

PATRON

Mr. Ralph Van
Dalen
MBChBFRAC

PRESIDENT

Brian Gordon
139 Spinley Street
Te Awamutu 3800
bandsgordon@xtra.co.nz
Ph. (07) 871 3300

SECRETARY

Jan O'Leary
17 Saxbys Road
Hamilton 3206
janoiam1st@gmail.com
Ph. (07) 843 7505

TREASURER

Michael Sumner
58 Cemetery Road. RD9
Hamilton 3289
michael_sarah@xtra.co.nz
Ph. (07) 829 3446



WEBSITES

www.ostomywaikato.org.nz

www.ostomy.org.nz

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

Modern Technology

Can we in the near future
establish who can receive
emails by sending your email
address to

janoiam1st@gmail.com

and or if you are not computer
savvy please contact Jano with
your address on 07 843 7505
and she will be happy to post
the information being shared.

Your immediate response
would be much appreciated.

NOTICE OF

AGM MEETING

**Sunday 31st
March, 2019 at
2pm.**

**St STEPHENS
CHURCH HALL =
MELVILLE**



Subscription Time

Subscriptions for 2019 year are now
due, the subscription amount will be
confirmed at the AGM.

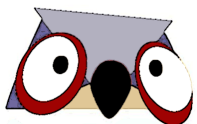
Invoices will be sent out this year.

They can be paid via any of the
following methods:

=**Internet** banking to Westpac
03 1560 0014261 00 preferred
method, include your name in
reference area.

=**Post** to Treasurer, Address as per
page 1. Posting Cash (NOT
recommended)

=**Pay** directly at the next meeting!



WORDS OF WISDOM

I never lose. I either win or learn.

Nelson Mandela

Quick Fact

A Facebook group, OstoMATES NZ, has been set up for NZ ostomates.

they are

Stoma care nurses are absolutely invaluable, not only in the
advice and guidance they give patients, but in all the work
they do out of hours with many running Support Groups.

Kallia Patching to OstoMATES NZ

I just wanted to let you all know about some news that has just come across my desk. **Jill Newton** from Ashburton will be receiving a Mayors Award for Public Service and all the volunteer work she does for the community.

Jill Newton doesn't just do this for the Ashburton community; she is the Editor of the Ostomates Magazine, President of Ostomy NZ Society, and a huge advocate for all Ostomates both in New Zealand and in other countries. She has worked tirelessly for many years in the Ostomy world. I want to wish her a massive Congratulation on this award from all of us! Jill will be presented this Award on Friday in Ashburton! Congrats from all of us Jill what a fantastic recognition!

“Excellence
is not being
the best;

it is doing
your best.”



When preparing your bag of necessities for that “without warning disaster” you should pack your go bag with enough Ostomy Supplies for 5 days minimum.

The Presidents Report

Many strange and wonderful things are happening every day and to keep abreast of all the noise going on in life each day, we need to adopt a slightly different psyche to get through. Meaning that a lot of what used to apply doesn't apply anymore. Therefore we must embrace change rather than resist. Having said all this brings me to two matters that I would like to mention for consideration.

Firstly, that Ostomates wear an Appliance and Pouch – not a BAG. I feel that it doesn't do us any credit and makes it sound like something cheap and nasty and not of much significance. It is our lifeline and deserves more status, so to speak.

Secondly, I don't believe that it is important to be brave and show off your appliance and pouch. By all means be open and frank with family and friends and any others who may need to know. What is more important is that there are greater support services to assist Ostomates at all stages of their journey. Sure, increase public awareness, but through publicity. An example is breast cancer and I don't need to say the rest. Nationally, women united to get as much publicity as they could across the nation to gain recognition and acceptance of the disease and its impact every which way and that I believe is the most important message for us as ostomates as well.

Therefore our encouragement of those at all levels of Ostomate Societies administration must be given encouragement to pursue greater buy in for all conditions that cause individuals to become ostomates. This is where I personally believe our greatest efforts need to be.

Brian Gordon

**So let's dump the name “BAG” and
replace it with “Pouch” or “Appliance”.**

MORNING or AFTERNOON CUPPA with fellow OSTOMATES.....

Who is interested in helping organise a monthly morning or afternoon tea for each area. We have members in Thames, Whangamata, Waihi, Matamata, Morrinsville, Te Awamutu, Taumarunui, Raglan, Hamilton, Morrinsville, Te Kuiti, Huntly, Tirau, Paeroa, Ngatea, Ohaupo, Te Aroha, Whitianga, Pokeno, Cambridge, Whakatane, Putaruru, Ngarawahia, Kihikihi. If I have missed a town or village please let me know. Some smaller towns might like to join up with a neighbouring town that is not too far to travel to. However I was thinking that if folks from each area email if interested. How will this workEach month someone from each area can email me with the details of a Café, date and time and I can then email or post out the details to the selected area. YES. NO. MAYBE to this idea.... Your feedback will be much appreciated thanks Team. (Email or Phone).



Designer makeover for colostomy bags (POUCHES)

A designer from east London has won a grant to create a new type of colostomy POUCH inspired by lingerie and tattoos.

Stephanie Monty, 29, created silicone prototypes after members of her own family needed to have the POUCH fitted - to collect liquid and waste from a hole in the abdomen - to help combat Crohn's disease. She's now bagged herself a £310,000 grant to make the prototypes into fully-developed products. Ms Monty hopes her designs will improve the confidence of people with the bags.

A salute to the late Queen Mother. (She was the mother of current Queen Elizabeth) Who, in one of her many accomplishments, played a substantial role in keeping Great Britain strong during World War II. Who knew?? The Queen Mother was an Ostimate! Her Ostomy was reported to have saved her life in 1966. She went on to live a life of service to her country until 2002 when she passed at the age of 101.



"If you cannot do great things

Do small things in a great way."

Research has shown that laughing for 2 minutes is just as healthy as a 20 minute jog.

So now I'm sitting in the park laughing at all the joggers.

EXPOS AT THE WAIKATO SHOW

The Wellbeing Waikato Show.

With a wide range of Wellbeing-themed exhibitors, discover the amazing wealth of health and wellbeing products, services and organisations available in the region.

Held from 5-7 April 2019 at Claudelands Event Centre.

Last year nearly 14,000 people attended the Waikato Show.

The Wellbeing Waikato Show shares space with the new Lifelong Learning Expo, and adjoins the interactive Clubs & Creativities Showcase. Next door is the new 50+ And Loving It Expo.

To reflect a diverse and vibrant wellness community, a wide variety of exhibitors is attending, including:

- Community health & wellbeing
- Complementary and Holistic health
- Fitness & Nutrition
- Health professionals
- Skincare and health products
- Parent, child and family
- Retirement years and beyond
- Financial health
- And anything else relating to overall wellbeing

**I paid my 15 year old
\$10 to the dishes.**

**Then on his way to the
bathroom, I mugged
him because it's my
job to teach him life
lessons.**

We will have our own stall there so come along and support our volunteers

Flourless, healthy, delicious protein banana & peanut butter muffins.

Ingredients

2 scoops vanilla protein powder	2 beaten eggs
1 cup natural peanut butter	1 tsp vanilla extract
1/4 cup rice malt syrup	2 ripe bananas
1/2 tsp baking powder	Dash of salt
Spray oil	12 cup muffin tray
Electric beaters	



Preheat oven 180 degrees (160 degrees for fan forced oven). Lightly spray muffin tin. Add all ingredients and mix well. Bake 12 minutes. Enjoy

**When I was young I
was scared of the dark.
Now when I see my
electricity bill I am
scared of the lights.**



**Well,
January Lasted about 3
minutes, and I am
pretty sure we have just
skipped February
entirely.**