

NOTICE OF BI-MONTHLY

Cancer Society
Building
511 Grey Street,
Hamilton

**The dates are as
follows for
2023**

**26 November
2pm to 4pm**

**Christmas Lunch
3 December
Hillcrest Bowling Club**

THE PRESIDENT'S REPORT – MURRAY DEAR

Our next meeting will be at 2.00pm on Sunday 26 November at our new venue, the Cancer Society building at 511 Grey Street, Hamilton East. There is plenty of off-street (entrance off Beale Street) and street parking within close proximity of the venue. Our guest speaker will be Michael Sumner who will take us through his journey as an ostomate. This is a presentation which Michael made to the FNZOS 2023 Christchurch Conference.

The annual Christmas lunch this year will be held at the Hillcrest Bowling Club, 111 Cambridge Road, Hillcrest on Sunday 3 December commencing at midday. The right of way entrance is between the Little Discoverers Early Childhood Centre and the icecream shop. For catering purposes, we need to know numbers attending by no later than 26 November and these should be advised to our Secretary Lorraine. The cost will be \$20.00 per person (including guests) and this includes a subsidy from the society. Payment can be made online to the society's bank account (03-1560-0014261-00) or by cash at the November meeting. There will be a Christmas themed main course, with ham off the bone, followed by dessert. In addition to tea & coffee, the club bar will be open for the sale of wine, beer etc. There will also be a special Christmas raffle.

I look forward to catching up with you all on 26 November and again on 3 December.

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
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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



Thoughts to ponder.....

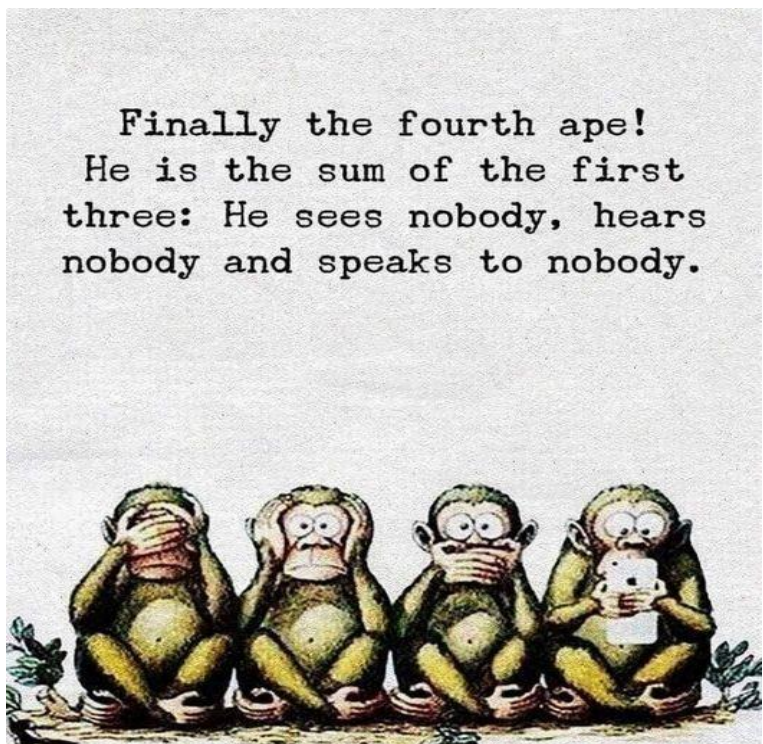
- *Why isn't the number 11 pronounced onety-one?*
- *If 4 out of 5 people SUFFER from diarrhea... does that mean that 1 out of 5 enjoys it.*
- *Why do croutons come in airtight packages? Aren't they just stale bread to begin with?*
- *If people from Poland are called Poles, then why aren't people from Holland called Holes?*
- *If a pig loses its voice, is it disgruntled?*
- *Why is a person who plays the piano called a pianist, but a person who drives a race car is not called a racist?*
- *If it's true we are here to help others, then what exactly are the rest here for?*
- *If lawyers are disbarred and clergy defrocked, then doesn't it follow that electricians can be delighted, musicians denoted, cowboys deranged, models deposed, tree surgeons debarked and dry cleaners depressed?*
- *What hair colour do they put on the driver's licenses of bald men?*
- *Do Lipton Tea employees take "coffee breaks"*

FNZOS Conference Delegates Comments

Excellent conference, well organized, great networking, good to see younger Ostomates attending the Conference.

- Application tables displayed wide range of products.
- Graeme Roadly, Federation Patron spoke on Ike Eisenhower's ostomy journey.
- National Bowel Screening programme eligible to all NZers aged 60 to 74 years. Māori & Pasifika aged 50 will get underway in 2024.
- Jackie Hutchings, retired Stoma Therapist spoke on History of Stomas.
- Michael Sumner presented his journey "Driving Forward".
- Look Good, Feel Better programmes. Cover skin care, make up, styling with confidence, Pilates, run at Waikato Lions Cancer Lodge in Tainui Street.
- Jenny Roberts, Stoma Therapist mentioned that Christchurch Ostomates were paying for their deliveries.
- Emma Ludlow President Stoma Nursing NZ stated there were 35 Stoma therapists/Nurses in NZ caring for 8,000 Ostomates. This needs attention.
- Adrienne Speedy, Dietitian spoke on "Diet Basics".

Finally the fourth ape!
He is the sum of the first
three: He sees nobody, hears
nobody and speaks to nobody.





I find it hard to believe that Christmas is nearly upon us again. When and where has all the time gone and so quickly.

Murray, in the President's Report has given all details for the Society's Christmas Lunch to be held on Sunday December 3rd at the Hillcrest Bowling Club. We would love to see you join us for a lovely Christmas function. It is important we have number for the caterers so please follow through with the instructions in Murray's report and make this a fun, enjoyable afternoon.



Waikato Ostomy Society Coffee Mornings

Barry is working hard to make sure Coffee mornings are a happening thing throughout the Waikato. It would be good to hear from our districts if you have a coffee meeting happening or tell us about how your meeting went. Please send any info through to me to put in your newsletter.

And on that note, I am not an Ostomate, therefore am somewhat hesitant as to what you would like and/or find useful and interesting in your newsletters and I would really appreciate your input to these newsletters please. If you have an article, something to share with other Ostomates, any helpful hints etc I would be very happy to include them and make these newsletters more applicable to you.

Important

See you at the next General Meeting Sunday 26 November at the Cancer Society Rooms, to hear Michael's personal ostomate journey. Please bring a plate to share.

Don't let anyone else ruin your day, it's your day, ruin it yourself.

Have you seen this, do any of you use 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. I also understand that this is available through your Stoma nurse if you have skin problems.

Anything for an easy life!



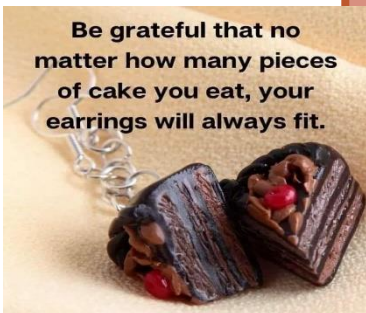
*Where do bad rainbows go?
To prism.....
it's a light sentence and gives
them time to reflect!*



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.

Be grateful that no matter how many pieces of cake you eat, your earrings will always fit.



"Anger should be like damp wood, slow in lighting and quick in going out"

"Lagom"

Not too much, not too little but just right.

(This doesn't have to mean scaling things down).