

BI-MONTHLY MEETING DATES

Netherville Retirement Village
4 Admiral Drive
Flagstaff, Hamilton

The 2025 Dates are:

Sept 28
Nov 30
Dec 7 Xmas Lunch

Meeting Time: 2pm- 4 pm

Hamilton Coffee Mornings

Saturday 20 September
Wednesday 15 October

THE PRESIDENT'S REPORT – MURRAY DEAR

I was pleased to learn that the potluck lunch went well on 27 July and that everyone had an enjoyable time. I look forward to catching up with you all again at our next meeting to be held at the Netherville Retirement Village Hall at 2 pm on Sunday 28 September. At the meeting I will provide some feedback from the National Conference and AGM which I will be attending as your delegate in Wellington from 5 to 7 September. I will also be seeking your views on how the new supply of ostomy appliances and other products is working out.

For your information, stoma therapist Carol Lee has retired effective from Thursday 28 August. I am sure that you all join with me in wishing Carol all the best for her retirement. It is yet uncertain as to whether she will be replaced but Nicole has now returned from two months secondment to answer and action your queries meanwhile.

I would like to take this opportunity to encourage members to attend our monthly coffee groups. For those of you who are relatively recent ostomates, these informal meetings are a good way to chat with other members and learn how to possibly better manage your stomas. Our next coffee group will be at Café Fresca, 78 Alison Street, Hamilton at 10 am on Saturday 20 September.

At our last committee meeting there was some discussion regarding a venue for our annual Christmas lunch. There was general consensus that last year's venue, The Old Creamery, was excellent and we have decided to return there if this is possible. I understand that the business has since changed hands so some enquiries are now being made. Watch this space!!!

Murray Dear

Waikato Ostomy Society Committee

Let's SUPPORT our Association

<u>PATRON</u>	Mr. Ralph Van Dalen MBChBFRAC	
President	Murray Dear	dears@xtra.co.nz 027 229 7047
Treasurer	Michael Sumner	michael.sumner@xtra.co.nz 021 245 5064
Secretary	Lorraine Sutherland	sutherlands.circus@xtra.co.nz 027 624 9973
Committee	Barry Maughan	jackieandbarry@xtra.co.nz 027 281 1769
Committee	Bev Turner	(07) 823 4949
Committee	Jo-anne Laurie	027 855 8269
Committee	Yvonne Moosberger	027 250 7656
Committee	Helena Macdonald	

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

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



Some points to ponder.....

*I just realised I still have so many unanswered questions!!!!
I never found out who let the Dogs Out...where's the beef.... How to get to Sesame Street... why Dora the Explora doesn't use Google maps... why eggs are packaged in a flimsy paper carton, but batteries are secure in plastic that's tough as nails...why women can't put on mascara with their mouths closed...why "abbreviated" is such a long word....why lemon juice is made of artificial flavour but dish-washing liquid is made with real lemons...why they sterilize the needle for lethal injections and why do you have to put your two cents in but it's a penny for your thoughts, where's that extra penny going to... and just what is Victoria's Secret?*

Important

Carol Lee Retirement

Email message from Carol Lee, " just letting you know my final day of work is next Thursday 28 August.

I am aware some stoma patients know as someone put it on a Facebook page.

It is sad for me but I am ready to retire and looking forward to a new type of life.

Nicole has been on secondment for 2 months but will come back into the role on September 1.

As for my replacement , it is uncertain if and when I will be replaced , I was promised my position would be as there is no freeze on clinical positions but heard this week from my manager it may not which is not good. As one of the reason I am leaving early was the sheer exhaustion of working on my own when Nicole was on secondment, it is not possible for 1 person to now do this role effectively on their own.

Nicole will take that up with her next week.

Thank you to you and the rest of the committee for all the work you do for the stoma patients in the Waikato DHB "

It is sad to say goodbye to Carole after all this time, she has been an amazing Stoma Nurse and I have heard many lovely comments made regarding her work and ofcourse was fortunate to have her help when my Richard became an Ostomate before his demise back in 2021. Carol will certainly be missed, however we wish the very best in her extremely well

Just once I would like to read a medication warning that says

WARNING

May cause permanent weight loss, remove wrinkles and cause too much energy!

ASPOA WEBINAR
Saturday 20th September 18:00 NZ Wellington.

The webinar offers insights to help you re-ignite hope with change, rebuild confidence and reconnect with themselves and others.

CANCELLATION

It is very disappointing that after being successful in gaining sponsorship to run this event, only 5 people actually signed up to attend so Richard, despite all his hard work, has been forced to cancel this webinar.

Mid Winter Pot Luck Lunch

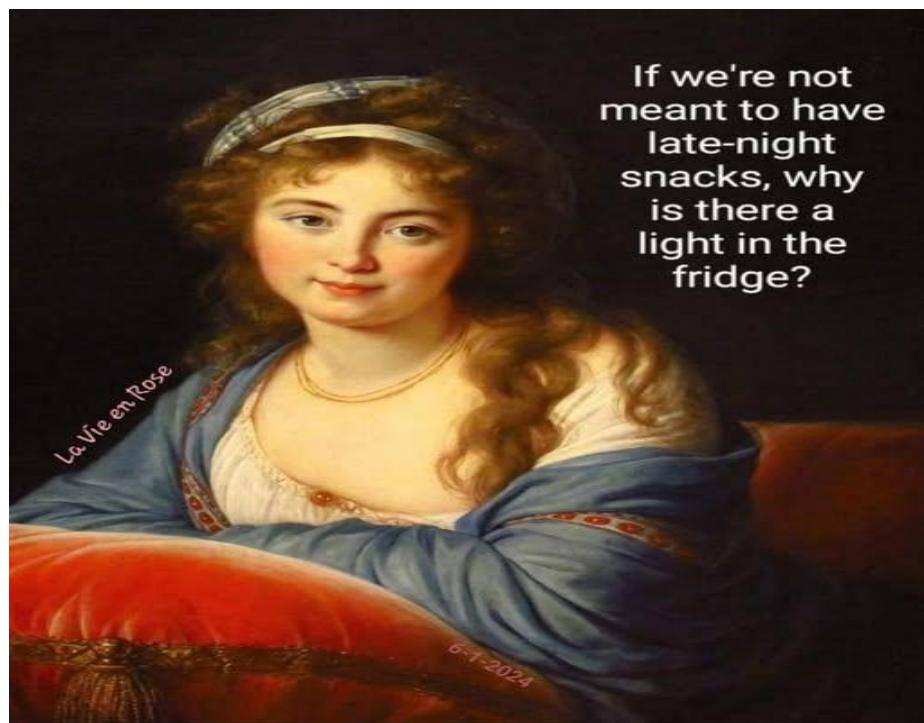
I was disappointed that I could not attend the lunch, however I have been assured it was a very pleasant afternoon with an abundance of delicious food and great company. Thank you for remembering me, I was delighted when Michael turned up with a plate of tasty treats I was able to have for dinner.

Congrats to our winners:

Trish Short won the raffle

Maureen Jamieson won a Line in the Bingo while Danny Anglesey won the Bingo.

Rabbits jump and they live 8 years.
Dogs run and they live for 15 years.
Turtles do nothing and they live for 150 years.
Lesson learned.



COFFEE MORNINGS: (Check out future dates for Hamilton)

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

September Saturday 20

October Wednesday 15

November Thursday 13

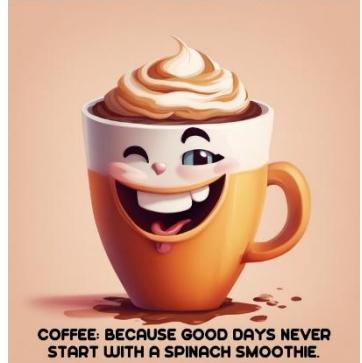
Malcolm Vaille is hoping to organize more coffee mornings in the Tokoroa/Tirau areas

News Flash:

Introducing Coffee mornings to Cambridge..... the first coffee morning in Cambridge took place at St Kilda Café, 19 Kaniera Terrace, Cambridge at 10.30am on Saturday August 16th There is plenty of parking, wheelchair access and I am assured the coffee is great. Do hope the first meet was successful and these get togethers will continue in Cambridge.

On chatting to Bev this morning, I am please to hear that the Cambridge coffee morning was successful with 6 people attending. The venue, parking and coffee was good so have arranged to the next coffee morning to be on Saturday 18 October at 10.30am. Do come along and join in.

Have had a query regarding holding coffee mornings in the Thames/Coromandel, is there anyone in the area who would be happy to organize something here please?



COFFEE: BECAUSE GOOD DAYS NEVER START WITH A SPINACH SMOOTHIE.



"If you were born in the 50s, raised in the 60s, made it to 2025, you have lived in eight different decades, two centuries, two different millenniums and you aren't even 80 yet!"

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.