  
I've learned that I still have a lot to learn.  
I've learned that people will forget what you said, people will forget what you did,  
But people will never forget how you made them feel.

Sent in by Margaret Hanna

# LIVErNORTH Numbers Club Standing Order Mandate

Please detach & return to LIVErNORTH - DO NOT SEND TO YOUR BANK

## Your Bank Details:

To the Manager,

BANK NAME .....

&

Bank Address .....

.....

..... Post Code.....

ACCOUNT

NAME .....

ACCOUNT No. .... SORT CODE .....

## Your own Details:

Your Name .....

&

Your Address .....

.....

..... Post Code.....

## Instructions to Your Bank:

Please Pay LIVErNORTH Account No. 71298290

NatWest Bank

2 Tavern Street

Ipswich

Suffolk IP1 3BD

Branch Sort Code: 53-61-24

£ 13.00 on 1st January 2009 followed by £13.00 per quarter, on 1st April, 1st July, 1st October and 1st January every year until further notice in writing.

Signature(s) ..... Date:.....



# 2009 Numbers Club - LAST CHANCE!

**Better odds than the Lottery**



**Better odds than the Pools**



**Better odds than Bingo**



**Better odds than Premium Bonds**



**No 'doubtful' causes helped!**



**More say over where the money goes!**



**Help your own Charity!**



**Easy to play!**



**Witness the actual draw LIVE!**



**Tax Free prizes!**



**What more could you ask for?**

**Fill in the form opposite and return to us by 1st December 2008  
to be sure of a number for 2009**

**2008 MEMBERS ARE ALREADY IN -  
YOU DO NOT NEED TO SEND US THE FORM**

# A History Lesson

Life in the 1500's

The next time you are washing your hands and complain because the water temperature isn't just how you like it, think about how things used to be.

Here are some interesting facts about the 1500s:

Most people got married in June because they took their yearly bath in May and still smelled pretty good by June. However, they were starting to smell, so brides carried a bouquet of flowers to hide the body odour. Hence the custom today of carrying a bouquet when getting married.



Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the sons and other men, then the women and penultimately the children. Last of all were the babies. By then the water was so dirty you could actually lose someone in it. Hence the saying: Don't throw the baby out with the bath water.

Houses had thatched roofs - thick straw piled high with no wood underneath. It was the only place for animals to get warm, so all the cats and other small animals (mice, bugs etc.) lived in the roof. When it rained it became slippery and sometimes the animals would slip and fall off the roof. Hence the saying: It's raining cats and dogs.

There was nothing to stop things from falling into the house from the thatched roof. This posed real problem in the bedroom where bugs and other droppings could mess up your nice clean bed. Hence, a bed with big posts and a sheet over the top afforded some protection. That's how canopy beds came into existence.

Only the wealthy had something other than a dirt floor. Hence the saying: Dirt Poor. The wealthy had slate floors which would get slippery when wet so they spread thresh (straw) on the floor to keep their footing. As the winter wore on they added more thresh, until, when you opened the door, it would all start slipping outside. A piece of wood was placed in the doorway. Hence the saying: A threshold.

Quite interesting isn't it?

In those days, they cooked in the kitchen with a big kettle that always hung over the fire. Every day they lit the fire and added things to the pot. They ate mostly vegetables and



did not get much meat. They would eat the stew for dinner, leaving leftovers in the pot to get cold overnight and then they would start again the next day. Sometimes stew had food in it that had been there for quite a while. Hence the rhyme: Peas porridge hot, peas porridge cold, peas porridge in the pot nine days old.

Sometimes they could obtain pork, which made them feel quite special. They would hang up their bacon to show off when visitors came over. It was a sign of wealth that a man could bring home bacon. They would cut off a little to share with guests then sit around chewing the fat.

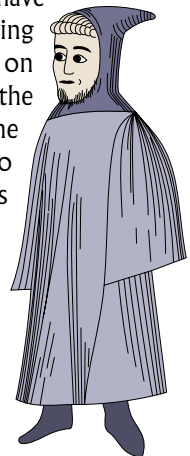
Those with money had plates made of pewter. Food with high acid content caused some of the lead to contaminate the food, causing death through lead poisoning. This happened most often with tomatoes, so for several centuries tomatoes were considered poisonous.

Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle and guests got the top or upper crust.

Lead cups were used to drink ale or whiskey. The combination would sometimes knock the drinkers out for a couple of days. Someone walking along the road would take them for dead and prepare them for burial. They were laid out on the kitchen table for a couple of days and the family would gather around eating and drinking whilst waiting to see if they would wake up. Hence the custom of holding a wake.

Because England is old and small the local folk started running out of places to bury people, so they would dig up coffins and take the bones to the bone-house and reuse the grave. When opening these coffins, 1 out of 25 were found to have scratch marks on the inside and they realised that they had been burying people alive. As a result of this discovery they started to tie a string on the wrist of the corpse, leading it through the coffin and up through the ground then a bell was attached to the end of the string. Someone would have to sit out in the graveyard all night (the graveyard shift) to listen for the bell. Thus, someone could be saved by the bell or was considered a ..dead ringer...

Whoever said history was boring?



**LIVErNORTH Autumn Fair 2008**

**INCOME**

Stalls:

Jewellery	£	178.62
Tombola	£	200.80
Knitwear etc.	£	226.10
Small Raffle	£	205.00
Toiletries	£	160.15
Crafts	£	429.50
Name the Teddy	£	24.20
Toys	£	104.86
Hot Spicy Noodles	£	52.00
Books	£	38.20
Cakes	£	58.40
Refreshments	£	141.04
Bric a Brac	£	142.40
Plants		

**Total Stalls**    £    1,961.27

**EXPENDITURE**

Prizes	£	350.00
Charity Draw Tickets	£	185.00
Postage	£	100.00
Gift Ms Robinson	£	25.00
Sundries	£	17.59
Sign	£	160.98

**Total Expenditure**    £    838.57

Charity Draw	£	3,463.45
Donations	£	625.00
Pens, Badges & Fobs	£	77.00

**Total Miscellaneous Income**    £    4,165.45

**Net Profit**    £    5,288.15

**Gross**    £    6,126.72

**£    6,126.72**



This years Fair would have been our best ever but unfortunately, we had to buy a display stand (pictured left) for the hospital foyer because the hospital managed to lose our old Fair banner with all of the recent moves. The display stand will last for many years and although it will be used for all future Fairs, I have shown it on this years accounts.

Joan Bedlington



Our Patron Denise Robertson MBE opened our Autumn Fair for us on 20th September attracting many visitors. Charlotte presented her with a gift voucher from the group to use for one of her other charities.



Happy smiling faces, lovely cakes & pastries (thanks once again to Val Donkin) and Denise dipping into her purse again!. A very busy and successful day thanks to all our helpers who worked so hard. Sorry book stall - missed you out on photos!





Margaret modelling the latest thing in knitted hats and a crowded Fair going full swing mid-afternoon.



**Our Great North Runners** in their running kit. I was sure that we would see them all come home with their new unmissable eye catching tee shirts so we stood at the finish line for about four hours. We did manage to catch four of them (out of about 40,000) as they passed the line but what happened to the others we have no idea - they must have been invisible. Phillip Heaton 01:55:43 sent us this picture bottom right of him with his mum Hilda (wearing medal) and bottom left Susan Exley 02:05:57 sent this one of herself after the finish. The four above L to R are Steven Angus 01:24:25, Chris Bennett 01:35:55, Robin Harmar 01:44:40 and Robbie Maguire 01:53:28 all photographed live at the finish line. Well done to our runners, all of whom finished and raised great sponsorship money for the group (more details in a future issue). If you



have a photo of yourself at the run, please send it in so we can print it. Some other times were Jeremy French 01:32:39, Pradeep Gundabolu 02:12:33 and Ruth Pearce 02:52:15. Very many congratulations to all who ran especially Steven Angus who had a brilliant run and came 235th! Our 'elite' runner...



# TILLY TATTLE

Here we are, October already, and the shops are filling up with Christmas cards, Advent Calendars, all sorts of goodies for the Christmas season. It seems no time since we were getting ready for Christmas 2007. I feel the year has just rushed past. Following the poor summer we have had, I am typing this on a beautiful sunny day so perhaps we are having an Indian Summer.

I was not able to attend the Fair this year, but I hear it was the usual great success and that Denise Robinson was lovely as always, and spent time with everyone.

Congratulations to all our runners in the Great North Run. John and Joan were at the finish line to see them cross and more details are given by John, elsewhere in the newsletter.

In the last issue of the newsletter I mentioned the Christmas Dinner on 3 December but unfortunately, due to an oversight, we omitted to include the Christmas Dinner order form. Some of you have already been given this, but if not, please do look at it and fill it in as soon as possible, as numbers are limited.

I also mentioned that the Carol Service would take place on 7 December. Due to Nigel having another commitment that day, Kathy Jones, the Assistant Chaplain, will lead the service. It will be at the usual time and place, 2.30 in the Freeman Chapel, and refreshments will be served afterwards. Please do come along – this is a very friendly service, we sing carols, have some readings, a few people talk about something that has happened to

them, and we also have solos from our own dear Nancy Richardson and Laura Robinson, both of which are delightful and add that certain something to our service. Nancy's friend June plays for Nancy and also for the other carols and we are hopeful that she will be with us again this year. June has had a fall so we send her our very best wishes for a speedy recovery. We also have Christingles, made for us by Nigel and Dawn. This is a real labour of love and we are very grateful to them.

Parking permits for the Dinner and the Carol Service will be printed in this issue of the newsletter so please do look out for them.

Please note: For the LN PBC Christmas Coffee Event on 5 November, we have to park in the front car park, but I will have 20 exit permits to allow 20 cars to park for free. You will need to take a ticket at the barrier as you drive through, but you can collect the permit from me during the meeting.

My best wishes to you all,

Tilly Hale, 01670714901  
email [tillyliveliver@gmail.com](mailto:tillyliveliver@gmail.com)



## **LIVErNORTH CAROL SERVICE**

7 December – 2.30 pm, Freeman Chapel

The Carol Service takes place this year on 7 December starting at 2.30 pm. As always it will be followed by refreshments and a chance to have a chat with friends. The major change this year is that Kathy Jones, the assistant Chaplain, will lead the service. Unfortunately, Nigel is not able to be with us due to other commitments.

I have already had someone offer to do a reading, and Laura Robinson has contacted me to say she is very happy to sing for us once again, which is great news. If you would like to read or take part in any way please do not hesitate to get in touch.

Do please feel able to come along to this service; whether you are a regular church-goer or never go to church, there is something for all of us. Children are very welcome. There are no long sermons, and there are lots of familiar carols, candles and Crisplings which appeal to children of all ages!

Incidentally, the same is true for the Sunday morning service at the Freeman. It is a very broad service, and open to all. Nigel Goodfellow, the Freeman Chaplain, is a member of the LIVErNORTH Committee, and he is very patient friendly.

Nigel has always said that for him, he knows it is Christmas when we have the LIVErNORTH Carol Service and I must admit I feel the same. I am sure Kathy will set us off on the same note. Hoping to see you there...

## **TRANSPLANT THANKSGIVING SERVICE**

9th NOVEMBER, 3pm

The Annual Transplant Thanksgiving Service will take place on Remembrance Sunday, 9 November, at 3 pm in St George's Church on Jesmond Road.

This service is open to all and is attended by many transplant patients and also by many members of donor families. It is always a very moving occasion, when recipients and donor families can come together to remember what has been done, and to give thanks for the generosity of the donor and their families.

It is organised by the Transplant Coordinators and the Chaplaincy team and the readings, stories and singing are all very touching.

Afterwards there is time for a cuppa and a chat in the church hall.

## **MARJORIE'S STORY**

In the run up to the Transplant Games I had a small taste of what it must feel like to be a "star" in the limelight.

Most of you know that I have competed in all the Games since the year 2000 when they were held in Newcastle and have I have just been to my ninth Games in Sheffield, but have never had the media coverage I have had this time, or the reaction of the general public.

It started early one Thursday morning. Anyone who knows me will know it is not

my best time! The media offices of Transplant UK rang to ask if I would be interviewed, to which I agreed. This was quickly followed by the local papers phoning me for a photograph, and their interview was done over the telephone. The following day my photograph appeared in several local newspapers although I did not realise this. On the Friday I went into Newton Aycliffe and also the neighbouring town of Darlington and was asked by several people if I was the person in the newspaper. I had to say that I did not know I was in the papers.

That same Friday, very early, Tyne Tees Television rang asking if I could do a live interview and a photo shoot, actually shooting arrows at the target. I had difficulty convincing them that I couldn't do it until the evening as the target had to be set up and I was not able to do that. We came to an arrangement and Andy Clews, the presenter, and a mobile team came to Newton Aycliffe Archery Club. We had the shoot; they sent the film to Tyne Tees Television and we had an interview just in case we couldn't be live, as rain was threatening. However, they stayed on until their slot in the 6pm news came. Having had several run-throughs I thought I had it pat although I was warned that it might be different, but I was totally gob-smacked as they were not at all alike.

Yet again fame! I went to Darlington District Church meeting – a meeting of all the different churches in Darlington – and people from all over the Tyne Tees area had seen the photographs and the broadcast (incidentally, I haven't seen it myself). As I say, yet again fame, but more

importantly I was able to spread the word on transplantation – the importance of carrying a card, plus I was able to tell people about the Transplant Games.

John Harty has reported on what happened at the Games so I won't repeat it, but I have to tell you of one instance that happened in Sheffield. My friend and I were having lunch in Debenham's when a lady came up to me and asked if I was from Newton Aycliffe. I was shocked as I had never seen her before in my life – she lived in the region and had seen the articles in the paper and on television. It turned out that her husband had a heart transplant at Freeman and we had both been in the archery competition.

Back home after the Games I thought I was back to normal when the press rang again for more photographs and another interview. Once again I was recognised by strangers who stopped to talk. Both the press and the people equated it to the Olympic Games so it was even more newsworthy.

It has been an interesting time – being famous at last - even though I had already competed in eight other Games.

Marjorie Batey.  
THANK YOU

I must thank all the people who sponsored me for taking part in the Games. I raised £770 all of which has gone to LIVErNORTH.

Thank you all once again.  
Marjorie Batey.

## FOOTNOTE:

Marjorie really is a star. I am sure she will not mind me telling you that she celebrated her 70th birthday in September 2008, and it is almost twelve years since her transplant. She is a shining example of the benefits of transplantation. Well done Marjorie.

## **LN PBC MEETING – 8 OCTOBER – THE PBC DVD**

This meeting was the first showing of the DVD which has been produced over the past six months or so and was a well attended meeting, with several members of staff as well as a large number of PBC patients, family members and friends. The funding for the DVD was provided by Harold Hueston of Northern Ireland whose late wife, Hannah, was a very keen member of the group, despite not being able to attend any of our meetings. We are very grateful to Harold for his kindness and feel this is a wonderful memorial to Hannah.

Those who had featured in the DVD were naturally rather nervous as to how it would come across (as well as being nervous about how we looked etc – very fat in my case, but perhaps that has something to do with the fact that I am very fat!) but we knew that the main reason for the DVD was to have something for newly diagnosed people to be able to take away and watch and learn about the disease.

Prof. David Jones and Prof. Julia Newton took part. David carried out a consultation with a “patient” (Ruth Pearce who conducted the memory tests last year) and also answered questions directly to the camera, whilst Julia talked us

through the DVD and gave background information. The PBC patients (myself, Peggy Oliver, Julie Pyburn and Ken Brown) talked about living with PBC and also life after transplant, whilst Dick Edminson (husband of Diane) and Jim Charlton (husband of Audrey) talked about living with a PBC patient.

The filming, editing and all the background work was carried out by Jonathan Allen and his wife Serena and the DVD was very professionally produced. We are grateful to them for the work they put into this, despite the fact that Serena was pregnant whilst filming, and the editing was done with a very new baby on the scene.

Feedback at the meeting was very positive. Copies were available for people to take home on the night, and it is intended that copies will be available through clinic to newly diagnosed people.

At this time we are not sure how copies will be distributed. Printing costs for the initial small run were about £3 per copy, but obviously if we can order in large numbers the costs will go down. We are hoping to get sponsorship from some of the drug companies who manufacture URSO but this has still to be looked into. Hopefully by the time of the next newsletter we will have more idea on how this will work.

Tilly Hale



## **THANK YOU**

Dear friends, I would like to thank everyone for the cards, emails, telephone calls and messages during my recent stay in hospital and in the following weeks.

As many of you know, I was diagnosed with breast cancer in August and went into the RVI for an operation on 15 September – thus managing to miss a LIVERNORTH Committee Meeting, the Fair, the meeting at Bishop Auckland and various other events in my own calendar. What timing!

I left hospital on 25 September and am making good progress, and all the results are extremely positive. I don't need radiotherapy or chemo, just have to take another tablet (Tamoxofin) for the next five years. What's another tablet to a liver patient – nothing at all!

It was interesting to be in the RVI as opposed to the Freeman. The staff were kind and supportive, and I was made to feel very much at home – just like Ward 12.

It just reminds me that no matter which hospital we are in, we are cared for by dedicated people who work extremely hard and who put our welfare first at all times. We owe these people a great vote of thanks for all that they do for us.

Thank you all once again.

Tilly x

## **WHAT DO YOU EXPECT?**

You don't have to look very far to find a reason to feel sorry for yourself. But why would you want to waste even a few moments of your precious life on self pity?

It is easy to come up with perfectly reasonable excuses for lowering your expectations and hiding away from life. But then all you're left with are worthless excuses.

There are certain circumstances under which some people see themselves as victims. Yet under those exact same circumstances other people find and make the most of truly grand opportunities.

When you expect life to be cruel and harsh, it will live up to your expectations. When, on the other hand, you consider yourself to be extremely fortunate, you will become even more so.

There is great value in every moment. Positive possibilities are generated by every turn and twist of fate. No matter what may happen or fail to happen, life is what you choose to make it. Choose again and again, in every situation, to make it great.

A poem by Ralph Marston.

Sent in by Doreen Donaldson in Australia.

## TWO GLASSES OF WINE

When things in your life seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar and the two glasses of wine..

A professor stood before his philosophy class and had some items in front of him. When the class began, wordlessly, he picked up a very large and empty Mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was.

The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed that it was.

The professor next picked up a box of sand and poured it into the jar. Of course the sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous “yes”.

The professor then produced two glasses of wine from under the table and poured the entire contents into the jar, effectively filling the empty space between the sand. The students laughed.

“Now”, said the professor, as the laughter subsided, “I want you to recognise that this jar represents your life. The golf balls are the important things; your family, your children, your health, your friends, and your favourite passions, things that if everything else was lost and only they remained, your life would still be full.”

“The pebbles are the other things that matter like your job, your house, and your car. The sand is everything else, the small stuff. If you put the sand in the jar first”, he continued, “there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you. Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical check-ups. Take your partner out to dinner. Play another 18. Do one more run down the ski slope. There will always be time to clean the house and fix the gate. Take care of the golf balls first; the things that really matter. Set your priorities. The rest is just sand.”

One of the students raised her hand and enquired what the wine represented. The professor smiled, “I'm glad you asked. It just goes to show you that no matter how full your life may seem, there's always room for a couple of glasses of wine with a friend.”

Irene Smith

## It's a Crazy World...

[Sadly, Uncle Stan died on 9th October but we are keeping this section as a tribute to his wit and wisdom...the fuse gets a little shorter every day]

Oil giant BP made £6.4 bn profit last quarter. The company's profit for the July-September period is a whopping 148% above the same period last year.

Chief executive Tony Hayward said 'We think the current turmoil may in fact create opportunities for us and we will look at those very closely' What? WHAT? We think 'stealing from the poor citizens of Britain' is a more honest description of BP's activities and why doesn't our brilliant government do something about it? No wonder we are in a financial crisis. What happened to the good old days of Robin Hood when the rich were the ones who were robbed to help the poor? Too much like decency for today's world perhaps.

Peter Mandelson will get an extra £78,000 a year in EU pay on top of his Cabinet salary of £104,386. The new Business Secretary is entitled to annual "parachute payments" from Brussels after giving up his job as a Trade Commission.

Is your blood boiling yet?

## WORLD TRANSPLANT GAMES 2011

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



*Did you know?*

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

*Ann Ravenhall (Crawcrook) 0191 4131827*

*Tilly Hale (Cramlington) 01670 714901*

*Peggy Oliver (Pelton) 0191 3700833*

*Sarah Murphy (Liver Unit W12)*

***Dear LIVERNORTH***

Dear John and Joan,

Can I just say a big thank you and congratulations to you both and everyone connected with the

LIVERNORTH Autumn Fair. A good job well done.

What a lovely fantastic day it was. Everyone who came to the fair all had a very enjoyable day out.

It takes a lot of time and effort to plan and to get things right on the day. One person who excels every time is Val Donkin - the hard work and dedication she puts into making and baking for the Fair!

Well done again to you all. It's a privilege to be part of a fantastic support group

John Harty.

Dear Helen,

I enjoy your jokes in the magazine. I used to come to the meetings with my late wife Barbara

Keep up the good work.

Best wishes  
Eric Parker

*Thank you for your letter Eric - I am so pleased you enjoy the section. Thank you also your contributions to Helen's Howlers, your support is much appreciated and helps to keep people laughing.*

*Ed's Note: Eric has also penned a couple of very appropriate poems for this time of year. They can be found on the following two pages.*

## School Memories

Halfway up the bank at the bend it stood,  
A great edifice of brick and wood,  
Through these portals children came,  
I was one of them I could name.

The Headmaster, Pop Rodham, held his sway,  
Sitting at his desk in the hall each day,  
He was big, of florid face,  
Intent on educating the human race.

Over the wooden bridge each day,  
Spanning the electrified permanent way,  
Through the Pit Village which lay,  
Near the mine then in decay.

Passed the old shaft and chimney tall,  
Just in sight of the old school wall,  
Skirting the pit heap, dirty and grey,  
Into the school yard with friends to play.

What was the name of the bonnie lass,  
Who brought toy soldier to me in class,  
Ah yes, Doreen Murray was her name,  
Her memory etched in my Hall of Fame.

There is one day I can recall,  
Of an event that really thrilled us all,  
The great chimney stack that had been,  
Like an essential of the daily scene.

Came tumbling down with such a crash,  
We all watched from Miss Mossop's class,  
South Gosforth School is to be no more,  
The Council nailing up the door.

This is progress so they say,  
'Good Luck' new school on opening day,  
in memory of school friends who went to war,  
But did not come back and are no more.

c. 1930 - 1936

Eric Parker 7th July 1992

## Ode to an Air Raid Siren

The night is dark, no light is seen,  
Across Garden Village and Golf Course Green,  
The siren sounds its mournful tone  
There's a faint sound of an aircraft's drone,  
High in the sky it's suddenly light,  
From a searchlight probing the sky at night,  
Sounds of voices shouting orders, near,  
From the Anti Aircraft Battery loud and clear,  
Metallic sounds as the guns are loaded  
Then a flash of light as they exploded,  
Rattling the windows, darkness descends,  
Best be in your shelter, family, friends,  
The German Bombers with their deadly load,  
Intent on causing havoc where bombs explode,  
They once bombed Byker I remember well,  
Destroying the Gent's toilet outside the Bluebell.  
They bombed the Manors Goods Station. Quite a blaze  
The fire burned for days and days,  
The 'All Clear' would eventually sound,  
People would appear from underground,  
Attending to their daily chore,  
Life went on despite the War,  
Air Raid Wardens were about,  
'Put that light out' they would shout,  
As they patrolled from their concrete lair,  
Enforcing total darkness in their care.  
Fire watching at their place of work,  
Befell employees who would lurk,  
On makeshift beds and sleep the night,  
Till morning came and feeling bright  
Would start their daily tasks once more,  
As many others had done before.  
All this was when I was in my teens  
And before the Army and other schemes.

Eric Parker 2008

# HELEN'S HOWLERS

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

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## **The Italian Tomato Garden**

An old Italian lived alone in New Jersey. He wanted to plant his annual tomato garden, but it was very difficult work, as the ground was hard.

His only son, Vincent, who used to help him, was in prison. The old man wrote a letter to his son and described his predicament:

Dear Vincent,

I am feeling pretty sad, because it looks like I won't be able to plant my tomato garden this year. I'm just getting too old to be digging up a garden plot. I know if you were here my troubles would be over. I know you would be happy to dig the plot for me, like in the old days.

Love

Pappa.

A few days later he received a letter from his son:

Dear Pop,

Don't dig up that garden. That's where the bodies are buried.

Love

Vinnie.

At 4 a.m. the next morning, FBI agents and local police arrived and dug up the entire area without finding any bodies. They apologised to the old man and left.

That same day the old man received another letter from his son.

Dear Pop,

Go ahead and plant the tomatoes now. That's the best I could do under the circumstances.

Love you,

Vinnie.

## **WOMAN'S REVENGE**

"Cash, cheque or charge?" I asked, after folding items the woman wished to purchase. As she fumbled for her wallet, I noticed a remote control for her television set in her bag.

"So, do you always carry your TV remote?" I asked.

"No," she replied, "but my husband refused to come shopping with me, and I figured this was the most evil thing I could do to him legally."

## **WIFE VS HUSBAND**

A couple drove down a country road for several miles, not saying a word. An earlier discussion had led to an argument and neither of them wanted to concede their position. As they passed a barnyard of mules, goats and pigs the husband asked sarcastically, "Relatives of yours?" "Yes," the wife replied, "the in-laws".

## **WORDS**

A husband read an article to his wife about

how many words women use a day ... 30,000 to a man's 15,000. The wife replied, "The reason has to be because we have to repeat everything to men..." The husband turned to his wife and asked, "What?"

### CREATION

A man said to his wife one day, "I don't know how you can be so stupid and so beautiful all at the same time. The wife responded, "Allow me to explain. God made me beautiful so you would be attracted to me; God made me stupid so I would be attracted to you."

### WHO DOES WHAT

A man and his wife were having an argument about who should brew the coffee each morning. The wife said, "You should do it because you get up first, and then we don't have to wait as long to get our coffee." The husband said, "You are in charge of cooking around here and you should do it, because that is your job, and I can just wait for my coffee." The wife replied, "No, you should do it, and besides, it is in the Bible that the man should do the coffee." The husband said, "I can't believe that, show me." So she fetched the Bible, and opened the New Testament and showed him at the top of several pages, that it indeed says "HEBREWS".

### THE SILENT TREATMENT

A man and his wife were having some problems at home and were each giving the other the silent treatment. Suddenly the man realised that the next day he would need his wife to wake him at 5.00 am for an early morning business flight.

Not wanting to be the first to break the silence (and LOSE), he wrote on a piece of paper, "Please wake me at 5.00 am. He left it where he knew she would find it.

The next morning the man woke up, only to discover it was 9.00 am and he had missed his flight. Furious, he was about to go and see why his wife hadn't wakened him, when he noticed a piece of paper by the bed.

The paper said "It is 5.00. Wake up".

Men are not equipped for these kinds of contests.

### I WANT A DIVORCE

A married couple are driving along a highway doing a steady 60 miles per hour. The wife is behind the wheel. Her husband suddenly looks across at her and speaks in a clear voice. "I know we've been married for twenty years but I want a divorce." The wife says nothing, keeps looking at the road ahead but slowly increases her speed to 65 mph. The husband speaks again. "I don't want you to try and talk me out of it", he says, "because I've been having an affair with your best friend, and she's a far better lover than you are". Again the wife stays quiet, but grips the steering wheel more tightly and slowly increases the speed to 75 mph. He pushes his luck. "I want the house," he says insistently. Up to 80 mph. "And" he says, "I'll have the bank accounts, all the credit cards and the boat!. The car slowly starts veering towards a massive concrete bridge. This makes him nervous, so he asks her, "Isn't there anything you want?" The wife at last replies in a quiet and controlled voice. "No, I've got everything I need." she says. "Oh really", he enquires, "so what have

you got?" Just before they slam into the wall at 85 mph, the wife turns to him and smiles, "The airbag".

Moral of this story: "Women are crazy!!! Don't mess with them!

## CHRISTMAS FRUIT CAKE RECIPE

Ingredients:

1 cup of water

1 cup of sugar

4 large eggs

8 oz mixed nuts

1 teaspoon salt

Juice of one lemon

1 cup brown sugar

2 cups dried fruit

1 teaspoon baking powder

Method:

Sample the whiskey to check quality.

Take a large bowl. Check the whiskey again to be sure it is of the highest quality.

Pour one level cup and drink.

Repeat.

Turn on electric mixer, beat one cup of butter in a larger fluffy bowl.

Add one teaspoon sugar and beat again.

Make sure the whiskey is still ok.

Cry another tup.

Turn on the mixerer.

Break two eggs and add to the bowl then chuck in the dried fruit.

Mix on the turner.

If the dried fruit gets stuck in the beaterers, pry is loose with a drowscriver.

Sample the whiskey to ceck for tonsiscency.

Next sift two cups of salt, or something.

Who cares?

Now sift the lemon juice and strain the nuts.

Add one table. Spoon. Of sugar or something.

Whatever you can find.

Grease the oven.

Turn the cake tin to 350 degrees.

Don't forget to beat off the tunerer.

Throw the bowl out of the window.

Check the whiskey again and go to bed.

BOB WORKS HARD at the office but spends two nights each week bowling, and plays golf every Saturday. His wife thinks he's pushing himself too hard, so for his birthday she takes him to a local strip club.

The doorman at the club greets them and says, 'Hey, Bob! How ya doin?'

His wife is puzzled and asks if he's been to this club before.

'Oh no,' says Bob. 'He's in my bowling league.'

When they are seated, a waitress asks Bob if he'd like his usual and brings over a Budweiser.

His wife is becoming increasingly uncomfortable and says, 'How did she know that you drink Budweiser?'

'I recognize her, she's the waitress from the golf club. I always have a Bud at the end of the 1st nine, honey.'

A stripper then comes over to their table, throws her arms around Bob, starts to rub herself all over him and says,

'Hi Bobby. Want your usual table dance, big boy?'

Bob's wife, now furious, grabs her purse and storms out of the club.

Bob follows and spots her getting into a cab. Before she can slam the door, he jumps in beside her. Bob tries desperately

to explain how the stripper must have mistaken him for someone else, but his wife is having none of it. She is screaming at him at the top of her lungs, calling him

every four-letter word in the book. The cabby turns around and says, 'Geez Bob, you picked up a real bitch this time.'

Bob's funeral will be on Friday.

IF YOU READ THIS without laughing out loud, there is something wrong with you. This is dedicated to everyone who ever attempted to get into a regular workout routine.

Dear Diary,

For my birthday this year, my daughter (the dear) purchased a week of personal training at the local health club for me.

Although I am still in great shape since being a high school football cheerleader 43 years ago, I decided it would be a good idea to go ahead and give it a try.

I called the club and made my reservations with a personal trainer named Belinda, who identified herself as a 26-year-old aerobics instructor and model for athletic clothing and swim wear.

My daughter seemed pleased with my enthusiasm to get started! The club encouraged me to keep a diary to chart my progress.

MONDAY:

Started my day at 6:00 a.m. Tough to get out of bed, but found it was well worth it when I arrived at the health club to find Belinda waiting for me. She is something of a Greek goddess - with blond hair, dancing eyes and a dazzling white smile.

Woo Hoo!!

Belinda gave me a tour and showed me the machines. I enjoyed watching the skilful way in which she conducted her aerobics class after my workout today. Very inspiring!

Belinda was encouraging as I did my sit-ups, although my gut was already aching from holding it in the whole time she was around. This is going to be a FANTASTIC week!

TUESDAY:

I drank a whole pot of coffee, but I finally made it out the door.

Belinda made me lie on my back and push a heavy iron bar into the air then she put weights on it! My legs were a little wobbly on the treadmill, but I made the full mile. Belinda's rewarding smile made it all worthwhile. I feel GREAT! It's a whole new life for me.

WEDNESDAY:

The only way I can brush my teeth is by laying the toothbrush on the counter and moving my mouth back and forth over it. I believe I have a hernia in both pectorals. Driving was OK as long as I didn't try to steer or stop. I parked on top of a GEO in the club parking lot.

Belinda was impatient with me, insisting that my screams bothered other club members. Her voice is a little too perky for that early in the morning and when she scolds, she gets this nasally whine that is VERY annoying.

My chest hurt when I got on the treadmill, so Belinda put me on the stair monster. Why the hell would anyone invent a machine to simulate an activity rendered obsolete by elevators? Belinda told me it would help me get in shape and enjoy life. She said some other stuff too.

THURSDAY:

Belinda was waiting for me with her vampire-like teeth exposed as her thin, cruel lips were pulled back in a full snarl. I couldn't help being a half an hour late - it took me that long to tie my shoes.

Belinda took me to work out with dumbbells. When she was not looking, I ran and hid in the rest room. She sent another skinny bitch to find me.

Then, as punishment, she put me on the rowing machine -- which I sank.

**FRIDAY:**

I hate that bitch Belinda more than any human being has ever hated any other human being in the history of the world. Stupid, skinny, anaemic, anorexic little cheerleader. If there was a part of my body I could move without unbearable pain, I would beat her with it.

Belinda wanted me to work on my triceps. I don't have any triceps! And if you don't want dents in the floor, don't hand me the damn barbells or anything that weighs more than a sandwich.

The treadmill flung me off and I landed on a health and nutrition teacher. Why couldn't it have been someone softer, like the drama coach or the choir director?

**SATURDAY:**

Belinda left a message on my answering machine in her grating, shrilly voice wondering why I did not show up today. Just hearing her voice made me want to smash the machine with my planner; however, I lacked the strength to even use the TV remote and ended up catching eleven straight hours of the Weather Channel.

**SUNDAY:**

I'm having the Church van pick me up for services today so I can go and thank GOD that this week is over. I will also pray that next year my daughter (the little horror) will choose a gift for me that is fun -- like a root canal or a hysterectomy. I still say if God had wanted me to bend over, he would have sprinkled the floor with

diamonds!!!

**BOX DONATION**

A married Irishman went into the confessional and said to his priest, 'I almost had an affair with another woman..' The priest said, 'What do you mean, almost?'

The Irishman said, 'Well, we got undressed and rubbed together, but then I stopped.'

The priest said, 'Rubbing together is the same as putting it in. You're not to see that woman again. For your penance, say five Hail Mary's and put £50 in the poor box.'

The Irishman left the confessional, said his prayers, and then walked over to the poor box.

He paused for a moment and then started to leave.

The priest, who was watching, quickly ran over to him saying, 'I saw that. You didn't put any money in the poor box!'

The Irishman replied, 'Yeah, but I rubbed the £50 on the box, and according to you, that's the same as putting it in!'

**LEMON SQUEEZE**

There once was a religious young woman who went to Confession. Upon entering the confessional, she said, 'Forgive me, Father, for I have sinned.'

The priest said, 'Confess your sins and be forgiven.'

The young woman said, 'Last night my boyfriend made mad, passionate love to me seven times.'

The priest thought long and hard and then said, 'Squeeze seven lemons into a glass and then drink the juice.'

The young woman asked, 'Will this cleanse

me of my sins?'

The priest said, 'No, but it will wipe that smile off of your face.'

#### LOOKS OF DISAPPOINTMENT

A man was just waking up from anaesthesia after surgery, and his wife was sitting by his side. His eyes fluttered open and he said, 'You're beautiful.' Then he fell asleep again. His wife had never heard him say that before, so she stayed by his side. A few minutes later his eyes fluttered open and he said, 'You're cute.' The wife was disappointed because instead of 'beautiful,' it was now 'cute.' She asked, 'What happened to beautiful?' The man replied, 'The drugs are wearing off.'

#### CATHOLIC DOG

Muldoon lived alone in the Irish countryside with only a pet dog for company. One day the dog died, and Muldoon went to the parish priest and asked, 'Father, my dog is dead. Could ya be saying' a mass for the poor creature?' Father Patrick replied, 'I'm afraid not; we cannot have services for an animal in the church. But there are some Baptists down the lane, and there's no telling' what they believe. Maybe they'll do something for the creature.'

Muldoon said, 'I'll go right away Father. Do ya' think £5,000 is enough to donate to them for the service?'

Father Patrick exclaimed, 'Sweet Mary, Mother of Jesus! Why didn't ya tell me the dog was Catholic?'

#### DONATION

Father O'Malley answers the phone. 'Hello, is this Father O'Malley?'

'It is!'

'This is the Inland Revenue. Can you help us?'

'I can!'

'Do you know a Ted Houlihan?'

'I do!'

'Is he a member of your congregation?'

'He is!'

'Did he donate £10,000 to the church?'

'He will.'

#### CONFESSION

An elderly man walks into a confessional. The following conversation ensues:

Man: 'I am 92 years old, have a wonderful wife of 70 years, many children, grandchildren, and great grandchildren. Yesterday, I picked up two college girls, hitchhiking. We went to a motel, where I had sex with each of them three times.'

Priest: 'Are you sorry for your sins?'

Man: 'What sins?'

Priest: 'What kind of a Catholic are you?'

Man: 'I'm Jewish.'

Priest: 'Why are you telling me all this?'

Man: 'I'm 92 years old . I'm telling everybody!'

#### BROTHEL TRIP

An elderly man goes into a brothel and tells the madam he would like a young girl for the night. Surprised, she looks at the ancient man and asks how old he is. 'I'm 90 years old,' he says. '90!' replies the woman. 'Don't you realize you've had it?'

'Oh, sorry,' says the old man. 'How much do I owe you?'

#### SENILITY

An elderly man went to his doctor and said, 'Doc, I think I'm getting senile..

Several times lately, I have forgotten to zip up.'  
'That's not senility,' replied the doctor.  
'Senility is when you forget to zip down.'

## PEST CONTROL

A woman was having a passionate affair with an inspector from a pest-control company. One afternoon they were carrying on in the bedroom together when her husband arrived home unexpectedly.

'Quick,' said the woman to the lover, 'into the closet!' and she pushed him in the closet, stark naked. The husband, however, became suspicious and after a search of the bedroom discovered the man in the closet. 'Who are you?' he asked him.

'I'm an inspector from Bugs-B-Gone,' said the exterminator. 'What are you doing in there?' the husband asked. 'I'm investigating a complaint about an infestation of moths,' the man replied. 'And where are your clothes?' asked the husband. The man looked down at himself and said, 'Those little bastards!'

A WOMAN stopped by unannounced at her recently married son's house. She rang the doorbell and walked in. She was shocked to see her daughter-in-law lying on the couch, totally naked. Soft music was playing; the aroma of perfume filled the room. "What are you doing?" she asked.

"I'm waiting for my husband to come home from work," the daughter-in-law answered.

"But you're naked!" the mother-in-law exclaimed.

"This is my love dress," the daughter-in-

law explained.

"Love dress? But you're naked!"

"My husband loves me to wear this dress," she explained.

"It excites him to no end. Every time he sees me in this dress, he instantly becomes romantic and ravages me for hours on end. He can't get enough of me."

The mother-in-law left. When she got home, she undressed, showered, put on her best perfume, dimmed the lights, put on a romantic CD and laid on the couch waiting for her husband to arrive. Finally, her husband came home.

He walked in and saw her lying there so provocatively.

"What are you doing?" he asked.

"This is my love dress" she whispered, sensually.

"Needs ironing," he said.

THE ALL-BLACKS were playing England, and after the half-time whistle blew they found themselves 50-0 ahead, Jonah Lomu scoring eight tries.

The rest of the team decided to head for the pub instead of playing the second half, leaving Jonah to go out on his own. 'No worries,' said Jonah, 'I'll join you later and tell you what happened.'

After the game Jonah headed for the pub where he told his team-mates the final score: 95-3. 'What!' said a furious Michael Jones. 'How did you let them get three points?'

Jonah replied apologetically: 'I was sent off with 20 minutes to go.'

NEOLOGISMS published in the annual contest set by the Washington Post where readers are asked to supply alternate meanings for common words.

1. Coffee (n.), the person upon whom one coughs.
2. Flabbergasted (adj.), appalled over how much weight you have gained.
3. Abdicate (v.), to give up all hope of ever having a flat stomach.
4. Esplanade (v.), to attempt an explanation while drunk.
5. Willy-nilly (adj.), impotent.
6. Negligent (adj.), describes a condition in which you absentmindedly answer the door in your nightgown.
7. Lymph (v.), to walk with a lisp.
8. Gargoyle (n.), olive-flavored mouthwash.
9. Flatulence (n.) emergency vehicle that picks you up after you are run over by a steamroller.
10. Balderdash (n.), a rapidly receding hairline.
11. Testicle (n.), a humorous question on an exam.
12. Rectitude (n.), the formal, dignified bearing adopted by proctologists.
13. Pokemon (n), a Rastafarian proctologist.
14. Oyster (n.), a person who sprinkles his conversation with Yiddishisms.
15. Frisbeetarianism (n.), (back by popular demand): The belief that, when you die, your Soul flies up onto the roof and gets stuck there.
16. Circumvent (n.), an opening in the front of boxer shorts worn by Jewish men.

MAC DIED at the controls of his plane and went to pilots' hell, where he found a hideous devil and three doors.

The devil was busy escorting other pilots to various "hell rooms."

"I'll be right back--don't go away," said the devil, and he vanished.

Sneaking over to the first door, Mac peeked in and saw a cockpit where The pilot was condemned to forever run through pre-flight checks.

He slammed that door and peeked into the second. There, alarms rang and red lights flashed while a pilot had to avoid one emergency after another. Unable to imagine a worse fate, Mac cautiously opened the third door.

He was amazed to see many beautiful, scantily clad flight attendants answering to a captain's every whim. He quickly returned to his place seconds before the devil reappeared.

"Okay, Mac," said the devil, "Which door will it be, number 1 or number 2?"

"Um, I want door number 3," answered Mac.

"Sorry," said the devil. "You can't have door number 3 - That's flight attendants' hell."

## SIGNS OF THE TIMES

TOILET OUT OF ORDER. PLEASE USE FLOOR BELOW

In a launderette:

AUTOMATIC WASHING MACHINES:  
PLEASE REMOVE ALL YOUR CLOTHES  
WHEN THE LIGHT GOES OUT

In a London department store:

BARGAIN BASEMENT UPSTAIRS

In an office:

WOULD THE PERSON WHO TOOK  
THE STEP LADDER YESTERDAY PLEASE  
BRING IT BACK OR FURTHER STEPS  
WILL BE TAKEN

In an office:

AFTER TEA BREAK STAFF SHOULD  
EMPTY THE TEAPOT AND STAND  
UPSIDE DOWN ON THE DRAINING

## BOARD

Outside a secondhand shop:

WE EXCHANGE ANYTHING -  
BICYCLES, WASHING MACHINES,  
ETC. WHY NOT BRING YOUR WIFE  
ALONG AND GET A WONDERFUL  
BARGAIN?

in health food shop window:

CLOSED DUE TO ILLNESS

In a safari park:

ELEPHANTS PLEASE STAY IN YOUR  
CAR

Seen during a conference:

FOR ANYONE WHO HAS CHILDREN  
AND DOESN'T KNOW IT, THERE  
IS A DAY CARE ON THE 1ST FLOOR

Notice in a farmer's field:

THE FARMER ALLOWS WALKERS TO  
CROSS THE FIELD FOR FREE, BUT  
THE BULL CHARGES.

Message on a leaflet:

IF YOU CANNOT READ, THIS LEAFLET  
WILL TELL YOU HOW TO GET  
LESSONS

On a repair shop door:

WE CAN REPAIR ANYTHING. (PLEASE  
KNOCK HARD ON THE DOOR - THE  
BELL DOESN'T WORK)

## POLITICAL AGENDA

A MAN wearing a Democratic lapel badge walked into a bar and saw a picture of President Bush on the wall. He called the bartender over and said, "You should take that picture down. George Bush is a blight upon this nation. He should be impeached."

The bartender, a life-long Republican, was visibly offended. "Why, you liberal piece of garbage," he screamed. "How dare you come into my bar and tell me how to run my business."

The man said, "Listen, I'm the customer, so I'm always right. That picture offends me, so I want you to take it down."

"That tears it," said the bartender, "How would you like it if I came into your bar and told you what to do?"

"Well, you'd be the customer, so you'd be right," said the man.

"Fine, then let's switch places," replied the bartender, whereupon the man took the bartender's place behind the bar, and the bartender walked outside, waited a moment, and then came back inside. The bartender sat at the bar and said, "You should take that badge off. The Democrats are destroying our country with their liberal agenda."

"Sorry," said the man, "we don't serve Republicans here."

## SEVEN UP

A WOMAN got on a bus with seven children. The conductor asked, "Are these all yours lady? Or is it a picnic?"

"They're all mine," she replied. "And it's no picnic."

## TROUBLE WITH THE CAR

Wife: "There's trouble with the car. It has water in the carburettor."

Husband: "Water in the carburettor? That's ridiculous."

Wife: "I tell you the car has water in the carburettor."

Husband: "You don't even know what a carburettor is. Where's the car?"

Wife: "In the swimming pool."

THIS IS TRUE (according to Newsnight);  
If you had purchased £1 000 of Northern  
Rock shares one year ago they would now  
be worth £4.95.

With HBOS, earlier this week your £1000 would have been worth £16.50.  
£1000 invested in XL Leisure would now be worth less than £5.

But if you bought £1000 worth of canned drinks one year ago, drank them all, then took the empty cans to an aluminium recycling plant, you would get £214.

So based on the above statistics the best current investment advice is to buy lots of canned drinks and re-cycle.

THIS IS SORT OF TRUE;

What is the difference between a pigeon and a merchant banker?

A pigeon can still put a deposit on a Ferrari.

DID YOU HEAR about the man who got a puncture because there was a fork in the road!

WHY didn't the rhino's phone work?  
He'd forgotten to charge it!

WHAT witches do you find in the desert?  
Sandwiches!

WHAT do you give kangaroos to eat?  
Jumping beans!

DOCTOR - 'I can't find anything wrong with you, it must be the drink.'  
Patient- 'Oh! I'll come back when you are sober.'

IT'S NOW CRUEL for anglers to put worms on their hooks.  
I always knew it was cruel to pull the legs off spiders but is it cruel to sew flies on trousers?

Q. What do they call a person who at one time was interested in tractors?

A. An extractor fan.

GEORDIE was working in a highly mechanised pit in Northumberland but became redundant. To get another job he had to move to South Wales where the seams were low and he had to use a pick. He was lying along this seam one day when this bat came along - backwards and forwards - flutter, flutter, flutter, flutter.

After a while he got a bit sick of this bat fluttering backwards and forwards and when it came along the next time he spiked it against the wall of the seam with his pick - stone dead. Taffy, who had been working nearby shouted, 'Run for your lives boyos someone's wrecked the ventilation system.'

GEORDIE was on his way to the Greek Olympics when he passed an athlete carrying a very long slim bag.

Geordie said to the man 'Are you a pole vaulter?'

The man replied, 'No, I'm a German - how did you know my name?'

That's all folks - special thanks this issue to Irene Smith, Linda Haw, Margaret Hanna, Eric Parker, Peter Laker, Henry Gordon (a retired minister of the URC) for the excellent fruit cake recipe and to regulars David Hastings and Patricia Heard - great stuff again folks!

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



A couple of interesting pictures for you here. The one above is an artists impression of the NCCC (Northern Centre for Cancer Care) to be built at the Freeman Hospital. The picture was drawn with many others to get approval for the building, long before work started.

The picture below is an actual photograph taken in August 2008 as building work nears completion. Impressed? we are!



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

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

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

Try also (online) :

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



## Answers to UIOLI No.34

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

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

Keep trying - Use It Or Loose It!

### Medium SUDOKU

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

### Hard SUDOKU

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

# UIOLI No 37

Each answer below is a two-syllable word whose halves rhyme (like POLO or MERGER). Use the clues to discover the word. The number in brackets indicate how many letters the answer contains. GOOD LUCK...

- |     |                                |  |
|-----|--------------------------------|--|
| 1.  | DISTRESS SIGNAL (6)            |  |
| 2.  | DISHEVELLED (6)                |  |
| 3.  | NOT BLONDE OR BRUNETTE (7)     |  |
| 4.  | NOT THE HIGH CITY AREA (8)     |  |
| 5.  | RECIPE GUIDE (8)               |  |
| 6.  | GYMNAST'S FEAT (9)             |  |
| 7.  | STADIUM SEATING (10)           |  |
| 8.  | STEEL BEAM (6)                 |  |
| 9.  | RAPID (6)                      |  |
| 10. | FLY ALONE (4)                  |  |
| 11. | NOISY, FESTIVE EVENT (8)       |  |
| 12. | TAKING A LIFE (6)              |  |
| 13. | CORPORATE SYMBOL (4)           |  |
| 14. | SLANG FOR A TRAIN (4)          |  |
| 15. | NEW ZEALANDER (4)              |  |
| 16. | TRIBAL CONFERENCE (6)          |  |
| 17. | HIGH RANKER (6)                |  |
| 18. | BANTU LANGUAGE (4)             |  |
| 19. | CONICAL ABODE (5)              |  |
| 20. | HIKER'S BURDEN (8)             |  |
| 21. | TOP BLANKET (9)                |  |
| 22. | EIGHTY (9)                     |  |
| 23. | ON THE HOUSE (7)               |  |
| 24. | AMERICAN TRAMP (4)             |  |
| 25. | MINGLE WITH POSH FOLK (6)      |  |
| 26. | DINE OUTSIDE ON THE GROUND (6) |  |
| 27. | WHEN YOU GET YOUR CHEQUE (6)   |  |

Turn over for the answers....but try not to peek! - cheaters only cheat themselves and make enemies of their opponents. (ancient Beamish proverb!)

# UIOLI No.36

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

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

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

Medium SUDOKU

Hard SUDOKU

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

# ANSWERS to UIOLI No 37

If you got 21 or over, you are a genius. 15 or over, very bright. 10 or over, average. 5 or over, trying but could try harder. 4 or less - oh dear, you need to switch off that TV and start using your brain more!

- |     |                            |            |
|-----|----------------------------|------------|
| 1.  | DISTRESS SIGNAL            | MAYDAY     |
| 2.  | DISHEVELLED                | RAGTAG     |
| 3.  | NOT BLONDE OR BRUNETTE     | REDHEAD    |
| 4.  | NOT THE HIGH CITY AREA     | DOWNTOWN   |
| 5.  | RECIPE GUIDE               | COOKBOOK   |
| 6.  | GYMNAST'S FEAT             | HANDSTAND  |
| 7.  | STADIUM SEATING            | GRANDSTAND |
| 8.  | STEEL BEAM                 | GIRDER     |
| 9.  | RAPID                      | SPEEDY     |
| 10. | FLY ALONE                  | SOLO       |
| 11. | NOISY, FESTIVE EVENT       | WINGDING   |
| 12. | TAKING A LIFE              | MURDER     |
| 13. | CORPORATE SYMBOL           | LOGO       |
| 14. | SLANG FOR A TRAIN          | LOCO       |
| 15. | NEW ZEALANDER              | KIWI       |
| 16. | TRIBAL CONFERENCE          | POWWOW     |
| 17. | HIGH RANKER                | BIGWIG     |
| 18. | BANTU LANGUAGE             | ZULU       |
| 19. | CONICAL ABODE              | TEPEE      |
| 20. | HIKER'S BURDEN             | BACKPACK   |
| 21. | TOP BLANKET                | BEDSPREAD  |
| 22. | EIGHTY                     | FOURSCORE  |
| 23. | ON THE HOUSE               | FREEBIE    |
| 24. | AMERICAN TRAMP             | HOBO       |
| 25. | MINGLE WITH POSH FOLK      | HOBNOB     |
| 26. | DINE OUTSIDE ON THE GROUND | PICNIC     |
| 27. | WHEN YOU GET YOUR CHEQUE   | PAYDAY     |

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



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

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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Marion Edwards  
[a.edwards27@btinternet.com](mailto:a.edwards27@btinternet.com)  
01353 862466

-oOo-

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

-oOo-

HAEMOCHROMATOSIS SOCIETY  
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e-mail: [info@haemochromatosis.org.uk](mailto:info@haemochromatosis.org.uk)  
Website: [www.haemochromatosis.org.uk](http://www.haemochromatosis.org.uk)

-oOo-

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

-oOo-

MERSEY LIVER SUPPORT GROUP  
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***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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