

**BI-MONTHLY
MEETING DATES**

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

The 2024 Dates are:

- 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

Our Annual General Meeting went well and we are back in business for another year. All the former committee members were re-elected and Mr. Ralph Van Dalen has agreed to be our Patron for another year. Mr. David Wayne is now the Reviewer of our annual financial accounts, a position formerly held by myself. The annual subscription was set at \$20.00 for the year although with rising costs, it is likely that this may rise to \$25.00 next year. Subscriptions are now due and there is more information in this newsletter regarding payment.

Our next meeting will be held at 2.00 pm on Sunday 26 May at the Cancer Society rooms on the corner of Grey & Beale Streets, Hamilton East. We had hoped to have the Dansac representative make a presentation to members regarding their products at the meeting. Unfortunately, this is no longer possible so we will now hold an open session where members will be able to raise issues of concern to them. Hopefully we can then come up with some answers for you during the ensuing discussions. I look forward to catching up with you again on the 26th.

I am pleased to advise that the venue for our Pot Luck lunch meeting scheduled for 28 July will again be held at the Hillcrest Bowling Club. 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 |
| Treasurer | Michael Sumner | michael.sumner@xtra.co.nz | 021 245 5064 |
| Secretary | Lorraine Sutherland | sutherlands.circus@xtra.co.nz | 027 624 9973 |
| Committee | Barry Maughan | jackieandbarry@xtra.co.nz | 027 281 1769 |
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| 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** and **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

Some "Laws" to ponder.....

- Law of Gravity
Any tool, nut, bolt, screw, when dropped, will roll to the least accessible place in the universe.
- Law of Probability
The probability of being watched is directly proportional to the stupidity of your act.
- Law of Randon Numbers
If you dial a wrong number, you never get a busy signal: someone always answers.
- Law of Variation
If you change lines (or traffic lanes) the one you were in will always move faster than the one you changed into.
- Law of Coffee
As soon as you sit down to a cup of hot coffee, your boss will ask you to do something which will last until the coffee is cold.
- Law of Close Encounters
The probability of meeting someone you know INCREASES dramatically when you are with someone you don't want to be seen with.
- Law of Logical Argument
Anything is possible IF you don't know what you are talking about.
- Law of the Result
When you try to prove to someone that a machine won't work, IT WILL!



2024-2025 Invoices

These invoices are now due for payment, thank you to those members who have already paid, your quick payment is much appreciated. As Murray has stated, we have been able to keep the subscription at the same rate for this year.

Each member will receive their personalised invoice by the end of April. For those members who receive their newsletter by post, your invoice can be located on the last page of this newsletter. For the members who receive their newsletter by email, as the invoices are not actually loaded onto the system yet, I will be posting your personalized invoice also by the end of April and you will only see three pages in this newsletter.

Please follow the payment instructions at the end of the invoice, and if you are having any problems, please do not hesitate to contact me. 😊

Hamilton Coffee Morning

Thankyou Michael for setting up the coffee morning, Thursday 18 April at Café Fresca. A very pleasant morning for those who attended.

Pencil in your dairies – next coffee morning: Wednesday 15th May, 10.00am, Café Fresca in Alison Street. Great coffee, easy access, plenty of parking.

June coffee morning – same venue but on Saturday 15 June, which will give working ostomates a chance to join in.

Life's too short..... take the trip, buy the shoes, eat the cake!

Just once in my life, I'd actually like to see a liar's pants catch on fire!

I wish that all people were kind, that chocolate didn't have calories and that laundry magically folded itself.



Recommendation:

Remember at the May 2023 meeting, Carol and Helen from Sandwood displayed their Stoma Pouch Covers. They have just released a new range featuring some very exciting and pretty new covers. They now have a Facebook page – “Sandwood Stoma Pouch Covers” and you can also purchase their products through the “Choice” buying webpage.



FOR THE BENEFIT OF TRAVELLING OSTOMATES

NZ OSTOMATES TRAVEL CERTIFICATE

For any Ostomates intending on travelling overseas please remember that the Federation has a Travel Certificate available which states what the Ostomate is required to wear as well as medication and equipment.

The certificate requires sign off by your doctor and is helpful when having to negotiate entry and departure of overseas countries.

If you require a certificate, please contact me and I will organise one for you.

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.



Important

A huge thank you to Helen Judd who has offered to assist Julia in the running of this Facebook page. For those members who have joined the Facebook community, I am sure you will see some very interesting posts appearing on this social media page, keeping you all in touch with each other.

A big thanks to Julia for all the sterling work she has done in setting up the page and her continued support for Helen.