

## BI-MONTHLY MEETING DATES

Netherville Retirement Village  
4 Admiral Drive  
Flagstaff, Hamilton

### The 2025 Dates are:

May	25	
July	27	Potluck Lunch
Sept	28	
Nov	30	
Dec	7	Xmas Lunch

### Meeting Time: 2pm- 4 pm

Hamilton Coffee Mornings  
Saturday 17 May  
Tuesday 11 June  
Thursday 10 July

## THE PRESIDENT’S REPORT – MURRAY DEAR

There was a good turnout for the AGM held at the Village Gardens Hall on 16 March. All the current committee were re-elected which gives us good continuity for moving the Society forward. Following some discussion it was agreed to increase the annual subscription from \$20.00 to \$25.00. From this amount \$5.00 is paid as a capitation fee to Ostomy New Zealand while most of the balance is used to subsidise the annual Christmas lunch. The new Constitution was approved by those present and will now be executed under the Society’s Common Seal and then lodged with our application to re-register as an incorporated society. Following the AGM we were entertained by Jo-anne Laurie’s dance group.

I am pleased to announce that we now have a new venue for our bi-monthly meetings. This will be the Family Room, with kitchen facilities, at Netherville Retirement Village which is situated at 4 Admiral Drive (off Endeavour Avenue), Flagstaff. Instructions on how to find the venue are recorded elsewhere in this newsletter.

I am delighted to advise that the guest speaker for our next meeting to be held on Sunday 25 May will be Stoma Nurse Carol Lee. This will be a good opportunity for members to ask those difficult stoma questions that never seem to get answered. I look forward to catching up with you all again at our new venue.

*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

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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.....

- *What happens to an invisible force when it hits an immovable object?*
- *If there is a speed of light and a speed of sound, is there a speed of smell?*
- *How much deeper would the sea be if sponges didn't grow in it?*
- *If one man says it's an uphill battle and another says it's all downhill from here, how could both be in trouble?*
- *Why do pyjamas have pockets?*
- *If laughter is the best medicine, who is the idiot who said they died laughing?*
- *Your fingers have fingertips, but your toes don't have toetips, yet you can tiptoe but not fingertip!*
- *The word queue is just a Q followed by 4 silent letters!*



### NEW MEETING VENUE

**Netherville Retirement Village  
4 Admiral Drive, Flagstaff, Hamilton**

We have been most fortunate to be able to use the Family Room and Kitchen facilities at Netherville Retirement Village at 4 Admiral Drive which is off Endeavour Avenue in Flagstaff for our meetings this year. On entering the village, drive straight ahead past all the houses to the large car park at the end, the family room is in the large hall complex beside the car park. Wheelchair access is available.

Next meeting is on Sunday 25<sup>th</sup> May at 2pm. Our guest speaker is Stoma Nurse, Carol Lee. Looking forward to seeing you all.

*"I woke up this morning determined to do the laundry, clean the floors and exercise. But that was 4 hours ago when I was young and full of dreams!"*

### COFFEE MORNINGS:

Café Fresca, Alison Street, Hamilton commencing 10 am, come along any time and enjoy good company with excellent coffee and chat.

May	Saturday 17
June	Wednesday 11
July	Thursday 10
August	Tuesday 12 (later time 10.15am)
September	Saturday 20
October	Wednesday 15
November	Thursday 13

Malcolm Vaille is hoping to organize more coffee mornings in the Tokoroa/Tirau areas and Bev and I will be looking at the viability of Cambridge mornings.

Remember if you are planning coffee mornings in your area, let me know so I can advertise in the newsletters and on the Face Book page.

**Message from Richard McNair regarding the upcoming World Ostomy Day Seminar – 4 October 2025**

Below is the program for the World Ostomy Day seminar being held in Tauranga on the 4th of October this year. Registrations are now open. There will be morning and afternoon teas plus lunch at the venue and there is plenty of parking and the venue is wheelchair friendly.

**Western Bay of Plenty Ostomy Society Inc**

**World Ostomy Day 2025 Seminar**

**"Invisible Disabilities: Visible Support. The Global Unity of Ostomates"**

**4<sup>th</sup> October 2025**

**DRAFT PROGRAM: Saturday 4<sup>th</sup> October 2025**

**8.30 Registration**

**09.30 Opening of Seminar – Richard**

**09.45 Speaker – Bob Miller – Ywam Ships**

**10.30 Reps Introduction,**

**10.40 Morning tea**

**11.00 Speaker – Aisha Te Kani**

**12.00 Lunch**

**12.45 Speaker – Dan Allen-Gordon – Dingle Foundation**

**1.45 Speaker - Robyn Paterson**

**2.45 Speaker – Brigid McPherson – Bowel Cancer Screening program**

**3.45 Afternoon Tea**

**4.00 Speaker – Richard McNair – ASPOA - FOWNZ**

**4.30 Seminar closes. – Richard**

If you wish to register please message me and I will forward the registration form to you 😊

If the grass is greener on the other side, then what happens when you go to the other side. Does the saying still apply?

“Why do you get out of the car, but get off bus, train or plane?”

## **BOOKS**

I am an avid reader, having at least 3 books on the go at one time and both fiction and non fiction.

This got me thinking – are there books out there about the subject Ostomy, so I did some research and was pleasantly surprised.

Stoma Care by Balachondor TG

The Ostomy Book – Living confidently with Colostomies, Ileostomy and Urostomies

Colostomy recovery Cookbook by Dr Alan Freda

Positive Options for Living with your Ostomy

Ileostomy – top twelve tips for women by Louis Paylou

So much more than my Ostomy – loving my perfectly imperfect body by Ellyn Montell

Its okay to have an Ostomy by Ann Favreau

Shit Bag and you think you have baggage – a dark funny story about life with an ostomy bag

And even one for children

Its Oaky to have a stoma by Dr William Bauer

And no doubt there are more – I wonder if anyone has read any books about this ostomy journey and can recommend to members, please.

## **REMINDERS:**

- A few things mentioned in previous newsletters to bring to your attention:

Problem with supplies – in the 1<sup>st</sup> instance email [ces@waikatodhb.health.nz](mailto:ces@waikatodhb.health.nz) and then follow up with a text to their cell phone 027 541 5527

Travelling overseas – don't forget to take a travel document, signed by your Dr with you. Send me a message and I can organise the paperwork for you

Hidden Disabilities Sunflower Lanyard/wristbands. These are available free at airports or may be purchased the website [hdsunflower.com/au/](http://hdsunflower.com/au/)

## **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.