

**BI-MONTHLY  
MEETING DATES**

**Cancer Society Building  
511 Grey Street, Hamilton**

**The 2024 Dates are:**

- 17 March AGM**
- 26 May**
- 28 July Pot Luck Lunch**
- 29 September**
- 24 November**

**Christmas Lunch - TBA**

**Meeting Time: 2pm- 4 pm**

**THE PRESIDENT’S REPORT – MURRAY DEAR**

Happy New Year everyone. I hope everyone has had a wonderful break with family and friends over Christmas and the New Year. This time my Christmas was very different as I visited our subantarctic islands aboard the expedition ship *Heritage Adventurer*. Christmas Day was spent on Enderby Island in the Auckland Islands (500km south of Bluff) watching New Zealand Sea Lions and other wildlife and this was followed by a wonderful Christmas Dinner aboard ship.

We had a good attendance at our meeting on 26 November with the highlight being Michael Sumner's presentation on his journey as an ostomate. This was followed on the following Sunday with our annual Christmas lunch at the Hillcrest Bowling Club. A lovely meal and a good time was had by all. My thanks go to everyone who helped out on the day.

Our first event for 2024 will be our annual summer BBQ at Rodney and Helena Macdonald's home at Pirongia. This is always a great day to mix and mingle amongst ostomate friends and enjoy a shared lunch. Lorraine has sent out a flyer with details of how to get there and it is essential that you RSVP by 14 February so that Rodney and Helena know how many are coming. The only cost will be \$5.00 for the meat to be cooked on the BBQ. While this is very much an informal event, if you are currently having any ostomy issues you would like to share, please feel free to raise these with me or any other member of our committee on the day.

I look forward to catching up with you all on 18 February.

**Murray Dear**



**Updating Information:**

**If you have changed address, phone or email details, please notify Lorraine in order to keep receiving newsletters, etc.**

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
Treasurer	Michael Sumner	<a href="mailto:michael.sumner@xtra.co.nz">michael.sumner@xtra.co.nz</a>	021 245 5064
Secretary	Lorraine Sutherland	<a href="mailto:sutherlands.circus@xtra.co.nz">sutherlands.circus@xtra.co.nz</a>	027 624 9973
Committee	Barry Maughan	<a href="mailto:jackieandbarry@xtra.co.nz">jackieandbarry@xtra.co.nz</a>	027 281 1769
Committee	Bev Turner	<a href="mailto:b_b_turner@hotmail.com">b_b_turner@hotmail.com</a>	(07) 823 4949
Committee	Jo-anne Laurie		(07) 855 8269
Committee	Yvonne Moosberger	<a href="mailto:yvonnemoosberger@gmail.com">yvonnemoosberger@gmail.com</a>	(07) 854 5458
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**

## Thoughts to ponder.....

- *Why do banks charge a fee due to insufficient funds; when they already know you're broke?*
- *Why is it when someone tells you there are a million stars, you believe it but when they tell you there is wet paint, you must touch to check?*
- *You never really learn to swear until you learn to drive!*
- *Nobody ever says, "It's only a game when their team is winning?"*
- *"I am" is reportedly the longest sentence in the English language. Could it be that "I do" is the longest sentence.*
- *At my age, I am good at multi-tasking. I can listen, ignore and forget all at once.*
- *How do those dead bugs get into the enclosed light fixtures?*
- *Why is it no matter what the colour of the bubble bath mixture, the bubbles are always white?*
- *The time to relax is when you don't have time.*
- *No-one ever hurt their eyes by looking on the bright side.*
- *My sleeping schedule isn't a schedule any more - it's a freestyle .*

**At our 2023 November meeting we were treated to an excellent presentation from our Treasurer Michael Sumner who despite many setbacks on his Ostomy journey, is living life to the fullest.**

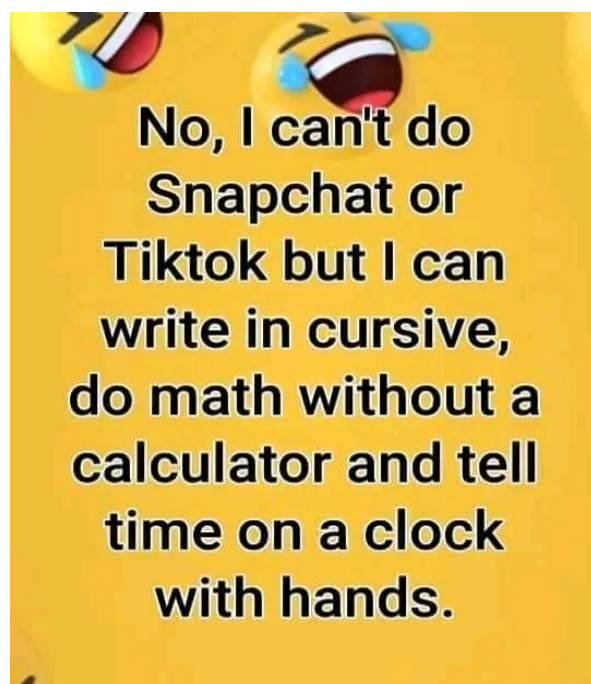
**Here are a few ideas you may give a try if feeling somewhat overwhelmed.....**

### **Things can be better, even if they can't be perfect.**

Often when feeling overwhelmed it helps to find the joy in simple things. Remember, resilience isn't toughness despite hardship. It is the belief that things today can be made better, even if they cannot be made perfect.

**Consider how little things can create a big shift toward happiness:**

- Play a board game
- Enjoy a sunny day
- Give a neighbourly wave
- Appreciate fresh-brewed coffee
- Laugh with Netflix comedians
- Be present with your children
- Support local restaurant delivery
- Stay in sweatpants
- Conquer a puzzle
- Cuddle with your pets
- Socialise in the comfort of your own home
- Connect via video call



This has got to be one of the most clever emails I've received in a while. (thankyou Wendy Algie). Someone out there must be "deadly" at *Scrabble*.

**PRESBYTERIAN:**

When you rearrange the letters:  
**BEST IN PRAYER**

**ASTRONOMER:**

When you rearrange the letters:  
**MOON STARER**

**DESPERATION:**

When you rearrange the letters:  
**A ROPE ENDS IT**

**THE EYES:**

When you rearrange the letters:  
**THEY SEE**

**GEORGE BUSH:**

When you rearrange the letters:  
**HE BUGS GORE**

**THE MORSE CODE:**

When you rearrange the letters:  
**HERE COME DOTS**

**DORMITORY:**

When you rearrange the letters:  
**DIRTY ROOM**

**SLOT MACHINES:**

When you rearrange the letters:  
**CASH LOST IN ME**

**ANIMOSITY:**

When you rearrange the letters:  
**IS NO AMITY**

**ELECTION RESULTS:**

When you rearrange the letters:  
**LIES - LET'S RECOUNT**

**SNOOZE ALARMS:**

When you rearrange the letters:  
**ALAS! NO MORE Z 'S**

**A DECIMAL POINT:**

When you rearrange the letters:  
**I'M A DOT IN PLACE**

**THE EARTHQUAKES:**

When you rearrange the letters:  
**THAT QUEER SHAKE**

**ELEVEN PLUS TWO:**

When you rearrange the letters:  
**TWELVE PLUS ONE**

**AND FOR THE GRAND FINALE:**

**MOTHER-IN-LAW:**

When you rearrange the letters:  
**WOMAN HITLER**

Bet your friends haven't seen this one!!!

A lovely message from Wendy Algie reached my email box on January 10<sup>th</sup> that I wish to share with you all.....

“So sorry Helena and Lorraine I’m unable to attend the BBQ for my usual reasons. I would like to take this opportunity to wish Ralph Van Dalen and all members a healthy as can be year and all that you wish for in the New Year

Wendy Algie  
Whitianga”



I spent some time checking out Top Stoma Bloggers on the web but am always somewhat hesitant as to their validity, not being a Ostomate myself. I am not prepared to promote any of them without their stories being verified by those of you in the know. I would be most grateful for any of our lovely Ostomates to share their story, helpful hints, tips, or advice. If you can assist, please forward to me or if you would prefer, I am happy to transcribe your contributions.



February 18 BBQ at Helena & Rodney's .....

Please make sure to email/phone me by Friday 14<sup>th</sup> February to advise me of numbers.

Remember to follow the info on the flier you received earlier in the month.

The true sign of intelligence is not knowledge, but imagination.



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.

**"Hurkle - Durkle"**

Happiness is to lounge in bed long after it's time to get up.

(200 year old Scottish term)