

**BI-MONTHLY MEETING DATES**

Venue TBA

**The 2025 Dates are:**

|          |               |
|----------|---------------|
| March 16 | AGM           |
| May 25   |               |
| July 27  | Potluck Lunch |
| Sept 28  |               |
| Nov 30   |               |
| Dec 7    | Xmas Lunch    |

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

**Next Hamilton Coffee Mornings**

**See details on page 3 of newsletter**

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

Due to family circumstances, it became necessary to cancel our annual barbecue at Rodney and Helena’s home scheduled for Sunday 16 February. Our thoughts are with them both at this time.

On a brighter note, we had another lovely coffee morning at Café Fresca on Thursday 20 February. It was nice to see some new faces and catch up with some old friends. Details of our next coffee morning can be found elsewhere in this newsletter.

Over the summer break we began our search for a new meeting venue, and we are now at the stage where this has almost been achieved. In the meantime, we will be holding our Annual General Meeting scheduled for 2.00 pm on Sunday 16 March at a one-off venue. I am pleased to advise that our AGM will be held in the hall at Village Gardens retirement village, 16 Rototuna Road, Flagstaff. Access to Village Gardens is from the Flagstaff end of Rototuna Road. On entering the village, drive straight ahead past the first house on your left and you will see the car park by the village hall.

I am pleased to advise that we have nominations for all the positions on the Committee. A major item on the AGM agenda is to sign off the draft society Constitution which incorporates some new clauses. These new clauses are required to comply with the new Incorporated Societies Act and once the Constitution has been approved, we can then re-register as an incorporated society.

I look forward to catching up with you all at the AGM.

**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](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](mailto:cses@waikatodhb.health.nz)

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



Some points to ponder.....

- *A great man is hard on himself, a small man is hard on others.*  
*Lao Tzu*
- *The deepest sin against the human mind is to believe things without evidence.*  
*Aldous Huxley*
- *Understanding a question is half the answer.*  
*Socrates*
- *If it costs you your peace, it is too expensive.*  
*Paulo Coelho*
- *Common sense is not so common.*  
*Voltaire*
- *The first method of estimating the intelligence of a ruler is to look at the men he has around him.*  
*Machiavelli*
- *Knowledge isn't free, you must pay attention.*  
*R Feynman*
- *Age is a privilege, not a punishment*  
*Mark Twain*



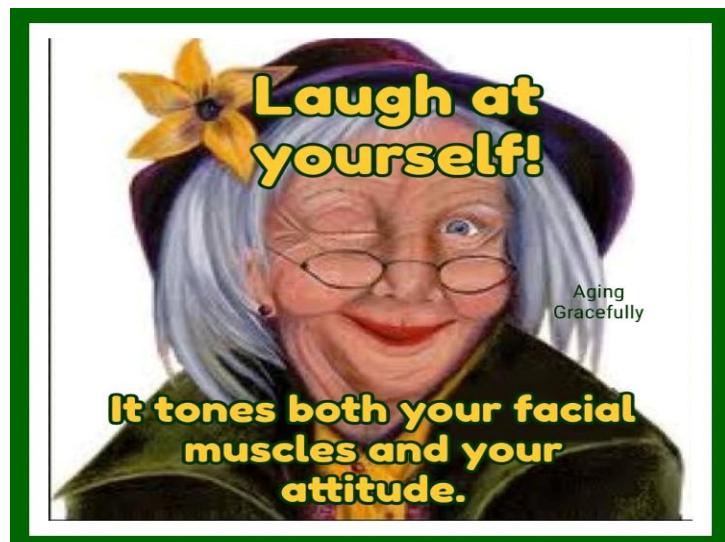
PLEASE NOTE:

As we know, our two lovely Stoma Nurses are overworked and literally run off their feet. To streamline their work, they are now manning 1 phone. This phone is being shared week about by Carol and Nicole. If you need to speak with a Stoma Nurse, please ring 027 223 0439.

Supplies are another issue and again to relieve some of the pressure on the nurses they have asked that if you are having difficulties with supplies please email: [cses@waikatodhb.health.nz](mailto:cses@waikatodhb.health.nz). in the first instance. Follow this up with a text to their cell phone 027 541 5537. Hopefully this will prompt them to reply to your query. If you do not have internet access you can contact CSES on their land line 07 858 1069, however this does not give you a paper trail.

*Whenever, I have to fill out a form that asks "who to call in an emergency" I always put "ambulance" because no one in my family is going to answer a call from an unknown number!*

My idea of housework is to give the room a sweeping glance!



## Ostomy Bag Balloning Tips:

One common problem is that gas in colostomy bags can build up and result in ballooning.

Ballooning refers to the gas that builds up in your ostomy pouch whenever your digestive system produces some wind. Even if your pouch has a filter, which generally allows gas to escape, ballooning can still happen if the amount of gas is excessive. In addition, it can occur when the filter gets wet or if it's blocked from stoma output.

It's very uncomfortable and can cause the bag to detach from the body, or "blow out," causing a big mess. It's best to know how to control gas with a colostomy or ileostomy to prevent it from happening.

### Tips to Reduce Ballooning

There are things you can do to prevent ballooning. Here are some useful tips. It's best to follow these tips closely to ensure that you don't face any issues with your ostomy bag in the future.

### Pay attention to the food you're eating

Your diet is one of the leading causes of ballooning because what you're eating can affect the amount of gas your stoma produces. Therefore, there are some foods that you must avoid or limit yourself from eating.

Some examples of foods to avoid are those high in simple sugar and starches since they can cause too much gas. Some of these foods include beans, fruits, vegetables, wheat or dairy products, and carbonated drinks. Other foods to avoid include: apples, pears, broccoli and carrots, grains, onions and cabbage. However, it's worth noting that some foods will make certain people gassy, while they won't affect others.

### Don't rush while eating

The way you eat can also make your stoma pouch balloon. So one tip that's easy to remember but hard to master is to eat slowly. Be mindful of what you're eating and how you're eating. If you have an ostomy pouch, make sure to don't rush your meals by chewing slowly and sipping your drinks slowly. Eating slower gives your body time to tell you that you're full before you overeat. At the same time, you swallow less air. The air that's swallowed goes to your digestive tract, which causes bloating. After that, it comes out of your stoma as extra gas. So eating slowly will reduce ballooning due to not overeating and swallowing less air.

### Crush those unhealthy habits

Bad habits are also one of the main culprits of gas in an ostomy bag. Smoking and drinking alcohol can cause your digestive system to work slower, which increases your chances of having a gassy pouch. So if you want to ensure that you keep an ostomy bag from ballooning, you must do away with those unhealthy habits. Other unhealthy habits that can lead to gas in your stoma are drinking through a straw, chewing gum and drinking carbonated beverages

### Burping the bag

Burping your ostomy pouch to let the gas out is one way to prevent ballooning. It's best done in the bathroom since the smell is more prominent. You can also use an [ostomy deodorant](#) or lubricator if you tend to burp your bag a lot, together with an odour-reducing spray.

A **fact** is information without emotion.  
An **opinion** is information shaped by experience.  
**Ignorance** is an opinion without knowledge.  
And **stupidity** is an opinion that rejects facts!

If men are stronger than women, why do male characters in video games need to wear full plate armour while the women only need a chain mail bikini!

## Coffee Mornings:

Hamilton coffee mornings at Café Fresca were a great success in 2024 and it appears that alternating days which includes weekdays and weekends allows folk to join in where they can. Remember Coffee morning commence at 10 am and we are usually there for nearly 2 hours, so you can join in at any time.

For 2025a table is booked for the Ostomy group on the following days:

March: Wednesday 12<sup>th</sup>  
April: Wednesday 16<sup>th</sup>  
May: Saturday 18<sup>th</sup>, more dates to come.

Malcolm Vaile has been successful with hosting a morning in Tokoroa and Tirau and hopefully will be continuing with this.

Bev and I are looking into hosting a Cambridge coffee morning commencing in 2025, more details later.

Would really like to move out into other areas as well, is there anyone from the Thames area, Te Awamutu, Te Kauwhata, Whitianga or other areas who would be interested in setting up these mornings,

If so let me know so I can advertise either in newsletter, via email or on the Waikato Ostomates or the National Ostomates Facebook page.

## **AGM – Sunday 16 March at 2pm.**

AGM is in the hall at Village Gardens Retirement Village, 16 Rototuna Road, Flagstaff. Access to Village Gardens is from the Flagstaff end of Rototuna Road. On entering the village, drive straight ahead past the first house on your left and you will see the car park by the village hall.



## **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.

This is a private group and therefore can only be accessed by ostomate members. We are very aware of the privacy issues involved and believe this is the best way for ostomates to chat and share their experiences with each other.