

NOTICE OF BI-MONTHLY

*Cancer Society
Building
511 Grey Street,
Hamilton*

**The dates are as
follows for
2023**

**24 September
2pm to 4pm**

**26 November
2pm to 4pm**

THE PRESIDENT'S REPORT – MURRAY DEAR

Our mid-winter potluck lunch at the Hillcrest Bowling Club was well attended. There was plenty of roast lamb and veges for everyone and some very yummy deserts.

Our next meeting will be at 2.00pm on Sunday 24 September at our new venue, the Cancer Society building at 511 Grey Street, Hamilton East. There is plenty of street parking within close proximity of the venue. During the meeting we will need to call a short special general meeting (SGM) as we need to make a minor amendment to our Constitution. This involves Clause 12.2 which currently states that we need to appoint an "Auditor". This is no longer a legal requirement, and it is intended that a suitable amendment will be proposed at the SGM.

Barry and Helena will be our society delegates at the FNZOS 2023 Conference and AGM which is to be held in Christchurch from 8-10 September. Michael is standing again for the FNZOS Executive Council. One of our concerns we wish to be raised in Christchurch is the level of support ostomates currently receive locally. This is largely a workforce issue and is indicative of the pressures our health system is currently experiencing.

I look forward to catching up with you all on 24 September at our new meeting venue.

Updating Information:

If you have changed address, phone or email details, please let Lorraine know in order that you continue to receive newsletters etc.

Waikato Ostomy Society Committee

Let's SUPPORT our Association

PATRON	Mr. Ralph Van Dalen MBChBFRAC		
President	Murray Dear	dears@xtra.co.nz	027 229 7047
Treasurer	Michael Sumner	michael.sumner@xtra.co.nz	021 245 5064
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Committee	Jo-anne Laurie		(07) 855 8269
Committee	Yvonne Moosberger	yvonnemoosberger@gmail.com	(07) 854 5458
Committee	Helena Macdonald	pirongiaclassic47@gmail.com	027 250 7656

Web Sites www.ostomywaikato.org.nz and www.ostomy.org.nz
Facebook [OstoMATES NZ](https://www.facebook.com/OstoMATES-NZ) and [Waikato Ostomates United](https://www.facebook.com/Waikato-Ostomates-United)
For ostomy supply queries you can email them on cses@waikatodhb.health.nz

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



Just in case you ever wanted some useless info.....

- *A crocodile cannot stick its tongue out.*
- *A snail can sleep for 3 years.*
- *All polar bears are left handed.*
- *Banging your head against a wall uses 150 calories an hour.*
- *Elephants are the only animal that can't jump.*
- *It's impossible to sneeze with your eyes open.*
- *Leonardo de Vinci invented the scissors.*
- *Duelling is legal in Paraguay as long as both parties are registered blood donors.*
- *Marilyn Munro had six toes on one foot.*
- *A cockroach will live 9 days without its head before it starves to death.*
- *Cats have over 100 vocal sounds, dogs only have 10.*
- *An ostrich's egg is bigger than its brain.*
- *Butterflies taste with their feet.*
- *Nutmeg is extremely poisonous if injected intravenously.*
- *Our eyes are always the same size from birth, but our nose and ears never stop growing.*
- *Starfish haven't got brains.*

You are in great company

Did you know there are a group of celebrities who are also ostomates.....

Fred Astair, the amazing dancer, actor had ostomy surgery back in the 1950's

Dwight Eisenhower, 34th USA President, ostomy surgery due to Crohn's Disease back in 1956

Jerry Kramer, actor, athlete, 9 intestinal surgeries

Marvin Bush, son of H W Bush, big supporter of USA'S Crohn's & Colitis Foundation

Ann Sothern, actress in 64 movies

Loretta Young, A list Hollywood actress, in over 100 films

Sometimes I feel useless but
then I remember I breathe out
carbondioxide for plants.

Coffee Get Togethers

These are something that Barry is very eager to get underway. This is an opportunity to get together with other Ostomates over refreshments, share your knowledge and advice.

Wendy Algie is offering to be a contact in the Whitianga Mercury Bay area. She has been an Ostomate since 2005, so has much experience.

Contact details:

Phone 07 867 1333

Mobile 021 027 0689

Email Wendy.algie@gmail.com



CERTIFICATE OF RECOGNITION
PRESENTED TO
JAN O'LEARY
IN APPRECIATION OF HER
CONTRIBUTION AND OUTSTANDING
SERVICE TO THE
WAIKATO OSTOMY SOCIETY (Inc.)
2018 - 2023
Signed Murray Dear
President
30/7/2023



to a cheerful, brave and caring bunch of folks. I have enjoyed my 5 years as secretary and will miss you all. I have put my hand up to assist where I can but I have been a bit ambitious as my health is now somewhat erratic hence renders me unreliable. I wish Lorraine all the best. She is a cracker lass, all the way from Taranaki like myself. We both come from jolly good stock. Best wishes & good health to each and everyone.



Have you seen this, do any of you use this ?

At the recent Potluck Lunch I mentioned it to a couple who were unaware that you could purchase this (Brava Adhesive Removal Spray). It made all the difference when changing Richard's bag as he had sensitive skin, simply sprayed on the seal, left for a couple of minutes and the seal was able to be eased off with little effort. Readily available on the Free call 0800 600 018, very quick delivery and was reasonably priced.
Anything for an easy life!



I went to the doctor's he said "I see you have an iron deficiency.
I said "How can you tell?"
He said "Your shirt's really creased."

Next meeting is on Sunday 24th September. Note the new premises for the meeting as mentioned in the President's report. Come and join us, remember to bring a plate and share a cuppa and refreshments with us.



Follow me for more diet tips 🤪🤪

Are you trying to eat less? Eat a **slice of cake** before each meal, and it will curb your hunger.



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.

"Lagom"

Not too much, not too little but just right.

(This begins with slowing down, because you can't find moderation if you are running around all the time).