

BI-MONTHLY MEETING DATES

Cancer Society Building
511 Grey Street, Hamilton

The 2024 Dates are:

24 November

Christmas Lunch

1 December

Meeting Time: 2pm- 4 pm

Next Hamilton Coffee Mornings

Thursday 14 November

THE PRESIDENT’S REPORT – MURRAY DEAR

There was a good turnout at our meeting on 29 September at the Cancer Society building. Our guest speaker was Urologist Mr Shiva Nair who spoke about bladder cancer and the subsequent need for a urostomy. This was followed by a very useful question and answer session with our members.

World Ostomy Day on Saturday 5 October was celebrated by a coffee group meeting at Cafe Fresca and on Monday 7 October Bev Turner, Yvonne Moosberger and I gave an ostomy presentation to the residents of Hilda Ross Retirement Village. We have another coffee group meeting planned for 10.00 am on Thursday 14 November at Cafe Fresca, Alison Street. I need to put in an apology for this meeting as I will be at Whangamomona on a two-day rail cart trip between Taumarunui and Stratford.

Our next society meeting will be held at 2.00 pm on Sunday 24 November at the Cancer Society rooms in Grey Street, Hamilton East. Bev is trying to get an industry representative as our guest speaker, but she is not having much luck regarding this. Should we be unable to arrange a guest speaker, we will run an open forum for members to raise and discuss ostomy issues. This format has previously been quite popular.

Lorraine is now taking bookings for our Christmas lunch on Sunday 1 December at The Olde Creamery, Kaipaki Road, Ohaupo. The cost is a very reasonable \$35.00 per head which has been subsidised by the society. Please note that you must make your booking by no later than 20 November so that we can advise numbers to the venue. If you need transport on the day, please let Lorraine know and we will see what we can do for you.

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/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 points to ponder.....

- *Why do socks and underwear come in resealable bags, but potato chips do not?*
- *If it is sent by ship, it is cargo, but if it is sent by road, it is a shipment!*
- *Doing nothing is better than nothing to do!*
- *You don't drown by falling in the water, you drown by staying there!*
- *The duration of 1 minute depends on which side of the toilet door you are on!*
- *The invention of the shovel was a groundbreaking discovery, but the invention of the broom was one that swept the nation!*

I recently received this lovely email from Natalie Jackman in Tairua, our new member who is adjusting to life as an Ostomate, asking that it be published in the newsletter.

"Hi fellow ostomates. Heading for colostomy surgery recently and having a lot of questions and concerns but zero information (despite my efforts to get some from my surgeon's receptionist) I googled around and found Ostomy NZ. I sent off an enquiry and received a lovely email from David (National Secretary) followed by similar from Lorraine (Waikato Secretary) who in turn put me in touch with Wendy (20-year ostomate from a nearby town).

An enormous thankyou to these three wonderful people, whose several emails both pre- and post-op alleviated my anxieties and provided support and confidence. I'm not sure if the 'buddy system' - and now lovely friendship - that Wendy and I have since developed is a convention, but it is marvellous - and I would strongly recommend it. Thankyou Wendy. Thankyou David and Lorraine. I look forward to returning your support and being an active member of Ostomy NZ."

Natalie Jackson, Tairua.

It is so worthwhile knowing that the Society, both locally and nationally can assist Ostomates in making their new uncharted journey somewhat easier. From my perspective the camaraderie shown between Ostomates appears so helpful and supportive.

*"We are all born ignorant,
but one must work hard to remain
stupid."*

Benjamin Franklin

**How come bills never go on sale?
Like rent 25% off or pay 2 electricity bills
and get the next one free!**

REMINDER

Christmas Lunch- The Olde Creamery

317 Kaipaki Road, Ohaupo
Sunday 01 December

Looking forward to seeing as many members as possible at this event. Cost is \$35.00 per head for a delicious Christmas meal held at a great venue.

Please follow the instructions below to ensure you book in and note your booking needs to be confirmed by payment into the Society bank account prior to the event.

It is essential that you book for this event, stating any dietary requirements by contacting Lorraine 027 624 9973 or sutherlands.circus@xtra.co.nz

Numbers and payment of \$35.00 per booking are required no later than Wednesday 20th November

Please pay into our bank account Westpac 03 1560 0014261 00, Reference: Xmas Lunch

As the venue is not on a bus route and you may require transport, please let Lorraine know as soon as possible in order to organize transport for you.

Hidden Disabilities Sunflower – always here to support you

Some disabilities, conditions or chronic illnesses are not immediately obvious to others. For some people, this can be hard to understand and believe that someone with a “non-visible” condition genuinely needs support.

The Hidden Disabilities Sunflower scheme is an international approach which is a simple tool to share that you have a hidden disability voluntarily. Simply by wearing the sunflower, as a lanyard, pin or bracelet you are discreetly signalling you may need extra help, understanding or just more time. The sunflower symbol is recognised internationally by a growing number of airports, tourism attractions and accommodation providers.

The lanyards, pins and bracelets are bright green in colour and decorated with an easily recognisable sunflower design, and are entirely voluntary.

How to get a Hidden Disability Sunflower lanyard

If you're travelling throughout New Zealand, the airports at [Auckland](#), [Christchurch](#), [Dunedin](#), [Hamilton](#), [Invercargill](#), [New Plymouth](#), [Palmerston North](#), [Queenstown](#) and [Wellington](#) have adopted the Hidden Disabilities Sunflower. Prior to your travel, you can request a free lanyard from the airport company, which you can collect at the airport to keep and use on future trips.

If you're departing from other international airports, or would like to know more, visit the [Hidden Disabilities website](#).

*Studies show that cow's produce more milk when the farmer talks to them.
It's a case of in one ear and out the udder!*

The only thing I stir
is coffee



Digital Download
no watermarks will be on your purchase

Coffee Mornings:

Hamilton coffee mornings at Café Fresca have been a great success and it appears that alternating days which includes weekdays and weekends allows folk to join in where they can.

The last one for 2024 is on Thursday 14 November, again at Café Fresca. Malcolm Vaille has been successful with hosting a morning in Tokoroa and is looking at hosting one in Tirau shortly. I am looking into hosting a Cambridge coffee morning commencing in 2025, more details later.

Remember if you are planning a coffee morning in your area, do let me know so I can advertise either in newsletter, via email or on the Facebook page.

An important message from Richard McNair

Please check out link to the Friends of Ostomates Worldwide NZ Charitable Trust Give a little Page; <https://givealittle.co.nz/org/friends-of-ostomates-worldwide-nz-charitable-trust> we have set this up in order to assist with funding the freight of surplus stock which we are sending to needy Ostomates in the South Pacific and Asian regions. Many of these people are still using plastic bags to collect body waste something that none of us have ever been in a position to have to do, thank goodness.

We have three pallets almost ready to go, one to Indonesia, one to Fiji and one to Samoa but there are at least 14 more sitting in storage waiting for us to sort and despatch. The ones to Samoa and Fiji are going to the Cancer Society in those countries.

Every dollar helps so please help us if you possibly can. We would also appreciate it if you could pass this email on to as many people as possible as we really do need every dollar possible to pay the freight which has increased drastically since covid.

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.