

**BI-MONTHLY
MEETING DATES**

Cancer Society Building
511 Grey Street, Hamilton

The 2024 Dates are:

28 July Pot Luck Lunch

29 September

24 November

Christmas Lunch - TBA

Meeting Time: 2pm- 4 pm

**Next Hamilton Coffee
Mornings**

Wednesday 17 August

THE PRESIDENT'S REPORT – MURRAY DEAR

Our meeting held on 26 May went very well with some good information sharing during the open session. These discussions continued over a cuppa after the meeting.

Our next meeting will be our annual mid-winter Pot Luck lunch which will be held from midday on Sunday 28 July. The venue will again be the Hillcrest Bowling Club situated at 111 Cambridge Road, Hillcrest. The entrance is up the right-of-way between the Little Discoverers early childhood centre and the Copper & Cream Rolled Ice Cream shop. If you intend to come it would be very helpful if you could advise Lorraine by email. Please also inform her what you think you might bring as this helps us to ensure that we will have enough mains and/or desserts. This will be a good opportunity for members to meet in an informal setting and catch up with old friends. I look forward to seeing you all again on the 28th.

I am pleased to advise a very special guest speaker has been arranged for our meeting to be held on 29 September at the Cancer Society rooms. More to follow in the next newsletter but put this date in your diary now!

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

PATRON	Mr. Ralph Van Dalen MBChBFRAC	
President	Murray Dear	dears@xtra.co.nz 027 229 7047
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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/WaikatoOstomatesUnited)

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



Some points to ponder.....

- *Why don't you ever see the headline, "psychic wins lottery"?*
- *Why do doctors call what they do "practice"?*
- *Why do you need to click on "start" to stop Windows?*
- *Why isn't there mouse flavoured cat food?*
- *Why don't sheep shrink when it rains?*
- *Why do they call it "chili" if it's hot?*
- *What was the best thing before sliced bread?*
- *If Superman is so smart, why does he wear his underpants over his trousers?*
- *Why don't they make the whole plane out of the same material as the indestructible black box?*
- *Why is abbreviated such a long word?*
- *Why is the man who invests all your money called a broker?*
- *If electricity comes from electrons, does morality come from morons?*
- *Why do they sterilise the needles for lethal injections?*
- *Why can't we tickle ourselves?*

Brava Adhesive Removal Spray

There appears to be some difficulty in obtaining this product as the 0800 number given no longer exists, however I have located a supplier Capesmedical in Mount Maunganui who will happily courier this production to you, Contact details: Check out their website www.capesmedical.co.nz or Ph 0800 18 19 19.



How come there is enough asphalt for speed bumps but not enough to fill potholes?

Kylee Black – our very own Ostomy member has an amazing web site Kylee & Co and is offering a wide range of Ostomy products:

“Check out some of her products she mentioned in an email to me and go online and check out items from customised ostomy bag covers made with fun fabrics on the front, and soft bamboo fabric on the back, it protects the skin, absorbs sweat and it is both antimicrobial and antibacterial. We also have shower covers to keep your ostomy bag dry in the shower, as well as bags to protect, help carry and lift the weight of a full bag, and fun ostomy bag rubbish bag dispensers as well as a whole range of products aimed to break down the barriers and stigma around bowel health and poop by making it more normalised, fun, and relatable using humour.

We also have products for continence, continence covers, continence skirts, pants and wraps which are fantastic if you are travelling and worried or concerned for potential accidents. We also have products for catheter bag users as well.

This product range has been built by community, and by someone raising the need with me, and I've gone about to find and source solutions. Where I can't find or source good solutions, we have designed and created and manufactured them ourselves. I've designed this nearly all on my phone, often reclined on the couch (as all of my organs are prolapsing and collapsing out).”

Let's support Kylee in this project, she has first-hand knowledge of many issues facing Ostomates.

Problems with Supplies

Over the past few weeks, the committee have heard from Ostomates who are experiencing difficulties with their placing and receiving of their supplies in a timely manner. We would like to investigate this to establish what/where the problems are occurring to smarten up this procedure.

If you are experiencing problems, please either email or phone me and state the following:

Product name being ordered:

Where the product is ordered from:

Date/time ordered:

Date received:

Method of ordering:(ie phone, text, email)

Coffee Mornings:

Hamilton have hosted three very successful coffee mornings at Café Fresca, alternating days from week to weekends in the hope of attracting different members. Malcome Vaile has been successful with hosting a morning in Tokoroa. Please let me know if you are planning a coffee morning in your area so I can advertise in the newsletter or send out a quick email. This is a good way to catch up with other Ostomates, give support and share helpful information.

No coffee morning in Hamilton in July, instead do join us at the Potluck Lunch 28th July.

Next Hamilton coffee morning Wednesday 14th August, Café Fresca at 10.00am.



The fact jellyfish have survived for 650 million years despite not having brains is great news for stupid people.

My credit card company called. They want me to leave home without it!

At the rate we're going, they are going to cancel shampoo, so bald people don't get offended.

The biggest joke on mankind is that computers have started asking humans if they are robots!



POT LUCK LUNCH

WHEN: 12 Noon, Sunday 28th July

WHERE: Hillcrest Bowling Green, 111 Cambridge Road, Hillcrest

The club provides has full bar facilities plus plates, cutlery etc, all we ask is you participate and bring a delicious something to share. As Murray has said please let me now if you are attending and what you intend to bring to ensure we have sufficient mains and desserts.

Come along and enjoy good food and excellent company 😊

Huge thank you and welcome:

Several years ago, the late Brian Gordon was very pro-active and through advertising with Volunteering Waikato found a delightful person to establish the Waikato Ostomy Society Website: www.://ostomywaikato.org.nz and Anna Friedlander who has done an amazing job took up this voluntary position.

The Society wishes to express their grateful thanks for all the work, Anna has done with establishing our web site over the years. However, circumstances have changed for Anna and she has needed to relinquished this voluntary position.

Back to Volunteering Waikato and the Society is delighted to welcome our latest volunteer, Sidhant Dabas who will take over the website growth and development. Sidhant is a delightful young man with some innovative ideas. We welcome him on board and look forward to working with him.

Remember the lovely ladies who presented their attractive fabric Ostomy pouches at a meeting in 2023. They have a new line of products available. Check out their website: sandlewood.co.nz.



Waikato Ostomy Society Facebook

Have you checked out our own Facebook for the Waikato area. “Key” Waikato Ostomates United in your FB search. Let’s support this initiative.

Thankyou Helen Judd who is ably monitoring the page, originally set up by Kylee Black and Julia Hamon. This is a great way to chat with members in similar situations so go to the Facebook page and sign in. Sometimes a conversation with like people can make all the difference.