

## NOTICE OF BI-MONTHLY

Cancer Society  
Building  
511 Grey Street,  
Hamilton

**The dates are as  
follows for  
2023.**

**July 30<sup>th</sup>, 2023 (Lunch)  
Hillcrest Bowling Green**

**11.30am to 4pm**

**September 24<sup>th</sup>, 2023**

**2pm to 4pm**

**November, 26<sup>th</sup>, 2023**

**2pm to 4pm**

## THE PRESIDENT'S REPORT – MURRAY DEAR

There was a good attendance at our May meeting. Our guest speakers were Grace Sandlewood and Helen Manderson who gave a presentation on their Sandlewood stoma pouch covers. These colourful and fun covers improve personal confidence by comfortably concealing stoma appliances. Please get in touch with me if you would like their contact details.

Our meeting on Sunday 30 July will be our annual mid-winter pot luck lunch. This year the venue will be the Hillcrest Bowling Club, 111 Cambridge Road, Hillcrest (up the right-of-way between the Little Discoverers early childhood centre and the ice cream shop). The club will be open from 11.30 am and it is proposed to hold a short meeting at midday before lunch. There are facilities to keep hot food warm if required. The club bar will be open with drinks available to purchase at very reasonable prices. Following lunch, Bev Turner will be organising a fun activity.

On a more sombre note, I regret to advise the recent passing of former society Treasurer Les Evitts. Our thoughts are with Eileen and the family at this sad time.

We are now well into winter with all it's associated weather and shorter days. Covid is still out there in the community and I strongly recommend that members now get a free booster vaccination if you qualify. Free influenza vaccinations are also available to the elderly and people with certain health conditions.

I look forward to catching up with you on 30 July to share my hot roast leg of lamb with mint sauce!

*Murray Dear*

## Tea Parties

Whangamata  
Paeroa  
Hamilton  
Thames  
Matamata  
Tokoroa  
etc  
ALL

To be advised

## Waikato Ostomy Society Committee

### Let's SUPPORT our Association

<b>PATRON</b>	Mr. Ralph Van Dalen MBChBFRAC		
President	Murray Dear	<a href="mailto:dears@xtra.co.nz">dears@xtra.co.nz</a>	027 229 7047
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Committee	Helena Macdonald	<a href="mailto:pirongiaclassic47@gmail.com">pirongiaclassic47@gmail.com</a>	027 250 7656

Web Sites [www.ostomywaikato.org.nz](http://www.ostomywaikato.org.nz) and [www.ostomy.org.nz](http://www.ostomy.org.nz)

Facebook OstoMATES NZ and Waikato Ostomates United

For ostomy supply queries you can email them on [cses@waikatodhb.health.nz](mailto:cses@waikatodhb.health.nz)



This newsletter is kindly printed and posted for us by Mr. Ralph van Dalen

## **Introducing Lorraine Sutherland:**

And here is my first attempt at a newsletter for the Waikato Ostomy Society as Secretary. I have extremely big shoes to fill, Jano has been an amazing Secretary and I hope I am able to carry on her excellent work and thankfully despite her taking time out to look after her health I have a direct line to her phone for assistance. 😊

Background Information: Some 45 years in Education across all levels, both state and private, both teaching and admin work, Secretary on school boards as well as in theatre and music. Keen gardener, crafter and passionate opera, classical music buff.

My Ostomy journey came about because of my husband Richard requiring a temporary ileostomy bag after his bowel operation, not something he was exactly pleased about as it hindered his ability to compete in his passion as a driver of his beloved 999 racecar for the Targa Rally, (there seemed no way he was able to use the car safety harness with the position of his stoma). I took over the care of his bag and we looked forward to the scheduled stoma reversal. However the insidious cancer had other ideas. After the chemo drugs no longer worked, and trialling a month of an unfunded drug, Richard decided his quality of life was so compromised he did not wish to continue with the drugs and sadly in April 2021, he lost his battle.

2023 and the opportunity to assist with the support the Waikato Ostomy give about and I look forward to the work we can do together. As I consider myself am a newbie on the Ostomy trail, I would really appreciate any assistance you are able to give me with articles etc for the newsletter. Please feel free to contact me if you are able to contribute.

**“Lagom”**  
**Not too much, not too little but just right**



You can do anything, but **not everything** at the same time

You don't have to figure **everything** out

**Restart** as many times as needed

Your **inner peace** is too expensive to be sacrificed

Do more of what makes you forget about **time**

### **Sandlewood Stoma Pouch Covers** (as mentioned in Murray's report).

Following on from Murray's report, these are the wonderful products Grace & Helen presented

**No more of this...**

Excellent for those days when you go clothes shopping & want to try clothes on, in the dressing rooms.

Giving you the privacy, you need.



**Cover with this...**

Closed Cotton Material (Sensura)



Adult Drainable Cotton Material (Dansac-15)



Kids Cotton Material (Dansac 10)



Stretchy Material 20.5cm long (Eakin Dot/Salts)



This product is ideal for people living with a Colostomy/Ileostomy/Urostomy with a Stoma Bag.

This "Stoma pouch cover" is easy to fit for comfort.

We supply a variety of colours and designs that suits your lifestyle. (some of our design examples are in this booklet).

We have many sizes so far which fit some branded Ostomy bags available.

These are some of our designs so far.....



Adult Drainable Cotton Material 23cm long (Salts)



Adult Drainable Cotton Material 26cm long (Salts)



**Grace (027) 552-8437**

**Helen (027) 874-2214**



### Waikato Ostomy Society Facebook

Kylee Black and Julia Hamon have organised our own Facebook for the Waikato area. “Key” Waikato Ostomates United in your FB search. Let’s support this initiative. They have also organised a chat group so go to the FB page and sign in if you would like to chat to members in similar situations. Sometimes a conversation with like people can make all the difference.

And finally to keep you smiling.....

*People who ask me what I’m doing tomorrow, probably assume that I know what day of the week it is.*

*I don’t care how old I am, if I’m in a store and I see a toy with a “Try Me” button on it, I’m pushing those buttons.*

*If you think about the vastness of the universe and how enormous our galaxy is and how big our planet is and how small we are then, I’m not really eating all that much chocolate!*

### **REMEMBER:**

July Meeting: - Pot Luck Dinner to be held on Sunday 30<sup>th</sup> July 11.30am to 4pm at the Hillcrest Bowling Green. Meeting first followed by the lunch. Do join us and bring an exciting plate to share. I always enjoy pot lucks, It’s interesting to see what arrives

