

LIVErNEWS

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

**TRANSPLANT GAMES 2011, GREAT NORTH RUN
LIVERNORTH FAIR AND MORE!**

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A very busy period indeed since the last LIVErNEWS. I can't remember a busier or more hectic weekend than that of the Autumn Fair on 17th September which was immediately followed by the Great North Run on the 18th. With 15 stalls, hundreds of customers at the Fair then 20+ runners at the Great North Run, we had 48 hours of 'running about' one way or another. Both events were hard work but worthwhile: the Autumn Fair raised about £5,000 and the Great North Run will certainly have raised well over £5,000 when all of the sponsorship is in. The 'Chaplains on the Run' team alone have raised over £2,200 and money is still coming in from their many friends and supporters. There's more on the GNR inside as you will read so I won't steal anyone's thunder here (thank you Rachel).

Our Autumn Fair (full report & photos inside) was once again a resounding success and our Patron Denise Robertson was as usual incredibly generous, chatting to everyone as she went. We really are very fortunate to have her as our patron – I just wish she would tell me the secret of where all her energy comes from. Thank you to everyone who helped at the fair – you should all have had a personal letter from us and if you have not, please let me know so that I can amend our records.

You will find a report inside from John and Susan Harty on the British Transplant Games in Belfast. Our 'liver' competitors John

Leveson and Marjorie Batey did extremely well with 6 golds and 2 silvers between them! Marjorie is always sponsored for the games and this year raised a magnificent £1000. Well done Marjorie and everyone else who participated.

I could write lots more here but I do need to say a bit about our new editor Fiona. I am sure you will agree, she made a brilliant job of the last issue and from what I have seen of this issue, she is proving to be a very capable editor. The task is not easy and is a major undertaking for anyone, even more so for a busy working mum, so well done Fiona and thank you.

Just before I finish, you might like to know that the Institute of Transplantation at the Freeman Hospital 'went live' on 31st October. Only cardiology have moved at present but still a first for our region and for the UK. All other organ transplantation services will be in place by Spring 2012.

I hope to see many of you at the Carol Service on 11th December and/or at the Christmas Dinner on 14th. If not, look after yourself, keep well and have a happy and healthy Christmas and New Year.

Best wishes

John Bedlington

In Memoriam

Brenda Rathbone

We are very sad to announce that Brenda died in July 2011. She had a transplant some years ago but unfortunately suffered from various infections and other problems and was listed to have another operation.

Brenda was a lovely woman, with a caring and compassionate nature. She and her husband, Bill, fostered many children who found a loving home with them.

Brenda was diagnosed with PBC and for quite some time was an active member of the lunchtime meetings. Living in Middlesbrough meant getting to the evening meetings was difficult, but Brenda contributed in other ways by making items for the Fair, having her family take part in various fund raising activities and generally always being a great supporter of the group. Bill writes that Brenda considered us all her good friends and enjoyed the meetings. She also enjoyed visits to the Freeman clinic and Ward 12, where she made some lasting friendships.

We extend our sincere condolences to Bill, Kirsty and the rest of Brenda's large and loving family.

Peter Cotterill

In the last issue of the newsletter there was an article from Peter on his Radio Newcastle interview. We also told you that Peter had agreed to join the LIVERNORTH Committee. Sadly, Peter died on 17 August. His death was very sudden and was shocking to his family and his fellow committee members. Although Peter had only been involved with the group since October 2010, he had played a very active part. He spoke at the 2010 Carol Service, personally raised over £1,000 for the art auction, his firm donated £8,000 to our programme and his son Gary's girlfriend decided to run in the Great North Run as one of our runners. He also took part in a television programme and the radio programme and was willing to speak to anyone and everyone about his disease. The donation from his firm speaks volumes about the regard which the firm had for him, and this is reaffirmed by their donating a further £3,000 in his memory.

Peter was a very honest, genuine man, his integrity shone through. He was one of life's true "gentlemen" and we were privileged to know him. He thought a lot about LIVERNORTH, and we thought a great deal of him. Peter had many strings to his bow, and was involved in many fund raising activities outside of LIVERNORTH over many years. Our deepest sympathy goes to Janet and his two sons, Paul and Gary.

(Following Peter's death his family kindly asked for donations to LIVERNORTH in lieu of flowers.)

Letters

Dear LIVErNORTH,

Just a few lines to say I look forward to your newsletter and to say thank you for all your hard work and support for liver patients and their families - keep up the good work. I have enclosed £10 towards the fund. I also bought the DVD last year and found it a great help. Thank you

PF
Sunderland

Dear John and Joan,

We both send our best wishes to Fiona Hale for taking on the editors job. We were at a wedding on the Saturday of the Autumn Fair, we are sorry we couldn't do our stall at the fair. Many thanks

J&SH
Gateshead

Dear LIVErNORTH,

Please find enclosed raffle stubs and a cheque which includes a small donation. Many thanks for all you do for transplant patients and families.

M&DY
Tyne & Wear

Dear John & Joan,

I can't emphasize enough, our thanks to you both. The sheer relief of not being on our own was indescribable. I am enclosing a cheque for the benefit of Livernorth and will do what I can to see that people in this area get to know about your support group. Could you please put us on your newsletter list as I haven't laughed so much in years as over Helen's Howlers.

Regards
S&CA
Stockport



LIVERNorth Meetings 2012

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

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

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

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

8 Feb 2012	7.00 pm	Professor Julia Newton: A new therapy for fatigue - Rituximab
14 March 2012	7.00 pm	Dr Helen Reeves and Liam Cornell: Liver Cancer update
9 May 2012	7.00 pm	Professor Derek Manas: Transplantation
13 June 2012	7.00 pm	Dr Mark Hudson: Primary Sclerosing Cholangitis
18 July 2012	7.00 pm	Dr Kieren Hollingsworth and Dr Mike Trenell
19 Sept 2012	7.00 pm	Speaker to be arranged
29 Sept 2012	1.00 pm	LIVERNORTH Annual Fair
24 Oct 2012	7.00 pm	Professor David Jones
9 Dec 2012	2.30	LIVERNORTH Carol Service, Freeman Chapel Coffee/tea and mince pies served afterwards
12 Dec 2012	6.30 for 7pm	LIVERNORTH Christmas Dinner Freeman Dining Room

PBC Diary Dates for 2011-2012

Wed 23 Nov 12 – 2	Freeman Hospital, Postgraduate Functions Room, Level 1 Speaker: Prof Julia Newton
Wed 4 Apr 12 - 2	Freeman Hospital, Postgraduate Functions Room, Level 1
Tues 29 May 12 - 2	Sunderland Royal Hospital Bede Main Conference Room
Date to be confirmed	Bishop Auckland General Hospital
Tues 13 Nov 1 - 3	Freeman Hospital, Postgraduate Function Room, Level 1. Please note the change of time - this was the only slot I could book in November.

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

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

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

Tilly Tattle

By the time you read this we will be into November and Christmas will be looming up. As I write it, I think, goodness I had better start thinking about writing cards and buying some gifts – then I remember I am writing in the early half of October and I calm down. Of course that is not always a good thing as I then forget about the fact that some of my cards and gifts go overseas so I do need to get on with them. I am sure we are all in the same boat.

As you will see in other parts of the newsletter, we had a very good day on 17 September when it was our Annual Fair. Our thanks to all who helped in any way, and also thanks to those who sold tickets at the Freeman Hospital for the raffle.

We also had a good day on 18 September when it was the Great North Run. Joan and John and I went to South Shields to try and see our runners come through at the finish. It is crowded and very difficult to see people but we did manage some, as you will see from the photographs. We were standing outside the metal fence and when we saw any of our runners we shouted their names and waved at them. Seeing the look on their faces as they heard their names and realised it was them we were shouting at was quite funny. We had 25 places, although one or two people had to drop out at the last minute due to health problems. Our sincere thanks to those who did take part and we are very grateful to you – apart from the sponsorship money it also raises the profile of LIVErNORTH. Rachel Goodall has written an account of her day which is very touching. Rachel had planned to run because Peter Cotterill was the father of her boyfriend, Gary, and she wanted to run for him. Sadly, Peter died in August but Rachel decided to run in his

memory. We are very grateful to her. Next year Paul, Peter's elder son, is hoping to get a place so Rachel has inspired him.

Our Carol Service and Christmas Dinner take place in December. Booking forms for the dinner were in the last issue of the newsletter, so please do get your booking in to Julie Pyburn. The dinner is always a very good night with a splendid meal provided by the Freeman Catering Department. We always have a quiz, provided by John Bedlington, which is great fun and involves quite a bit of, how shall I put it, helping each other/collaboration/or even downright cheating, but it is all done in a great sense of fun.

The Carol Service is a lovely afternoon when Nigel Goodfellow, the Freeman Chaplain and a Governor of LIVErNORTH, provides a thoughtful service. We have carols, readings, stories, and Christingles (oranges which are decorated to represent the world and Jesus in the world). Last year, for the first time, we had a new soloist, Helen Abela and her friend Gillian who accompanied her on the piano. Helen and Gillian are both teachers and have decided to put their musical expertise to good use by offering their services for weddings and other occasions. (Details of how to contact them are given elsewhere.) After the service we have tea, coffee, orange juice and mince pies which round off the afternoon beautifully and give people a chance to chat. The service begins at 2.30 and the afternoon finishes by about 4pm so please do try to come along and join us.

The dates for next year's meetings are now listed and some of the speakers are booked, but the diary will be complete by the time the first newsletter of 2012 comes out. Please do make a note of these dates.

Finally, I would like to take this opportunity of wishing everyone a happy and reasonably healthy Christmas and New Year.

Tilly

PBC Volunteers!

I received a very exciting email from Professor Dave Jones, and he asked me to put it in the newsletter. Dave asked me to spread the word about the study which is open until the end of the year. As requested by him I have passed this on to those PBC people for whom I have an email address.

Dear Tilly,

Can I let you know that we are now open to recruit patients in a new and exciting trial in PBC.

In essence the drug is one that blocks the “postcode” which sends cells of the immune system into the liver and which then damage the liver. This is therefore a very novel way of treating the disease in a very specific and targeted way (the rest of the immune system is left uninjured).

This is an open-label study which means that there is no placebo arm (ie everyone gets the active drug).

The main entry criterion is to have received UDCA (Ursodeoxycholic Acid) but to still have abnormal blood tests after it. Unfortunately, we can't include people who have had a transplant (because of the protocol). There is no upper age limit, which is a real step forward. There are a number of other criteria around liver blood tests which we would be happy to discuss with people. This is a blood-test based study so there are no biopsies.

We are also, of course, interested in the impact on symptoms.

Could you possibly spread the word about the study (which will be open until the end of the year for people to join). Either Sam or I would be happy to chat to people about it and arrange for more information to be sent. Our contact details are:

Prof David Jones
Tel 0191 22225851
Email david.jones@ncl.ac.uk

Sister Sam Ducker
Tel 0191 22227887
Email sam.ducker@ncl.ac.uk

Best wishes,
Dave

This is very exciting, and comes at a time when we have several studies in the pipeline. Things are really moving in the PBC research world and it is great that we have such a wonderful team at Newcastle. Tilly

Numbers Club Results

14 Sept:
£250 won by Mrs E Clayton of Houghton le Spring with number 53 drawn by Dr Mike Trenell.

26th Oct:
£250 won by Mr A Bailey of Chester-le-Street with number 26 drawn by Professor David Jones.

Report of a talk by Jeremy French

For those who missed it, here is a summary of the talk given by Mr Jeremy French at the LIVErNORTH meeting, July 2011.

2-stage liver transplantation in fulminant hepatic failure

Firstly a little bit of nomenclature. Fulminant hepatic failure can be classed as an individual becoming encephalopathic within 2 weeks with the onset of jaundice. Sub-fulminant hepatic failure is an individual becoming encephalopathic within 2 weeks to 3 months after the onset of jaundice and late onset hepatic failure in encephalopathy developing 8-24 weeks after the onset of jaundice.

The term 'acute liver failure' however is now used, as it is the standard nomenclature used to compare survival rates. Hyper-acute liver failure is within one week (encephalopathy from the onset of jaundice), acute liver failure is 8 days to 28 days, and sub-acute liver failure is 29 days to 12 weeks.

What we know is that the immediate allocation of a donor organ is not always possible for the majority of patients who are waiting liver transplantation. This is especially for those individuals who are severely or acutely ill – in fulminant hepatic failure. In these situations it may be helpful to have other bridges to liver transplantation until a suitable donor becomes available.

Bridging

The definition of bridging is to provide adequate liver function and maintain the patient until recovery of native liver function occurs or until a graft is found. The problem is that the liver has many diverse functions (metabolic, immunological, and physiological) and therefore the task of developing a simple useable device represents a major challenge. This is not withstanding and countering the effects of the 'toxic liver'.

So what bridging techniques do we have at the moment? Bio-artificial support devices, artificial support devices and hepatocyte transplantation are not yet available. Heterotopic auxiliary liver transplantation has been attempted but this is not a possibility. Auxiliary partial orthotopic liver transplantation is perhaps a possibility. This is where the majority of the failing liver is resected and a liver graft is placed orthotopically. When the diseased liver recovers, immunosuppression can be stopped and the graft then perishes. Clearly the issues here are that a graft is still needed and the indications for such a procedure are those where there is a chance of liver recovery – for example Paracetamol overdose. In summary, there are no effective bridging techniques at the moment.

Case study

This is a case study to highlight some issues in 2-stage hepatectomy.

An 18 year old male who had had a Paracetamol overdose presented to a District General Hospital 48 hours after the overdose. He was transferred to the Regional Liver Unit for further management. He became encephalopathic and required organ support. He met the criteria and hence was listed for a super urgent liver transplant. Unfortunately a liver did not become available immediately and his physiological parameters deteriorated. The problem is that a failing liver is actually extremely detrimental to a patient. This is the 'toxic liver syndrome'. It is classified as complete liver necrosis associated with cardiovascular instability, renal and respiratory failure requiring vasopressor support, haemodialysis and mechanical ventilation.

The options to the clinician team are to leave the liver in or to perform a hepatectomy. You may think that the choice is obvious if this liver is causing damage. The problem is if you perform a hepatectomy then the clock has started in that a patient can only survive for probably a maximum of 72 hours in the anhepatic (no liver) phase. Therefore if the team performs a hepatectomy without the knowledge of a graft becoming available, while the individuals physiological function may temporarily improve when the diseased liver is out, this is being performed with the hope that a liver becomes available and can be transplanted into this patient.

This is obviously a very difficult decision and one that is not taken lightly. In fact, a survey of the experience across all Liver Transplant Centres suggest that Clinicians would require the knowledge of a graft becoming available prior to performing a hepatectomy.

Conclusion

We know that toxic liver syndrome must exist. If the toxic liver is excised there can be major temporising affects such as haemodynamic stability, control of massive haemorrhage and re-establishing cerebral auto-regulation. A safe anhepatic period is unknown, but below 24 hours appears to be a safe guide. Having a graft in the offering seems to be a very frequent situation, but is not a prerequisite all cases reported.

As in many things in medicine and surgery this is a judgement call. The question you have to ask yourself is, 'Is it worth taking this liver out?'. Quite frequently, there can be a very fine line between this being the correct or incorrect answer.

Bishop Auckland PBC Meeting

We had our annual LIVErNORTH PBC meeting at Bishop Auckland Hospital on Tuesday 20 September. We were limited to 12 – 1.50 as another meeting was booked in for 2pm. Booking for the room at Bishop is now more difficult as I cannot make the booking until April and I found I was in a queue to get through to the bookings people. However, they were very kind and took time to go through the diary trying to find me a spot. Eventually they offered me this one if I could definitely be out of the room by 1.50, so I took it gratefully.

Prof Julia Newton gave a very interesting talk on the Rituximab trial which will hopefully take place from June 2012. This is going to be an infusion and it is hoped that it will help to combat fatigue. As fatigue is one of the biggest problems for people with PBC it would be wonderful if this did work. We are keeping our fingers crossed. Dave and Julia will be starting to recruit from about February 2012.

I mentioned that it had been tried for people with Sjorgren's Syndrome and this lead us down another avenue. Sjorgren's causes dry eyes and dry mouth which can be treated with drops and sprays, but Julia also mentioned dryness in other parts of the body where it is possible to treat with creams or pesseries. If you do have problems with this and have Secondary Sjorgrens, please do mention it to your consultant. Amid much laughter we also covered bowel and bladder problems.

We had a new woman at the meeting, who came with her daughter, and as always we had a lot of our regulars from the Bishop Auckland area, as well as the people who travel down from the Newcastle area. Our meetings are always friendly and very informal. If you have not managed to come to one before, please do think about giving it a try. Apart from the social time we learn a lot from our consultants which could not be covered in the clinic. Our next meeting is at Newcastle on 23 November, 12 – 2pm.

I would like to take this opportunity to thank Julia and Dave for their help with our group. Year after year they turn up at the meetings and keep us up to date with what is happening with PBC. Thanks also to Chris Elliott, the Occupational Therapist, who gave our first talk in 2011. We are grateful to all of them.

Tilly

Transplant Thanksgiving Service

This year the Transplant Thanksgiving Service took place on Sunday, 13 November at St. George's Church in Jesmond.

The service is open to all, transplants, donor families, friends, relations, anyone who is interested. It is always a very moving occasion and a time to come together with all the different strands of transplantation. Nigel Goodfellow, the Freeman Chaplain and a member of the LIVERNORTH committee, conducts the service which is organised by Lynn Robson and the Transplant Co-ordinators.

St. George's is a beautiful church and the vicar and staff make us very welcome. During the service we have readings, hymns and various people speak of their experiences. We usually have the Ravenswood Singers, under their conductor Joan Trainor, who sing beautifully and definitely add to the event.

After the service, refreshments are served in the church hall just across the way from the church. This is a lovely opportunity to catch up with old friends and to meet new ones. If you have had a transplant I would definitely recommend you come to the annual service – if you have not had a transplant but would be interested you are very welcome. We transplants have so much to be thankful for, and it is good for the donor families to see how grateful we are to them and their loved ones.

Tilly Hale, 12 years past July since my transplant and very thankful.

Entitlement to free prescriptions

Undergoing transplant and anti-rejection medications are not included in the entitlements to free prescriptions in the UK. However, if you are in receipt of high rate care/mobility component of DLA you can apply for free prescriptions using form FP92A (prescription charge exemption form). On form FP92A there is a question asking if you have 'a continuing physical disability which means I cannot go out without the help of another person'. This would apply if you are in receipt of high rate DLA.

PBC DVD

The PBC DVD continues to be popular. I am still sending out copies on a regular basis and getting very positive feedback. People throughout the UK, Europe, Canada and the USA now have copies. (We have a North American version – same DVD and people, but set up for their DVD system.)

When we first started to talk about the DVD we really had no idea that it would be so well received and that so many people would contact us. When I get the requests I often wonder how people have heard about it – obviously we know that LIVErNORTH people read about it in the newsletter, but we do wonder where some of the other people read about us – the wonders of modern technology no doubt!

We continue to be very grateful to Harold Hueston, the widower of Hannah, who donated the initial £3,000 to start it.

Anyone wishing to have a copy, please just phone or email me.
Tilly Hale, tilly.liveliver@gmail.com,
01670 714901

Carol Service

READERS NEEDED!

As usual the Carol Service will take place in the Freeman Chapel at 2.30 on Sunday 11 December.

I will be looking for people to read Bible passages, and also people to tell their story. If you feel you would like to take part with either of these please do get in touch with me. You don't have to be a churchgoer to come to the service or to take part – the service is for LIVErNORTH members and friends and family, and anyone can be involved. Everyone is welcome and it would be lovely to see you there. It is a very informal service, and we usually have several small children there so you will realise it is not a case of having to be “on your best behaviour” – in fact some of the best moments have been when the children (and some of the adults) were definitely “not on their best behaviour”.

We end with coffee, tea, orange juice and mince pies, and a chance to have a natter.

Tilly

Help, I've entered the Age of Thingy!

Plans to make fish oil compulsory for children to boost brainpower and memory are a great idea. Only one problem; who is going to remind mothers to give it to them? After years of waiting for that post-natal brain fog to lift, I have come to a sad conclusion. It's not coming back. My memory, that is. I used to have a wonderful data-retrieval facility that swooped on a fact instantaneously and brought it back to me. These days I seem to have an elderly librarian in slippers inside my head, I think his name is Roy. When I try to remember something, Roy shuffles off to the relevant file. Sometimes he is gone for quite a while – pausing for a cup of tea perhaps, or a Twix. I appreciate Roy's efforts, but I wish he would get a move-on when I'm in the supermarket trying to drag up the identity of the stranger who is talking to me. My friend Miranda, a busy mother of four, says she gets so forgetful she is scared she has Alzheimer's. We agree ruefully that we have entered the Age of the Thingy. You know, the Thingy. The Thingy is hiding somewhere in the room you have just entered. If you keep quiet and stand very still there is a possibility you will remember where you put the Thingy. Of course, one option is to choose a safe-place where you keep the Thingies you are afraid of losing. However, it is the First Law of Thingies that once the Thingy is in its special place, the exact location of the Thingy Place will immediately slip your mind. Thus, you may find yourself tearfully confiding to your life partner: "I know I put the Thingy in the Thingy, but I can't remember where the Thingy is".

So me, I'm off to get my fish-oil patches. Apparently they're called....Anyway; you can get them at this chemist called....You know, the one next to Mark & Whatnot.

I don't know who passed this to me, but I found it in one of the bags of items given to me for the Fair. I read it with great amusement as I recognise myself there, and I am sure many of you will also recognise yourselves!!! Tilly.

The Joy of Christmas Turkey

On the 1st Day of Christmas, my true love said to me
Let's go out and buy a Turkey, and a Christmas Tree.
On the 2nd Day of Christmas, much laughter could be heard,
As everyone was tucking in, to this thirty pound Turkey bird.
On the 3rd Day of Christmas, we had people from next door,
And still the Turkey tasted just as good, as it did the day before.
Day four, relations came to stay, with poor Gran looking so old,
We finished up the Christmas Pud, this time with Turkey cold.
On the 5th Day of Christmas, outside was cold and flurried,
But we were nice and warm inside, we had our Turkey curried.
On the 6th Day of Christmas, I must admit, the joy of Christmas died.

Annual Cricket Match

The annual cricket match between the Doctors and the Transplant Patients took place on Monday 14th August at the Blue Flames Sport Centre, Longbenton. The game finished with the Transplant Patients winning by only one run: 85 to 84.

The patients team included kidney transplantees as well as liver transplantees. Simon Lloyd presented the Ross Taylor Memorial Shield to Graeme Appleby. After the presentation the two teams, together with their families and friends, enjoyed a lovely buffet which was arranged by Pam Yanez and her kind friends.

Susan Harty and Jossie Hogg once again organised the raffle, which made a grand total of £151.00. A big thank you goes to everyone who brought prizes on the night.

We would also like to thank the Blue Flames Sports Centre, Pam Yanez and her friends, Susan Harty, Jossie Hogg, Simon Lloyd for being the umpire on the night, and the Doctors, who, as we all know, work so hard at the Freeman Hospital and the RVI but give up their own time to take part, despite their busy schedules.

Anyone who would like to play for the patients team next year please watch out for details in the Spring issue of the LIVERNORTH and Tyneside Kidney Patients newsletters.

John Harty

TSUK BTG Transplant Games 2011

The 34th British Transplant Games were held in Belfast from Thursday 4th August until Sunday 7th August. The opening ceremony took place in the city centre. At 6 p.m. on the Thursday night, approximately 600 athletes marched from the City Hall to the Waterfront Centre, where they were entertained by Irish dancers a local pop group known as The Blackberrys.

During the four days, many events were organised including fishing, ten pin bowling, golf and many more. Each night arrangements had been made for social events such as darts, with entertainment and refreshments included.

A full day of athletics at the Mary Peters Stadium was scheduled for Sunday. The weather was so hot everyone used factor 50 sun cream for protection

against sunburn. To close the games, the Gala Dinner was held on Sunday evening at the King's Hall just outside of Belfast. A total of 1400 people were served a three course meal and were entertained by a local group known as The Untouchables. The Lord Mayor of Belfast together with the World Champion Super Middle Weight Boxer Brian Magee presented various trophies to the athletes.

The games are held in a different city each year to demonstrate the benefits of organ transplantation, raise awareness of organ donation and celebrate the Gift of Life through transplant. Following the games in Northern Ireland, the number of potential donors on the Organ Donor Register has reached half a million.

Well done Belfast - what a fantastic British Games. Everyone was made so welcome. The Irish know how to party!

Thank you to everyone involved in the organisation of the games and to all the transplantees who were willing to participate.

John Harty (Liver recipient), Susan Harty (Games supporter)

MEDAL WINNERS, TRANSPLANT GAMES 2011

Kidney recipients:

Alex Crawley	Gold	Ball Throw
Susan Anderson	Gold	Ten Pin Bowling
Dave Lee	Bronze	Volleyball
Ian Gill	Plate Gold	Snooker
Amy Alison	Silver	Archery
Laura Tough	Silver	3K Walk
Laura Tough	Bronze	Ball Throw
Denise Baker	Silver	Swimming 100m Free Stroke
Denise Baker	Bronze	Swimming 50m Butterfly

Liver recipients:

Marjorie Batey	Gold	Archery
Marjorie Batey	Gold	Disc Throw
Marjorie Batey	Gold	Ten Pin Bowling
Marjorie Batey	Gold	Shot Put
Marjorie Batey	Silver	Ball Throw
John Leveson	Gold	Cycling Time Trials
John Leveson	Gold	5K Walk
John Leveson	Silver	Cycling Road Race

Well done to everyone who participated in the games - you are truly inspirational

Marjorie at the Transplant Games

In August I went to Belfast and competed in my eleventh Transplant Games. I met old and new friends and had a wonderful time. The Irish are very friendly people and made us very welcome. We were kept very busy competing, socialising and seeing new things.

I won four Gold medals and one Silver medal.

Some of you know that I was raising money for LIVErNORTH for all the activities it is involved in. I raised £1,000 which I presented to John Bedlington at the meeting in September. Thank you to all of you for sponsoring me again – as we know, this is a very worthwhile cause and I am pleased to be able to do my bit.

Marjorie Batey

(Marjorie is a great ambassador for both LIVErNORTH and the Transplant Games, and truly a wonder-woman. She has raised funds for the group each time she has competed and has always come home with a bunch of medals. As in previous years, Marjorie saw an opportunity to raise money for LIVErNORTH through sponsorship of her participation, which resulted in a magnificent £1000.00 being raised. This makes a grand total in excess of £6100.00. Many of Marjorie's sponsors also agreed to Gift Aid, which can increase any sponsorship or donation by at least 20%. Well done, Marjorie, and thank you for all your efforts on our behalf.)

British Transplant Games 2012, 23 -26 August

Next year the games are to be hosted in Medway between the Olympic and Paralympic Games.

Details can be found at:
email:

www.transplantsport.org.uk
btg@mls.gb.com

***Why not join us? Deadline for entries: 31st May 2012
Don't miss out!***

Great North Run 2011

It is a warm September morning and I'm getting dressed for the Great North Run. I have butterflies in my stomach with nerves and excitement, but also feel a sense of emptiness like a lake with no water. I'm doing the Great North Run for a family member, to support the charity he used, but unfortunately three weeks before the run he died. This person was very special to me. He was my boyfriend's dad, and we had a great relationship. He treated me like his own, and I want to keep his legacy alive by helping others. I am applying for university to become an adult nurse and branch into transplants, which will make him very happy.

The journey to the event seems to take a while. I think to myself, what will be there? It all seems really now out of my control. My boyfriend tells me where to meet him at the finish line as it will be like trying to find a needle in a haystack.

I start to walk across the huge boggy field that will lead me to the start line. I pin my race number to my t shirt and prick my fingers a couple of times, as the pins keep slipping between my fingers because my palms are sweaty with nerves. Just as I have finished putting the last pin on my t shirt, the song "Don't stop me now" comes on really loudly and suddenly I don't feel nervous anymore, I feel excited - it's overwhelming.

As I am approaching the end of the field, I can see a sea of people through the trees. I walk over a small stone bridge that is packed with photographers, camera men, and members of the public, like animals in a battery farm, and there it is, the thousands upon thousands of people waiting to run below me, All runners have brightly coloured tops on and it is like looking at a rainbow, the reds, blues, greens. It is an amazing sight.

I hear an announcement that it is time for the big warm up, so I hurried along through all the people, getting pushed from one side to another, to go and find my zone ready to start the race.

I walked along past all the barriers thinking how many people were there, amazed by all the different charities. Finally I find my zone pink. I climb over the barrier and throw the old jumper I had to keep me warm, ready to start the race.

We do lots of different stretches. Some people who look like professional runners don't join in - it doesn't look cool I suppose. Then the man who is starting the Great North Run, a champion athlete Mo Farrah, wishes everyone good luck and fires the gun.

As I'm near the back I don't seem to move for a little while, then suddenly we're off. All you can see in front of you is a wall of people's heads bobbing up and down, then you see the big blue banner. It's the start line, I feel a sense of fear and anticipation for the long journey ahead

but also pride, as I know my boyfriend's dad will be looking down on me keeping me going.

The first couple of miles seem to go easily as the crowd and the runners keep you going, but I start to get a stitch in my right rib at about five miles. I know what this pain is like and know it will take a while to go away, This is when I start to lose my enthusiasm and I turn on my music, The first song is "Candy man" a really upbeat song so I swig some water and up my pace.

Whilst I am running I see people of all ages and sizes. I see a very elderly man and think to myself, come on if he can do it I can do it. I feel quite content. Then, there above me, the dark clouds seem to loom overhead. Knowing it is going to rain, I keep going and feel elated to see the seven mile sign. Over half way now, I think to myself, then - bam - it hit me like a ton of bricks, heavy rain beating down on my face so strongly that it affected my vision, but it was also a relief as it has cooled my body down. I can't just give up because of some rain.

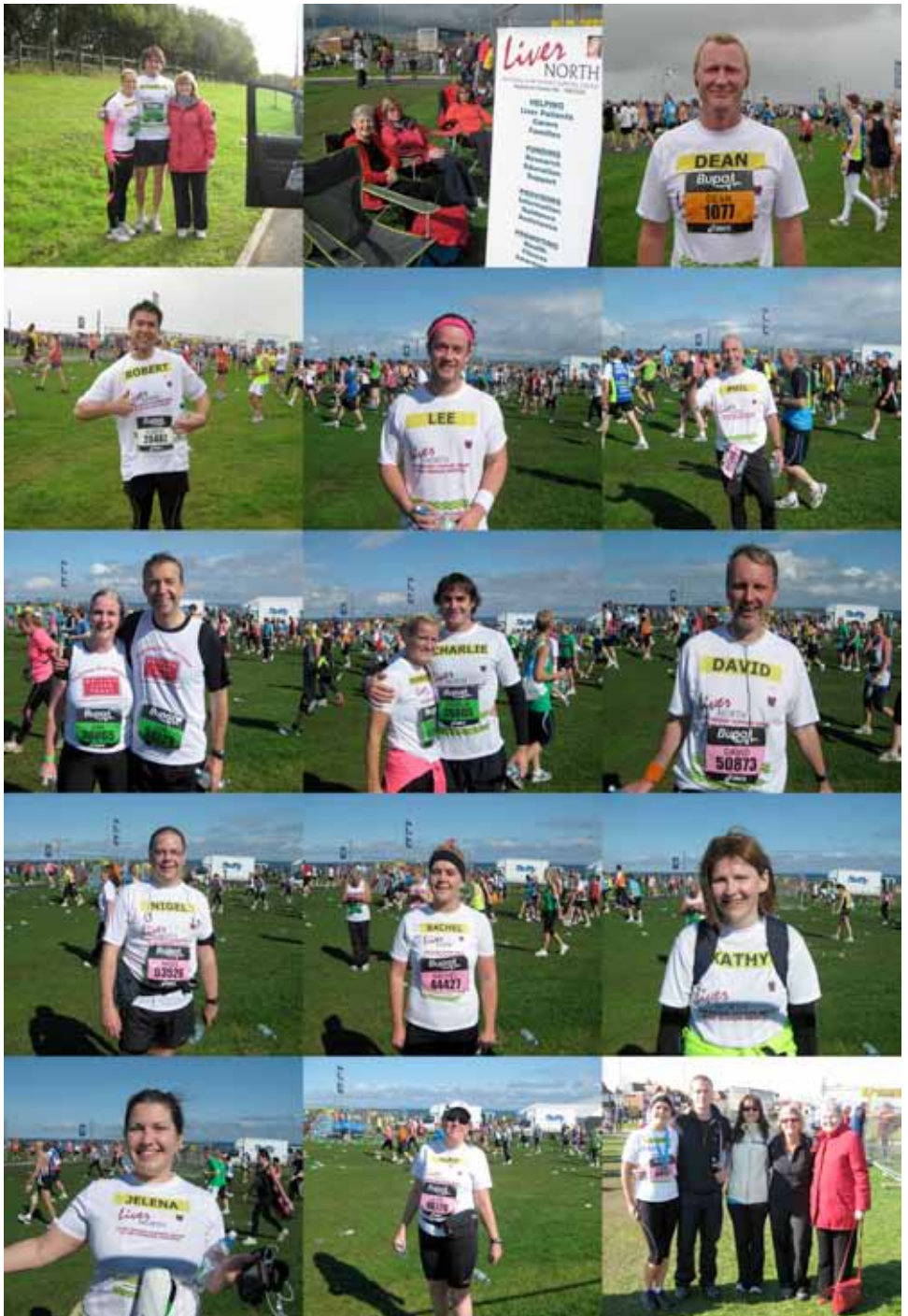
I'm at eleven miles now and my thigh muscles are really starting to hurt. It feels like a burning sensation, but I keep pushing myself. My body is exhausted and I feel like the finish line is never going to come. I keep running and there it is, the twelve mile sign, and I am on the beach road. This is it, I think, just one more intensely painful mile.

The last mile seemed to be a blur like it was a vivid dream, I am so tired and in pain. I didn't care about the people cheering me on anymore. Then 800m. I change to my last song to give me a boost to get to that long-awaited finish line. I choose Queen "Don't stop me now". Here we go, 400m. I start to scan the crowd to look for my family, face after face that I don't recognise, then there it is, the glorious finishing line. It looked heavenly, and I see my family screaming, "Yay, come on Rachel," so I stagger to the finishing line dragging my legs, so relieved, tired, happy, sad, and go on to collect my medal and a well-deserved chip butty.

This has been the most physically and mentally challenging event of my life, but I'm going to do it all again next year. I feel so proud to have done this event, but even more proud that I have helped to change people's lives with research. I am going to keep on going for Peter as he found comfort in LIVErNORTH, which I am eternally grateful for.

Rachel Goodall

Liver
NORTH
Patron: Denise Robertson MBE
Registered Charity No. 108722£



The Annual LIVErNORTH Fair

The Fair took place on 17 September, and fortunately it was a dry and fairly sunny day. It is always a worry as to what the weather will be like and we wake up every year and quickly take a look at what is happening outside.

The stall holders and helpers began arriving at 10am to get set up. We rely on the porters to provide extra tables in the Functions Room and this year they had managed to find enough for our various stalls. The first task is to arrange the tables and get them covered with paper tablecloths which makes them look so much nicer. We also rearrange the seating so that more people can sit down than with the usual layout.

Elsie Clayton, her sister-in-law Marjorie, and Julie Pyburn soon had the refreshments organised. This is greatly appreciated by all the other people as it is so nice to be able to get that "cuppa". Joan Reed and Joan Humphrey joined them soon afterwards and the kitchen was in full swing, providing lots of goodies to eat, as well as the tea and coffee.

Our patron, Denise Robertson MBE, arrived a little before 1pm and the Fair opened on time with a lovely introduction from Denise. As always, she visited every stall, buying goods, chatting to the workers, and also chatting to many of the people who had come to the Fair. She encouraged everyone to dig deep and spend! We are very grateful to Denise, who really does give us marvellous support. Lucy and Charlotte Diamond presented Denise with vouchers. When she first began to open the Fair we gave her flowers and gifts but Denise said she would prefer not to receive gifts but for us to save the money. This is so typical of Denise, who is patron of over 35 charities so we decided to give her vouchers which she could either use herself or pass on to some of her other groups – we know which way they will be used!

We had the usual range of stalls, but this year Susan and Richard Hall provided a blue teddy and a pink teddy for the Name the Teddy stall. We also had a Magician, Simon Hastings, son of transplant patient Dave who runs the Chocolate Tombola – this was a real novelty and the children (and many of the adults) were fascinated to see the various tricks. Charlotte and Lucy had their Toy Stall – the girls are very kind and donate so many of their toys. We feel sure their bedrooms must be very tidy after the Fair!

On the day, along with the Grand Draw, over £5,000 was raised – of course we had to take off the £500 for the first prize in the Draw, but all the other prizes had been provided free by various local firms. The tombola had over 260 prizes, again all of these were provided free. The bakers had done a tremendous job making cakes, scones, samosas, and soup. The toiletries were their usual high standard. The craft stall had some lovely items and was a great success. This year, for the first time, we had LIVErNORTH Christmas cards – these were painted for us by the son of our auditor, Dave Inch, and we are very grateful to him. Cards are still available at £2.00 for 6 – two designs of three per pack. The bric a brac stall was enlivened by Debbie Lovell modelling a nightdress and a hat - this was very funny and hats off to Debbie for being willing to get dressed up. Normally the stall is run by Dorothy Milburn and her sister, Joan Humphrey, but Dorothy was ill just before the stall and was not able to attend. We are glad to say she is making good progress and we hope to see her back at the meetings before too long. The chocolate tombola, the Key in the Door game, Name the Teddies, Guess the Weight of the Cake, all helped to make the Fair a fun day, as well as raising funds for our group. We also have two very young helpers who work on the jewellery stall and the tombola – Hilda



LIVERNEWS



Travel Pass

How many of you have thought “I cannot be entitled to help because I work full time or even part time”?

I felt the same myself for years. I retired from full time work when I was 50 years old. I am now 55 so that was some time ago. Whilst trawling through leaflets in the local Nexus Travel Office I found an application form for a Disabled Bus Pass and thought to myself that it would be lovely to save myself £1000 per year if at all possible. See the following extracts from the form:

Everybody applying for the Concessionary Travel Scheme on the grounds of disability has to be initially assessed by the Social Services department of their Local Authority. You should, therefore, contact them for advice on what you need to take with you. Telephone numbers are:

- Gateshead - 0191 433 8800
- Newcastle - 0191 278 8100
- North Tyneside - 0345 200 0101
- South Tyneside - 0191 483 7538
- Sunderland - 0191 520 5510

If you are eligible for a Concessionary Travel Pass, you will be given a Confirmation of Eligibility form.

If you have one of the following types of disability and live in Tyne and Wear, you may be entitled to a Concessionary Travel Pass:

- Blind or partially sighted
- Profoundly or severely deaf
- Without speech

- Have a disability or suffered an injury which has a substantial and long term effect on your ability to walk
 - Do not have arms or have a long term loss of the use of both arms
 - Have a learning disability.
 - Someone who has been, or would be, refused a driving licence on certain medical grounds
- If you attend work or college for at least 15 hours a week, you can apply for an All Day Concessionary Travel Pass, which can be used at any time. This entitles you to travel
- free of charge on buses in Tyne and Wear from 9.30am Monday-Friday and all day at weekends and on public holidays.
 - free anywhere else in England on local buses, between 9.30am and 11.00pm Monday to Friday and all day at weekends and on public holidays.
 - for 60p on the Shields Ferry from 9.30am Monday-Friday, all day at weekends and on public holidays
 - for 50p on Northern Rail services between Newcastle and MetroCentre/Blaydon from 9.30am Monday to Friday, all day at weekends and on public holidays.
- So all I needed was a Confirmation of Eligibility form. I needed to visit my local Customer Services counter in the Rent Office on Park Road in Wallsend. I was handed a copy of the form and asked to complete my details and the name and address of my GP and hand it back in when I had finished. There is a line asking about your illness and what difficulties you have to entitle

you to the pass. I wrote Primary Biliary Cirrhosis and that on a bad day I could not walk very far. I fully expected to be told that I was not entitled to the pass but instead I was contacted to say that my doctor had confirmed my details and that I could pick up my form and apply to Nexus for my new pass. When I was offered a part time job of between 16 and 20 hours I applied with a letter from my employer to have the pass upgraded to an All Day concessionary pass. I duly took the letter to the nearest Nexus Office with an application form stating the change I needed. The counter staff young lady took a look at the letter and sneered "You will be lucky if you get that." I kept my cool as it was not up to her and left her with the paperwork. Some weeks later my new All Day pass popped through the door. I have worked full time all my life and was unaware that I could have applied for this pass at any time during my illness but sheer pig headedness prevented me from even trying. I could have saved myself a fortune. I now have a disabled rail pass too and am not frightened to check out any more entitlements I may have missed.

Check out the following website for the full application form and information on the pass itself. You will find information on a Metro Gold card as well.

www.nexus.org.uk/disabledadult

You may also be eligible for a disabled rail pass.

Margaret Bickle

Wedding Singer

Those of you who attended last year's Carol Service will remember that Helen Abela, a member of LIVERNORTH, provided our solo. She was accompanied on the piano by her friend, Gillian Richardson.

Helen and Gillian have decided to make their hobby public, and have given me a short biography.

Helen and Gillian have been friends since university.

Gillian is an accomplished pianist and musician. She started her music career as a child, where she played professionally in orchestra settings. She is now a primary school teacher and runs a successful choir and a steel pan band.

Helen has sung all her life. She has taken lead roles in musical shows and performed as the soloist during a Youth Mission Festival in St. Albans, before 10,000 people. She is now a primary school teacher and also runs a choir.

Together they can provide music for special occasions – any musical genre is possible although maybe best for classical or ballads (as Helen says – heavy metal might not be the right choice to walk down the aisle).

You can contact them as follows:

Gillian 07540239722

Helen 07956010738

Email helenabela@hotmail.co.uk

We look forward to having Helen and Gillian with us again at this year's Carol Service.

Tilly Hale

Photos



St Peter's Church Pantomime Society at Monkseaton. Mr Jeremy French, pictured, is a member and nominated LN for a £1000 donation. John Bedlington is seen here with him receiving the cheque on 28th June.

Quentin Anstee after his talk at our June meeting.





A farmer friend, Andrew Bellas, lets some of his land to Appleby Rotary Club each year to be used for caravan parking during the annual Horse Fair in June. The fees collected by the Rotary Club from the travelling community all go to charities. Andrew has a say about where the money goes and traditionally, the Great North Air Ambulance has been well supported. This year, Andrew also nominated LIVERNORTH and we received a magnificent donation of £1880 to help with our Institute of Transplantation appeal. The Great North Air Ambulance also received £1880 – seen here receiving their cheque at Dufton Show on Saturday 27th August. Many thanks to Andrew Bellas, Croft Ends Farm, Appleby and to the Rotarians of the Rotary Club of Appleby.



Denise Robertson opening the LIVERNORTH Fair in September, pictured with John.

'Poetries'

For those readers who have not seen previous issues of LIVErNEWS, the following poems were written at a time when my Great Uncle bob was separated from his family. His wife and two young daughters had returned to England from Australia for a holiday, then, due to the threat and subsequent declaration of World War II, they were unable to get a passage back. Uncle Bob was missing his family and thinking of them back in Wallsend. He preferred to write poems rather than letters and each poem was read by his wife. Uncle Bob loved to tease and clearly dear Auntie Flora understood his sense of humour.

Joan Bedlington

Pals

As pals we meet, as pals we part,
As pals we'll meet again,
A smile from you, a hand-shake too,
If things go wrong, I can count on you,
Old friends are best, they stand the test,
Whether it's sunshine or rain,
As pals we meet, as pals we part,
As pals we'll meet again.



Cave's Beach

Upon a sandy beach I lie,
Looking up towards a clear, blue sky
While the raging surf, just seems to stress,
The keenness of my loneliness.

And as I lie, my thoughts do stray,
For those I love, so far away,
And wonder if they think of me,
So far away across the sea.

Unlike the sea I must not be blue,
But cherish my love so firm and true,
For men must work & women must eat,
And, my job of work I must keep.

Perhaps, some day, this land I'll spurn,
My way-ward footsteps, homeward turn,
Where wife and children wait for me,
And there, peace and content will be.

Helen's Howlers

As LIVErNEWS readers will know, this column goes by the name of Helen's Howlers, Helen Milburn being the original jokes editor. For the last two editions, the Howlers have been collected and edited by Margaret Bickle who also recently became a Governor of LiverNorth. Thanks to Margaret for taking up these two important tasks - and for those of you who have not met Margaret, she introduces herself below.

My name is Margaret Bickle and I am a PBC patient and was diagnosed in 1999 so I have lived with my condition for some time now. In July 2011 I celebrated my 55th birthday and the fourth year since I took early retirement from 35 years of full time employment with the NHS. Since reading up on the subject of PBC in the very early days of diagnosis I was aware of the possibility of early retirement but decided I would last out til age 54, but PBC decided to jump up and bite me on the bum. The fatigue became too much to live with and I retired before my 51st birthday.

I decided some time ago that PBC would not beat me so any time I have an ounce of energy I get out of the house and use it all up doing anything from eating an ice-cream to travelling on a local bus along the coast to Whitley Bay and back.

Whilst I have retired from full time work I do try to keep myself occupied. I am an Officer in the Sea Cadet Corps with Newburn Unit where I help out as Admin Officer. My lack of energy prevents me from marching too far but my experience makes up for a lot. The cadets and staff always come to me for whatever they need and have renamed my shopping bag "The Mary Poppins Bag" as it appears bottomless and

always seems to contain exactly what they need.

I belong to my local Spiritualist Church where I am Secretary of the Committee and am training to become a channel for spiritual healing. There is a mountain of paperwork I need to be aware of before I can become an approved healer. This is payback for the years they have given healing to me which has allowed me to think more positively about my illness.

When I feel so inclined I do enjoy dressmaking and have made the bride and bride-maids' dresses for my friend's wedding. I have made various pieces of clothing for myself over the years including coats, dresses, blouses and skirts. I can knit but have found less time for that lately. My all consuming passion just now is jewellery making. Having volunteered to supervise our cadets on a recent weekend I took some jewellery kit with me expecting that maybe the girls would be the only ones interested when they had some free time. How wrong I was! The male cadets all have mothers and sisters and decided to make something for their relatives and one or two were interested in cord bracelets for themselves. We are off for a week up to the Caledonian Canals soon and the cadets have agreed that it would be a good idea to have some jewellery making when we are away. I will still not have much energy but it is a nice slow pace and I know how to deal with the ropes when we pass through the lochs so I can work alongside the cadets and we can do it together.

Please take care that your jokes are appropriate for mixed company. Whilst I do like a giggle at the risqué jokes I will not print jokes that are just too offensive. Enough of the lecture, I thoroughly enjoy your jokes and find myself uplifted after reading them. Sometimes I even laugh out loud or lol as the texters amongst you would say.

Life in the Australian Army...

Text of a letter from a kid from Eromanga to Mum and Dad. (For those of you not in the know, Eromanga is a small town, west of Quilpie in the far south west of Queensland)

Dear Mum & Dad, I am well. Hope youse are too.. Tell me big brothers Doug and Phil that the Army is better than workin' on the station - tell them to get in bloody quick smart before the jobs are all gone! I wuz a bit slow in settling down at first, because ya don't hafta get outta bed until 6am. But I like sleeping in now, cuz all ya gotta do before brekky is make ya bed and shine ya boots and clean ya uniform. No bloody horses to get in, no calves to feed, no troughs to clean - nothin'!! Ya haz gotta shower though, but its not so bad, coz there's lotsa hot water and even a light to see what ya doing! At brekky ya get cereal, fruit and eggs but there's no kangaroo steaks or goanna stew like wot Mum makes. You don't get fed again until noon and by that time all the city boys are bugged because we've been on a 'route march' - geez its only just like walking to the windmill in the bullock paddock!! This one will kill me brothers Doug and Phil with laughter. I keep getting medals for shootin' - dunno why. The bulls-eye is as big as a bloody dingo's arse and it don't move and it's not firing back at ya like the Johnsons did when our big scrubber bull got into their prize cows before the Ekka last year! All ya gotta do is make yourself comfortable and hit the target - it's a piece of piss!! You don't even load your own cartridges, they comes in little boxes, and ya don't have to steady yourself against the rollbar of the roo shooting truck when you reload! Sometimes ya gotta wrestle with the city boys and I gotta be real careful coz they break easy - it's not like fighting with Doug and Phil and Jack and Boori and Steve and Muzza all at once like we do at home after the muster. Turns out I'm not a bad boxer either and it looks like I'm the best the platoon's got, and I've only been beaten by this one bloke from the Engineers - he's 6 foot 5 and 15 stone and three pick handles across the shoulders and as ya know I'm only 5 foot 7 and eight stone wringin' wet, but I fought him till the other blokes carried me off to the boozier. I can't complain about the Army - tell the boys to get in quick before word gets around how bloody good it is.

Your loving daughter,

Susan.

• **This is so funny, just imagine Tommy Cooper speaking as you read it. Best laugh I've had for in ages.**

• Two blondes walk into a building.....you'd think at least one of them would have seen it.

• Phone answering machine message - '...If you want to buy marijuana, press the hash key..'

• A guy walks into the psychiatrist wearing only Clingfilm for shorts. The shrink says, 'Well, I can clearly see you're nuts.'

• I went to the butchers the other day and I bet him 50 quid that he couldn't reach the meat off the top shelf. He said, 'No, the steaks are too high.'

• A man came round in hospital after a serious accident. He shouted, 'Doctor, doctor, I can't feel my legs!' The doctor replied, 'I know you can't, I've cut your arms off.'

• I went to a seafood disco last week and pulled a muscle.

• Two Eskimos sitting in a kayak were chilly. They lit a fire in the craft. It sank, proving once and for all that you can't have your kayak and heat it.

• Our ice cream man was found lying on the floor of his van covered with hundreds and thousands. Police say that he topped himself.

• Man goes to the doctor, with a strawberry growing out of his head. Doc says 'I'll give you some cream to put on it.'

• 'Doc I can't stop singing 'The Green, Green Grass of Home' 'That sounds like Tom Jones syndrome. 'Is it common?' 'It's not unusual.'

• A man takes his Rottweiler to the vet. 'My dog is cross-eyed, is there anything you can do for him?' 'Well,' said the vet, 'let's have a look at him' So he picks the dog up and examines his eyes, then he checks his teeth. Finally, he says, 'I'm going to have to put him down.' 'What? Because he's cross-eyed?' 'No, because he's really heavy.'

Guy goes into the doctor's. 'Doc, I've got a cricket ball stuck up my bottom.'
'How's that?'
'Don't you start.'

My friend drowned in a bowl of muesli. A strong currant pulled him in.
Two elephants walk off a cliff...boom, boom!

What do you call a fish with no eyes? A fsh.

So I was getting into my car, and this bloke says to me 'Can you give me a lift?'
I said 'Sure, you look great, the world's your oyster, go for it...'

Apparently, 1 in 5 people in the world are Chinese. There are 5 people in my family, so it must be one of them. It's either my mum or my Dad, or my older brother Colin, or my younger brother Ho-Cha-Chu. But I think it's Colin.

Two fat blokes in a pub, one says to the other 'Your round.' The other one says 'So are you, you fat b.....!'

Police arrested two kids yesterday, one was drinking battery acid, and the other was eating fireworks. They charged one and let the other one off.

'You know, somebody actually complimented me on my driving today. They left a little note on the windscreen. It said, 'Parking Fine.' So that was nice.'

A man walked into the doctor's and said, 'I've hurt my arm in several places'
The doctor said, 'Well don't go there anymore'

I went to buy some camouflage trousers the other day but I couldn't find any.

The avid golfer

A young man who was an avid golfer found himself with a few hours to spare one afternoon. He figured that if he played very fast, he could get in nine holes before he had to head home. Just as he was about to tee off, an old gentleman shuffled onto the tee and asked if he could accompany the young man.
Unable to say no, he allowed the old gent to join him.
To his surprise, the old man played fairly quickly. He didn't hit the ball far, but plodded along

consistently and didn't waste much time.
Finally, they reached the 9th fairway, and the young man found himself with a tough shot.
There was a large pine tree directly between his ball and the green.
After the young man spent several minutes debating how to hit the shot, the old man said, "You know, when I was your age, I'd hit the ball right over that tree."
With that challenge placed before him, the youngster swung hard and hit the ball, which smacked solidly into the tree and dropped to the ground about one foot from where it had originally lain.
The old man remarked, "Of course, when I was your age, that pine tree was only three feet tall."

The half-wit

A man owned a small farm in West Virginia. The West Virginia Wage & Hour Department claimed he was not paying proper wages to his help and sent an agent out to interview him. "I need a list of your employees and their wages," demanded the agent.
"Well," replied the farmer, "There's my farm hand who's been with me for 3 years. I pay him \$200.00 a week plus free room and board.
The cook has been here for 18 months, and I pay her \$150.00 a week plus free room and board.
Then there's the half-wit who works about 18 hours every day and does about 90% of all the work. He makes \$10.00 per week, pays his own room and board, and I buy him a bottle of whiskey every Saturday night. He also sleeps with my wife on occasion."
"That's the guy I want to talk to--the half-wit," says the agent.
"That would be me," replied the farmer.

Travellers' Tale

While waiting to register at a hotel, I overheard the couple ahead of me asking for a room with a king, queen or double bed. The clerk apologized and said that the only rooms available had twin beds.
Disappointed, the man remarked, "I don't know. We've been sharing the same bed for 44 years."
"Could you possibly put them close together?" the wife asked.
Several people nearby smiled, and someone commented, "How romantic."
Then the woman finished her request with, "Because if he snores, I want to be able to punch him."

Our Farnham, who art in Hendon
Harrow be Thy name.
Thy Kingston come; thy Wimbledon,
In Erith as it is in Hendon.
Give us this day our daily Brent
And forgive us our Westminster
As we forgive those who Westminster against us.
And lead us not into Thames Ditton
But deliver us from Yeovil.
For Thine is the Kingston, the Purley and the
Crowley, For Esher and Esher.
Crouch End.

A man walked into the produce section of a local supermarket and asked to buy a half head of lettuce. The boy working in that department told him that they only sold whole heads of lettuce. The man was insistent that the boy ask his manager about the matter.

Walking into the back room, the boy said to the manager, "Some asshole wants to buy a half head of lettuce."

The manager was looking behind the boy, so the boy turned around to see the man standing right behind him. So he quickly added, "And this gentleman kindly offered to buy the other half."

The manager approved the deal and the man went on his way. Later the manager said to the boy, "I was impressed with the way you got yourself out of that situation earlier. We like people who think on their feet here."

"Thank you, sir," the boy replied.

"Where are you from, son?"

"Texas, sir."

"Well, why did you leave Texas?" the manager asked.

The boy said, "Sir, there's nothing down there but whores and football players!"

"Really," said the manager. "My wife is from Texas."

"No kidding!" replied the boy. "Who'd she play for?"

Three girls all worked in the same office with the same female boss.

Each day, they noticed the boss left work early. One day, the girls decided that, when the boss left, they would leave right behind her.

After all, she never called or came back to work, so how would she know they went home early?

The brunette was thrilled to be home early. She did a little gardening, spent playtime with her son, and went to bed early.

The redhead was elated to be able to get in a quick workout at the spa before meeting a dinner

date.

The blonde was happy to get home early and surprise her husband, but when she got to her bedroom, she heard a muffled noise from inside.

Slowly and quietly, she cracked open the door and was mortified to see her husband in bed with her boss! Gently she closed the door and crept out of her house.

The next day, at their coffee break, the brunette and redhead planned to leave early again, and they asked the blonde if she was going to go with them.

"No way," the blonde exclaimed. "I almost got caught yesterday!"

Fine Dining

A man and a woman were having dinner in a fine restaurant. The woman had gone to powder her nose when, suddenly, the man slid down his chair and under the table. When woman returned, she looked calm and unaware of what had happened. A waitress who saw the whole thing came over to the table and said to the woman, "Pardon me, ma'am, but I think your husband just slid under the table." The woman calmly looked up at her and replied, "No he didn't. He just walked in the door."

An elderly man is stopped by the police around 1 a.m. and is asked where he is going at this time of night. The man replies, "I am going to a lecture about alcohol abuse and the effects it has on the human body"

The officer then asks, "Really? Who is giving that lecture at this time of night?"

The man replies, "My wife."

A Day at the Nude Beach

A mother and father take their 6-year old son to a nude beach.

As the boy walks along the sand, he notices that many of the women have boobs bigger than his mother's, so he goes back to ask her why.

She tells her son, 'The bigger they are, the sillier the lady is.'

The boy, pleased with the answer, goes to play in the ocean but returns to tell his mother that many of the men have larger things than his dad does.

She replies, 'The bigger they are, the dumber the man is'

Again satisfied with her answer, the boy goes back to the ocean to play. Shortly thereafter, the boy returns and promptly tells his mother,

'Daddy is talking to the silliest lady on the beach, and the longer he talks, the dumber he gets.'

The pen is mightier than the sword, so in a duel I'll let you have the pen.

I know what men want. Men want to be really, really close to someone who will leave them alone.

The opposite of talking isn't listening. The opposite of talking is waiting.

Duct tape is like the Force. It has a light side and a dark side, and it holds the universe together. I'm willing to make the mistakes if someone else is willing to learn from them. Very few people know I love to sit and think. Mainly sit. But the other day I was pondering about people in hell, where do they tell people to go? I still don't know. However, I do know that a fool and his money are soon parted. Can't remember who got mine. But then I have managed to get ulcers without being a success. Honestly, I'm not such a bad guy, until you get to know me. I have a personal philosophy. I'm a curable optimist. On the other hand, I don't have stress. But I may be a carrier.

I was called into my manager's office today because of my dress code. He said, 'You can't wear pyjamas for work.' I said, 'Everyone else does.' He said, 'That's because they're patients.'

Two aerals met on a roof. They fell in love and got married. The ceremony was average, but the reception was brilliant.

Brave Captain Smith

One fine day, Captain Smith and his crew were sailing the high seas. Suddenly, on the horizon, there loomed a ship with a skull & crossbones raised on the mast.

The crew was frantic, seeking refuge and asking the captain what to do. Brave Captain Smith looked at the approaching ship for a moment and said "Bring me my red shirt." The call was taken up at once by a cabin boy. As soon as Smith had the shirt in his possession, he ordered the man at the wheel to head straight for the pirate ship. In the ensuing fight, the pirate ship was all but destroyed.

The sailors were recounting their individual triumphs when someone asked Captain Smith why he had asked for his red shirt before the battle. He responded "If I was wounded, I did not want your confidence to wane. This way, you would keep fighting no matter what happened

to me."

The crew had a new found admiration for its captain, and the crew talked all night about his bravery.

About a week later, there loomed on the horizon TEN pirate ships. Once again, the crew looked to its captain for leadership.

Calmly, Captain Smith said "Bring me my brown trousers."

Notions

1. When Snake is alive, Snake eats Ants. When Snake is dead, Ants eat Snake. Time can turn at any time. Don't neglect anyone in your life.....
 2. Never make the same mistake twice. There are so many new ones, try a different one each day.
 3. A good way to change someone's attitude is to change your own. Because the same sun that melts butter, also hardens clay!
Life is as we think, so think beautifully.
 4. Life is just like a sea, we are moving without an end. Nothing stays with us, what remains is just the memories of some people who touched us as Waves.
 5. Whenever you want to know how rich you are?
Never count your currency. Just try to Drop a Tear and count how many hands reach out to WIPE. That, that is true richness.
 6. Heart tells the eyes: see less, because you see and I suffer lot.
Eyes replied, feel less because you feel and I cry a lot.
 7. Never change your originality for the sake of others, Because no-one can play your role better than you.
So be yourself, because whatever you are, YOU are the best.
 8. Baby mosquito came back after 1st time flying.
His dad asked him "How do you feel?"
He replied "It was wonderful, Everyone was clapping for me!"
- Murphy texts his wife & says,
"Kath, I'm just havin' one more pint then I'll be

home. If I'm not home in 20 minutes, just read this text again."

What's the difference between a kangaroo and a kangeroot?

One's an Australian marsupial and the other's a geordie stuck in a lift

A pious man was seated next to an Australian on a flight from London to Melbourne.

After the plane was airborne, drink orders were taken.

The Aussie asked for a rum and coke, which was brought and placed before him. The flight attendant then asked the true believer if he would like a drink. He replied in disgust, "I'd rather be savagely raped by a dozen whores than let liquor touch my lips".

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

The Lone Ranger's Last Request

The Lone Ranger was ambushed and captured by an enemy Indian War Party.

The Indian Chief proclaims, "So, YOU are the great Lone Ranger" ...

"In honour of the Harvest Festival, YOU will be executed in three days.

Before I kill you, I grant you three requests. What is your FIRST request?"

The Lone Ranger responds, "I'd like to speak to my horse."

The Chief nods and Silver is brought before the Lone Ranger who whispers in Silver's ear, and the horse gallops away.

Later that evening, Silver returns with a beautiful blonde woman on his back.

As the Indian Chief watches, the blonde enters the Lone Ranger's tent and spends the night.

The next morning the Indian Chief admits he's impressed.

"You have a very fine and loyal horse. But I will still kill you in two days."

"What is your SECOND request???"

The Lone Ranger again asks to speak to his horse.

Silver is brought to him, and he again whispers in the horse's ear.

As before, Silver takes off and disappears over the horizon.

Later that evening, to the Chief's surprise, Silver

again returns,
this time with a voluptuous brunette, more attractive than the blonde.
She enters the Lone Rangers tent and spends the night.
The following morning the Indian Chief is again impressed. "You are indeed a man of many talents,"
"But I will still kill you tomorrow."
"What is your LAST request ???"
Lone Ranger responds,
"I'd like to speak to my horse, alone."
The Chief is curious, but he agrees, and Silver is brought to the Lone Ranger's tent.
Once they're alone, the Lone Ranger grabs Silver by both ears, looks him square in the eye and says,
"READ MY LIPS!!!!"
"FOR THE LAST TIME"
"BRING POSSE" !!!

45 lessons life taught me

Written by a 90 year old

This is something we should all read at least once a week!

Make sure you read to the end!!!!!!

Written by Regina Brett, 90 years old, of the Plain Dealer, Cleveland, Ohio.

"To celebrate growing older, I once wrote the 45 lessons life taught me. It is the most requested column I've ever written. My odometer rolled over to 90 in August, so here is the column once more:

1. Life isn't fair but it's still good.
2. When in doubt, just take the next small step.
3. Life is too short to waste time hating anyone.
4. Your job won't take care of you when you are sick. Your friends and parents will. Stay in touch.
5. Pay off your credit cards every month.
6. You don't have to win every argument. Agree to disagree.
7. Cry with someone. It's more healing than crying alone.
8. It's OK to get angry with God. He can take it.
9. Save for retirement starting with your first paycheck.
10. When it comes to chocolate, resistance is futile.
11. Make peace with your past so it won't screw up the present.
12. It's OK to let your children see you cry.
13. Don't compare your life to others. You have no idea what their journey is all about.
14. If a relationship has to be a secret, you shouldn't be in it.

15. Everything can change in the blink of an eye. But don't worry; God never blinks.
 16. Take a deep breath. It calms the mind.
 17. Get rid of anything that isn't useful, beautiful or joyful.
 18. Whatever doesn't kill you really does make you stronger.
 19. It's never too late to have a happy childhood. But the second one is up to you and no one else.
 20. When it comes to going after what you love in life, don't take no for an answer.
 21. Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion. Today is special.
 22. Over prepare, then go with the flow.
 23. Be eccentric now. Don't wait for old age to wear purple.
 24. The most important sex organ is the brain.
 25. No one is in charge of your happiness but you.
 26. Frame every so-called disaster with these words 'In five years, will this matter?'
 27. Always choose life.
 28. Forgive everyone everything.
 29. What other people think of you is none of your business.
 30. Time heals almost everything. Give time time.
 31. However good or bad a situation is, it will change.
 32. Don't take yourself so seriously. No one else does.
 33. Believe in miracles.
 34. God loves you because of who God is, not because of anything you did or didn't do.
 35. Don't audit life. Show up and make the most of it now.
 36. Growing old beats the alternative -- dying young.
 37. Your children get only one childhood.
 38. All that truly matters in the end is that you loved.
 39. Get outside every day. Miracles are waiting everywhere.
 40. If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.
 41. Envy is a waste of time. You already have all you need.
 42. The best is yet to come...
 43. No matter how you feel, get up, dress up and show up.
 44. Yield.
 45. Life isn't tied with a bow, but it's still a gift." Enjoy today, tomorrow never comes!
- Working people frequently ask retired people what they do to make their days interesting. Well, for example, the other day, Mary my wife and I went into town and visited a shop. When we came out, there was a cop writing out a parking ticket.
 - We went up to him and I said, 'Come on, man, how about giving a senior citizen a break?' He ignored us and continued writing the ticket. I called him an "asshole". He glared at me and started writing another ticket for having worn-out tires.
 - So Mary called him a "shit head". He finished the second ticket and put it on the windshield with the first.
 - Then he started writing more tickets. This went on for about 20 minutes.
 - The more we abused him, the more tickets he wrote. Just then our bus arrived, and we got on it and went home.
 - We try to have a little fun each day now that we're retired.
 - It's important at our age.
 - **Only the British would get this one!**
 - Mr Cadbury met Miss Rowntree on a Double Decker.
 - It was just After Eight.
 - They got off at Quality Street .
 - He asked her name. 'Polo, I'm the one with the hole' she said with a Wispa.
 - 'I'm Marathon , the one with the nuts' he replied.
 - He touched her Cream Eggs, which was a Kinder Surprise for her.
 - Then he slipped his hand into her Snickers, which made her Ripple.
 - He fondled her Jelly Babies and she rubbed his Tic Tacs.
 - Soon they were Heart Throbs.
 - It was a Fab moment as she screamed in Turkish Delight.
 - But, 3 days later, his Sherbet Dip Dab started to itch.
 - Turns out Miss Rowntree had been with Bertie Bassett and he had Allsorts!
 - **Mathematics**
 - This comes from 2 math teachers with a combined total of 70 years experience.
 - It has an indisputable mathematical logic. It also made me Laugh Out Loud.
 - This is a strictly mathematical viewpoint. it goes like this:
 - What Makes 100%?
 - What does it mean to give MORE than 100%?

Ever wonder about those people who say they are giving more than 100%? We have all been to those meetings where someone wants you to give over 100%.

How about achieving 103%?

What makes up 100% in life?

Here's a little mathematical formula that might help you answer these questions:

If:
A B C D E F G H I J K L M N O P Q R S T U V
W X Y Z

is represented as:

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.

Then:

H-A-R-D-W-O-R-K

$8+1+18+4+23+15+18+11 = 98\%$

and

K-N-O-W-L-E-D-G-E

$11+14+15+23+12+5+4+7+5 = 96\%$

But ,

A-T-T-I-T-U-D-E

$1+20+20+9+20+21+4+5 = 100\%$

And,

B-U-L-L-S-H-I-T

$2+21+12+12+19+8+9+20 = 103\%$

AND, look how far ass kissing will take you.

A-S-S-K-I-S-S-I-N-G

$1+19+19+11+9+19+19+9+14+7 = 118\%$

So, one can conclude with mathematical certainty, that while Hard work and Knowledge will get you close, and Attitude will get you there, its the Bullshit and Ass Kissing that will put you over the top.

Now you know why some people are where they are!

What, you ask, is 'Butt dust'?

Read on and you'll discover the joy in it! These have to be original and genuine. No adult is this creative!!

JACK (age 3) was watching his Mom breast-feeding his new baby sister. After a while he asked: 'Mom why have you got two? Is one for hot and one for cold milk?'

MELANIE (age 5)

asked her Granny how old she was.. Granny replied she was so old she didn't remember any more. Melanie said, 'If you don't remember you must look in the back of your panties. Mine say five to six.'

STEVEN (age 3) hugged and kissed his Mom good night. 'I love you so much that when you die I'm going to bury you outside my bedroom window.'

BRITTANY (age 4)

had an ear ache and wanted a pain killer. She tried in vain to take the lid off the bottle.. Seeing her frustration, her Mom explained it was a child-proof cap and she'd have to open it for her. Eyes wide with wonder, the little girl asked: 'How does it know it's me?'

SUSAN (age 4)

was drinking juice when she got the hiccups. 'Please don't give me this juice again,' she said, 'It makes my teeth cough..'

DJ (age 4) stepped onto the bathroom scale and asked: 'How much do I cost?'

CLINTON (age 5) was in his bedroom looking worried When his Mom asked what was troubling him, he replied, 'I don't know what'll happen with this bed when I get married. How will my wife fit in it?'

MARC (age 4) was engrossed in a young couple that were hugging and kissing in a restaurant.

Without taking his eyes off them, he asked his dad: 'Why is he whispering in her mouth?'

TAMMY(age 4) was with her mother when they met an elderly, rather wrinkled woman her Mom knew. Tammy looked at her for a while and then asked, 'Why doesn't your skin fit your face?'

JAMES (age 4) was listening to a Bible story.

His dad read: 'The man named Lot was warned to take his wife and flee out of the city but his wife looked back and was turned to salt..'

Concerned, James asked: 'What happened to the flea?'

And the Sermon I think this Mom will never forget

'Dear Lord,' the minister began, with arms extended toward heaven and a rapturous look on his upturned face. 'Without you, we are but dust....' He would have continued but at that moment my very obedient daughter who was listening leaned over to me and asked quite audibly in her shrill little four year old girl voice, 'Mom, what is butt dust?'

A guy is 72 years old and loves to fish.

He was sitting in his boat the other day when he heard a voice say,

'Pick me up.'

He looked around and couldn't see anyone. He thought he was dreaming when he heard the voice say again, 'Pick me up.'

He looked beside the boat and there, floating on a lily pad, was a frog.

The man said, 'Are you talking to me?'

The frog said,

'Yes, I'm talking to you.'

Pick me up then, kiss me and I'll turn into the

most beautiful woman you have ever seen.
I'll make sure that all your friends are envious and jealous because I will be your bride!
The man looked at the frog for a short time, reached over, picked it up carefully, and placed it in his front pocket.
The frog said, 'What, are you crazy?
Didn't you hear what I said?
I said kiss me and I will be your beautiful bride.'
He opened his pocket, looked at the frog and said,
'Nah, at my age I'd rather have a talking frog.'
With age comes wisdom.

The Best Smart Ass Answers

SMART ASS ANSWER #6

It was mealtime during an airline flight..
"Would you like dinner?" the flight attendant asked John, seated in front..
"What are my choices?" John asked.
"Yes or no," she replied.

SMART ASS ANSWER #5

A flight attendant was stationed at the departure gate to check tickets.. As a man approached, she extended her hand for the ticket and he opened his trench coat and flashed her.
Without missing a beat, she said, "Sir, I need to see your ticket, not your stub."

SMART ASS ANSWER #4

A lady was picking through the frozen turkeys at the grocery store but she couldn't find one big enough for her family. She asked a stock boy, "Do these turkeys get any bigger?"
The stock boy replied, "No ma'am, they're dead."

SMART ASS ANSWER #3

The police officer got out of his car as the kid who was stopped for speeding rolled down his window. "I've been waiting for you all day," the officer said.
The kid replied, "Yeah, well I got here as fast as I could."
When the cop finally stopped laughing, he sent the kid on his way without a ticket.

SMART ASS ANSWER #2

A truck driver was driving along on the freeway and noticed a sign that read: Low Bridge Ahead. Before he knows it, the bridge is right in front of him and his truck gets wedged under it. Cars are backed up for miles.
Finally a police car comes up. The cop gets out of his car and walks to the truck driver, puts his

hands on his hips and says, "Got stuck, huh?"
The truck driver says, "No, I was delivering this bridge and I ran out of gas."

SMART ASS ANSWER OF THE YEAR

A college teacher reminds her class of tomorrow's final exam.. "Now class, I won't tolerate any excuses for you not being here tomorrow. I might consider a nuclear attack or a serious personal injury, illness, or a death in your immediate family, but that's it, no other excuses whatsoever!"
A smart-ass student in the back of the room raised his hand and asked, "What would you say if tomorrow I said I was suffering from complete and utter sexual exhaustion?"
The entire class is reduced to laughter and snickering. When silence was restored, the teacher smiled knowingly at the student, shook her head and sweetly said, "Well, I guess you'd have to write the exam with your other hand."

A BONUS EXTRA

A woman is standing nude looking in the bedroom mirror. She is not happy with what she sees and says to her husband, "I feel horrible; I look old, fat and ugly. I really need you to pay me a compliment."
The husband replies, "Your eyesight's damn near perfect."

One Liners

I had a mate who was suicidal. He was really depressed, so I pushed him in front of a train. He was chuffed to bits.

I went to the cemetery yesterday to lay some flowers on a grave. As I was standing there I noticed 4 grave diggers walking about with a coffin, 3 hours later and they're still walking about with it. I thought to myself, they've lost the plot!!

I was at a cash point yesterday when a little old lady asked if I could check her balance, so I pushed her over.

I was walking in a cemetery this morning and saw a bloke hiding behind a gravestone. "Morning." I said.. "No" he replied, "just having a pee."

A new Middle East crisis erupted last night as Dubai Television was refused permission to broadcast 'The Flintstones'. A spokesman for the channel said. "A claim was made that people in Dubai would not understand the humour, but we know for a fact that people in Abu Dhabi Do."

My daughter asked me for a pet spider for her birthday, so I went to our local pet shop and they were £70!

I thought, I can get one cheaper off the web.

Went around to a friends house today. His wife was sat there with their newborn baby. She asked if I'd like to wind it. I thought that was a bit harsh so I gave it a dead leg instead.

Saw my mate outside the Doctor's today looking really worried.

"What's the matter?" I asked.

"I've got the big C," he said.

"What, cancer?"

"No, dyslexia."

I start a new job in Seoul next week. I thought it was a good Korea move.

I was driving this morning when I saw an RAC van parked up. The driver was sobbing uncontrollably and looked very miserable. I thought to myself 'that guy's heading for a breakdown'.

BEST TRUE LAWYER STORY OF THE YEAR, DECADE, AND POSSIBLY THE CENTURY

This took place in Charlotte, North Carolina

A lawyer purchased a box of very rare and expensive cigars, then insured them against, among other things, fire.

Within a month, having smoked his entire stockpile of these great cigars, the lawyer filed a claim against the insurance company.

In his claim, the lawyer stated the cigars were lost 'in a series of small fires.' The insurance company refused to pay, citing the obvious reason, that the man had consumed the cigars in the normal fashion.

The lawyer sued - and WON! (Stay with me.)

Delivering the ruling, the judge agreed with the insurance company that the claim was frivolous.

The judge stated nevertheless, that the lawyer held a policy from the company, in which it had warranted that the cigars were insurable and also guaranteed that it would insure them against fire, without defining what is considered

to be unacceptable 'fire' and was obligated to pay the claim.
Rather than endure a lengthy and costly appeal process, the insurance company accepted the ruling and paid \$15,000 to the lawyer for his loss of the cigars that perished in the 'fires.'
NOW FOR THE BEST PART...

After the lawyer cashed the check, the insurance company had him arrested on 24 counts of ARSON!!! With his own insurance claim and testimony from the previous case being used against him, the lawyer was convicted of intentionally burning his insured property and was sentenced to 24 months in jail and a \$24,000 fine.

This true story won First Place in last year's Criminal Lawyers Award contest.
ONLY IN AMERICA

FOR LEXOPHILES:-

A bicycle can't stand alone; it is two tired.

A will is a dead giveaway.

Time flies like an arrow; fruit flies like a banana.

A backward poet writes inverse.

A chicken crossing the road is poultry in motion.

A hungry clock goes back four seconds.

The guy who fell onto an upholstery machine is now fully recovered.

You are stuck with your debt if you can't budget it.

He broke into song because he couldn't find the key.

A calendar's days are numbered.

A boiled egg is hard to beat.

He had a photographic memory which never developed.

The short fortune teller who escaped from prison was a small medium at large.

Those who get too big for their britches will be exposed in the end.

When you've seen one shopping centre, you've

seen a mall.

If you jump off a bridge in Paris , you are in Seine .

Upon seeing her first strands of grey hair, she thought she'd dye.

Santa's little helpers are subordinate clauses.

Acupuncture is a jab well done.

The roundest knight at King Arthur's round table was Sir Cumference, who acquired his size from too much pi.

I thought I saw an Alaskan optometrist, but it was just an optical Aleutian .

She was only a whisky maker, but he loved her still.

No matter how much you push the envelope, it'll still be stationery.

A dog gave birth to puppies near the road and was prosecuted for littering.

Two silk-worms had a race – the result was a tie.

Atheism is a non-prophet organisation.

I was wondering why the football kept getting bigger; then it hit me.

Sign on the lawn at drug rehabilitation centre: "Keep off the Grass".

Old soldiers who survived mustard gas and pepper spray are now seasoned veterans.

Don't join dangerous cults: practice safe sects.

You have to have some Brit background to enjoy this one!

A bloke starts his new job at the zoo and is given three tasks. First is to clear the exotic fish pool of weeds.

As he does this a huge fish jumps out and bites him. To show who is boss, he beats it to death with a spade.

Realizing his employer won't be best pleased he disposes of the fish by feeding it to the lions, as lions will eat anything.

Moving on to the second job of clearing out the

Chimp house, he is attacked by the chimps that pelt him with coconuts.

He swipes at two chimps with a spade killing them both. What can he do? Feed them to the lions, he says to himself, because lions eat anything...

He hurls the corpses into the lion enclosure.

He moves on to the last job which is to collect honey from the South American Bees.

As soon as he starts he is attacked by the bees.

He grabs the spade and smashes the bees to a pulp.

By now he knows what to do and shovels them into the lions' cage because lions eat anything.

Later that day a new lion arrives at the zoo. He wanders up to another lion and says "What's the food like here?"

The lions say: "Absolutely brilliant, today we had Fish and Chimps with Mushy Bees."

Ever wondered what happens when Hallmark writers are having a bad day.....

*I thought it was flat
When I looked at the tire...
I noticed your cat.
Sorry!
* * **

*Heard your wife left you,
How upset you must be.
But don't fret about it...
She moved in with me.
* * **

*Looking back over the years
that we've been together,
I can't help but wonder...
What the hell was I thinking?
* * **

*Congratulations on your wedding day!
Too bad no one likes your husband.
* * **

*How could two people as beautiful as you
Have such an ugly baby?
* * **

*I've always wanted to have
someone to hold,
someone to love.
After having met you.
I've changed my mind.
* * **

*As the days go by, I think of how lucky I
am...*

That you're not here to ruin it for me.
* * *

*Congratulations on your promotion.
Before you go...*

*Would you like to take this knife out of my
back?
You'll probably need it again.*
* * *

*Happy birthday! You look great for your
age.
Almost Lifelike!*
* * *

*When we were together,
you always said you'd die for me.
Now that we've broken up,
I think its time you kept your promise.*
* * *

*We have been friends for a very long time.
Let's say we stop?*
* * *

*I'm so miserable without you
It's almost like you're here.*

=====

A big thank you to Howlers contributors Phillip Hesler, David Hastings, Ian Wilson, Patricia Heard, J Robson, Rogannem, Malcolm and Brenda Powell, Terence J Donnelly. Keep them coming!



THE FINAL INSPECTION

The soldier stood and faced God,
Which must always come to pass.
He hoped his shoes were shining,
Just as brightly as his brass.
'Step forward now, you soldier,
How shall I deal with you ?
Have you always turned the other cheek ?
To My Church have you been true?'

The soldier squared his shoulders and said,
'No, Lord, I guess I ain't.
Because those of us who carry guns,
Can't always be a saint.

I've had to work most Sundays,
And at times my talk was tough.
And sometimes I've been violent,
Because the world is awfully rough.

But, I never took a penny,
That wasn't mine to keep...
Though I worked a lot of overtime,
When the bills got just too steep.

And I never passed a cry for help,
Though at times I shook with fear.
And sometimes, God, forgive me,
I've wept unmanly tears.

I know I don't deserve a place,
Among the people here.
They never wanted me around,
Except to calm their fears.

If you've a place for me here, Lord,
It needn't be so grand.
I never expected or had too much,
But if you don't, I'll understand.

There was a silence all around the throne,
Where the saints had often trod.
As the soldier waited quietly,
For the judgment of his God.

'Step forward now, you soldier,
You've borne your burdens well.
Walk peacefully on Heaven's streets,
You've done your time in Hell.'

Author Unknown

Sent in by David Hastings

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Signature..... Date:.....

Next Newsletter

This is my second Newsletter, and has been a lot easier to put together than my first! Hopefully the next one will be a breeze...

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

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

In 2012 there will be four issues: Spring, Summer, Autumn and Winter.

If you have items for the Spring edition, please send them in by February 19, 2012.

Happy Christmas to you all. Fiona x

Healthline.com recently launched a free interactive "Human Liver in 3D" tool which may be of interest. You can find it at

www.healthline.com/human-body-maps/liver

Why is it so hard to get anything done? Fatigue? Procrastination? Or could it be....

Age-Activated Attention Deficit Disorder
www.youtube.com/watch?v=6oHBG3ABUJ
U&feature=share

Watch it and laugh!

Insurance

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

Able2travel are very reasonable and cover	
transplants	0870 7506711
Age Concern	0845 6012234
Bib Insurance Brokers	01325 353888
www.bibinsurance.co.uk	
Bishop Skinner	0191 2328682
Bradford & Bingley	
FirstAssist Insurance	0800 1694078
City Bond	0117 9246877
Churchills*	0800 200388
CNA	01452 623623
Direct Travel*	0800
0681603	
Endsleigh	0191 2210900
Freedom	01223 454290
Floyd's Direct	0870 4423234
Insure and Go	0870 2202240
Intune (Croydon)	0800 0223192
Jardine/Lloyd Thompson	0121 2246934
Leisure Care Insurance	01793 514199
Marcus Hearn	0207 7393444
Norwich Union Direct*	0800 121007
Post Office	0800 1699999
RIAS*	0800 552100
SAGA	0800 0964556
Sainsbury's	0845 3161453
Sladdin & Co Ltd.	0800 7313989
Tesco Insurance	0845 3008800
Travelcare Ltd	0800 181532
www.the-life-insurance.co.uk	

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

Important! Parking Permits

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

Here are your parking permits for the next few meetings - cut out the ones you want and ensure they are on show when you park. For lunchtime PBC meetings, please let Tilly have your car registration number two weeks before the meeting, which she has to pass on to Security. Then you can park in the multi-storey as for the evening meetings. If you do not pass on your car registration you are likely to be fined. If you park in the main car park, you will have to pay the parking charge.

<p>FREEMAN HOSPITAL MSCP</p> <p>LIVErNORTH VOLUNTEER PARKING PERMIT</p> <p>Valid only on December 11 2011 from 13.30 to 17.30 Meeting in Freeman Chapel</p>	<p>FREEMAN HOSPITAL MSCP</p> <p>LIVErNORTH VOLUNTEER PARKING PERMIT</p> <p>Valid only on December 14 2011 from 17.30 till 21.30 Meeting in Restaurant</p>
<p>FREEMAN HOSPITAL MSCP</p> <p>LIVErNORTH VOLUNTEER PARKING PERMIT</p> <p>Valid only on February 8 2012 from 18.30 to 21.30 Meeting in 137/138 Level 1</p>	<p>FREEMAN HOSPITAL MSCP</p> <p>LIVErNORTH VOLUNTEER PARKING PERMIT</p> <p>Valid only on March 14 2012 from 18.30 to 21.30 Meeting in 137/1138 Level 1</p>

LIVERnORTH

Liver Patient Support

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

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

for alcoholism ring:

MICHAEL	01228 810598
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Information available online: www.livernorth.org.uk

LIVERnORTH is a Registered Charity (No 1087226)

CONTACT NUMBERS

LIVERNORTH

FREEPOST NEA2762

STANLEY

Co. DURHAM DH9 0BR

www.livernorth.org.uk

Tel & Fax 0191 3702961

info@livernorth.org.uk

follow us on twitter 'livernorth'

Addenbrookes Liver
Transplant Association (ALTA)

John Williams

jonathon4uk2001@yahoo.com

01371 810995

Marion Edwards

a.edwards27@btinternet.com

01353 862466

HELPING HANDS SUPPORT
GROUP (BATH)

Helpline 01225 834966

helpinghandsblt@yahoo.com

MERSEY LIVER SUPPORT
GROUP

Tel 0151 2207066/ 2289866

or 01772 496987

leeandalan@aol.com

OBSTETRIC CHOLESTASIS
SUPPORT GROUP

jennychambersoc@aol.com or via
the website

www.ocsupport.org.uk

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

Contact: Sister Gerri Casey

0133 234 0131 bleep 1926

PSC Support

Martine Walmsley

chair@pscsupport.org.uk

www.pscsupport.org.uk

www.pscnews.co.uk

HAEMOCHROMATOSIS SOCIETY

Janet Fernau

Tel 020 8449 1363

info@haemochromatosis.org.uk

www.haemochromatosis.org.uk

SOMERSET LIVER PATIENT
SUPPORT GROUP

David

Tel & Fax 01823 662669

davidjgill2002@yahoo.co.uk

HAEMOCHROMATOSIS WEST
MIDLANDS SUPPORT GROUP

Kieran Lynch

Coordinator

Telephone; 0121 457 8986

info@HaemochromatosisWM.org.uk

www.HaemochromatosisWM.org.uk

BRITISH LIVER TRUST

Tel: 01425 481320

Medical helpline: 0800 652 7330

www.britishlivertrust.org.uk

info@britishlivertrust.org.uk

www.britishlivertrust.org.uk

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