

BI-MONTHLY MEETING DATES

Netherville Retirement Village
4 Admiral Drive
Flagstaff, Hamilton

The 2026 Dates are:

Feb 15 BBQ
March 22 AGM
May 24
July 26 Pot Luck Lunch
Sept 27
Nov 29
Dec Xmas Lunch TBC

Meeting Time: 2pm- 4 pm

Coffee Mornings
Dates TBC

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
Treasurer	Michael Sumner	michael.sumner@xtra.co.nz
Secretary	Lorraine Sutherland	sutherlands.circus@xtra.co.nz
Committee	Barry Maughan	027 229 7047
Committee	Bev Turner	021 245 5064
Committee	Jo-anne Laurie	027 624 9973
Committee	Yvonne Moosberger	027 281 1769
Committee	Helena Macdonald	(07) 823 4949
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		(07) 854 5458
		027 250 7656

Web Sites www.ostomywaikato.org 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

THE PRESIDENT'S REPORT – MURRAY DEAR

I hope everyone is keeping well and starting to plan for a summer break. Our next members meeting will be at the Netherville Retirement Village Hall at 2.00 pm on Sunday 30 November. We do not have a speaker for this meeting but will instead have an open forum afterwards. I am particularly looking for feedback regarding the new supply system for the Waikato and any issues members may be having regarding access to stoma therapy nurse services. There will not be a raffle at this meeting but at the Christmas lunch (see below) please bring some change as we will be running a few raffles.

I am pleased to advise that we now have a coffee group meeting at Thames at 10.00 am on the second Monday of each month. The next meeting will be at the Thames Bowling Club on Monday 10 November. My thanks go to Mandy and Ian Little for organising this coffee group. Our next Hamilton coffee group will be at Café Fresca, 78 Alison Street, Hamilton at 10.00 am on Thursday 13 November. This will be our last coffee group meeting for the year. Next year we hope to arrange for some stoma appliance company representatives to join with us at our Hamilton coffee group mornings. Watch this space.

I am very pleased to confirm that the venue for our Christmas lunch on Sunday 7 December will again be The Old Creamery, 317 Kaipaki Road, Ohaupo. The cost will be \$35.00 per person after a subsidy paid by the society and this is to be prepaid to the Society's bank account. Please advise Lorraine of your attendance ASAP so we can make a group booking. Further details including the menu etc. are in this newsletter. I look forward to catching up with you all on the day.

Murray Dear



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

Some points to ponder.....

- *Knowledge is knowing a tomato is a fruit. Wisdom is not putting a tomato in a fruit salad.*
- *Children: you spend the first 2 years of their life teaching them how to walk & talk. The next 16? Spent telling them to sit down and shut up.*
- *He who smiles in a crisis has found someone to blame.*
- *Light travels faster than sound. This is why some people appear bright until you hear them speak.*
- *A computer once beat me at chess, but it was no match for me at kick boxing.*
- *To steal ideas from one person is plagiarism. To steal from many is research.*
- *War does not determine who is right, it determines who is left!*
- *It takes a long time to grow old friends!*

Bowel Screening Government Announcement

Thousands of NZers will be eligible for free bowel screening from Monday 6 October as the Government lowers the starting age from 60 to 58 in Northland, Auckland and the South Island.

Health Minister Simeon Brown said the expansion would see 122,000 additional people able to access the home test in the first year, potentially preventing 771 cancers and saving 566 lives over the next 25 years.

The rest of the North Island will follow in March 2026, with all eligible people nationwide able to by March 2027.

“This is the first significant step towards aligning NZ’s screening age with Australia. The goal is to bring the age down even further and building colonoscopy capacity is key to achieving that”.

The Government is also introducing a new nationwide “FIT For Symptomatic” pathway, which used a simple home test to check for traces of blood in people of any age who are referred to specialists with bowel cancer symptoms. It was expected to free up capacity by reducing unnecessary colonoscopies by up to 60%.

A separate diagnostic package will deliver more than 7000 additional colonoscopies through to 2026 and \$19 million is being invested in initiatives to lift screening rate among groups with historically low participation.

Growing old is mandatory, growing up is optional!

STOMA NURSE UPDATE

New Stoma Therapy CNS, Carissa McKenzie has been appointed in Waikato. Her phone number is 021 241 4360.

Nicole Prosser’s number remains the same – 027 223 0439
Email contact: stomanurses@waikatodhb.health.nz

Monthly Clinics in Thames, Tokoroa, Te Kuiti and Huntly are being set up at the local hospitals which hopefully will catch more people this way.

Routine home visits have also been stopped and only patients in “crisis” will be seen. STN’s are working to educate all district health nurses to support, and they have appointed a community stoma champion to further support the district nurses.

WAIKATO OSTOMY SOCIETY

Christmas Lunch- The Olde Creamery

317 Kaipaki Road, Ohaupo

Sunday 07 December

Cost: \$35.00 per person,

Drinks at 12 noon,

Lunch at 12.30pm

Christmas Buffet Menu

Mains:

Sous vide Roast Pork with apple sauce

Sous vide Roast Beef with country gravy

Chef's Mesclun Salad (GF)

Mumbai Rice

Gourmet Roast Vegetable Medley

Wholemeal Dinner Rolls

Desserts:

Christmas Pudding with Brandied Custard

Strawberry Cheesecake

Desserts served with bowls of freshly whipped cream & natural yoghurt

Self-Serve Tea/Coffee

Fully Licensed premises serving wine & beer by the glass or bottle. Non-alcoholic drinks also available



Lovely setting, plenty of parking, easy access and a delightful shop to browse in, to pick up the last minute Christmas gift.

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 27th 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 for her to organise transport for you.

COFFEE MORNINGS

Café Fresca, Alison Street, Hamilton commencing 10 am. Last one for 2025 is Thursday 13 November.

The Thames/Coromandel area had a very successful first meeting and look forward to continuing. They will now hold their coffee mornings on the 2nd Monday of each month at the Thames Bowling Club, 512 Mackay Street, Thames at 10.30am.

Malcolm Vaille will be in touch with Ostomates in the Tokoroa/Tirau and Matamata areas regarding coffee morning.

Cambridge will meet at St Kilda Café, 19 Kaniera Terrace, Cambridge at 10.30am on Saturday November 15th.

Recently I have heard of several ostomates who have experienced/been subjected to uncomfortable experiences at various airports due to the recent changes in scanning. I have included the information regarding Hidden Disability Sun flower below. Please make use of this as it may go some way to alleviate some of the stress involved at airports.

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](#).

Roses are red, Violets are nice. When life gives you lemons, add vodka and ice!

Waikato Ostomy Society Facebook

Check out our Facebook page: “key” Waikato Ostomates United in your FB search.

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.