

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	Potluck Lunch
Sept	27	
Nov	29	
Dec	6	Xmas Lunch

Meeting Time: 2pm- 4 pm

**Coffee Morning Updates
See Page 2 newsletter**

THE PRESIDENT’S REPORT – MURRAY DEAR

Happy New Year everyone. I hope you all had a nice Christmas with family and friends. Our final gathering for 2025 was the Christmas lunch at The Old Creamery. This was very well attended, and we all enjoyed a lovely meal. After positive feedback, we have pencilled in this venue for our 2026 Christmas lunch.

Our next Hamilton coffee groups will be at Café Fresca, 78 Alison Street, Hamilton at 10.00 am on Monday 2 February and Wednesday 25 February. Janine Brown, Clinical Product Specialist – Wound Care at Intermed Medical Limited, will be joining us on 2 February and Amanda Thomas, New Zealand Territory Manager for Coloplast Pty. Ltd., will be with us 25 February. This is a great opportunity for members to meet these appliance company representatives as they share their expertise regarding stoma products. The next meeting of the Thames coffee group organised by Mandy Little will be at the Thames Bowling Club on Monday on 9 February with future meetings on the second Monday of each month thereafter.

Our first members’ event for the year will be a shared lunch at Rodney and Helena Macdonald’s lovely home at Pirongia on Sunday 15 February. Further details of this event are elsewhere in this newsletter. Please advise Lorraine of your attendance ASAP so we know how many how many will be coming. I look forward to catching up with you all on the day.

Murray

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
Treasurer	Michael Sumner	michael.sumner@xtra.co.nz	021 245 5064
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Committee	Jo-anne Laurie		(07) 855 8269
Committee	Yvonne Moosberger	yvonnemoosberger@gmail.com	(07) 854 5458
Committee	Helena Macdonald	pirongiaclassic47@gmail.com	027 250 7656

Web Sites www.ostomywaikato.org.

Facebook **OstoMATES NZ** and **Waikato Ostromates 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.....

- *The secret to happiness is to make others believe they are the cause of it!*
- *The true sign of intelligence is not knowledge but imagination!*
- *Leaning to ignore things is one of the great paths to inner peace!*
- *Time is more important than money. You can get more money, but you cannot get more time!*
- *Every day may not be good, but there is something good in every day!*
- *You can't calm the storm, what you can do is calm yourself and the storm will pass!*
- *In a world where you can be anything, be kind!*
- *Books, minds and umbrellas only work when they are open!*
- *My whole life I never saw a warning telling me not to eat laundry detergent or put glue in my hair. Somehow, I just knew!*
- *Acts of grace are like threads in a net. You don't always see them, but they hold you up when you need them most. Be someone's thread today!*

COFFEE MORNINGS:

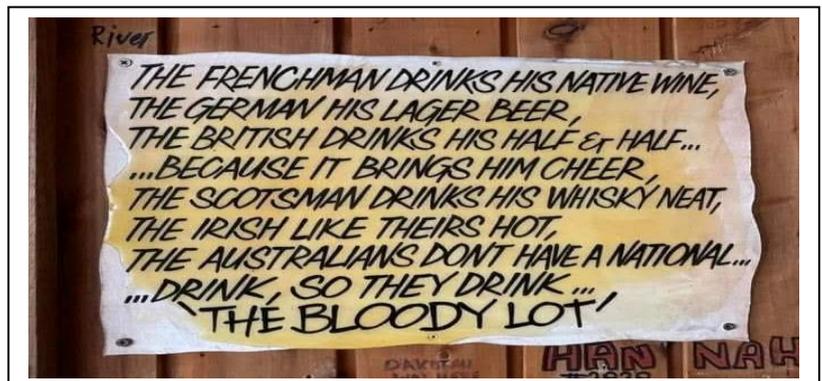
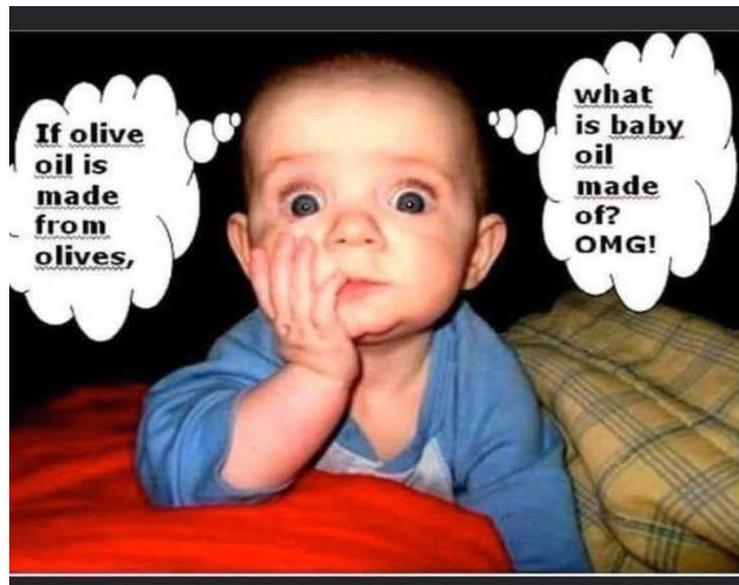
Café Fresca, Alison Street, Hamilton commencing 10 am, come along any time and enjoy good company with excellent coffee and chat.

Feb	2	Mon	Janine Brown,	Intermed Rep
Feb	25	Wed	Amanda Thomas	Coroplast Rep
March	25	Wed	Jayne Jacobsen	Ainscorp Rep
April	30	Thurs		
May	19	Tues		
June	18	Thurs		

Thames Coffee Mornings: 2nd Monday each month at Thames Bowling Club

Cambridge Coffee Mornings: 2nd Saturday each month at St Kilda Café, beginning Saturday March 14.

Malcolm Vaille will organize coffee mornings in the Tokoroa/Tirau areas



Waikato Ostomy 2026 BBQ
at Helena and Rodney's
6 South Butler Road, RD6, Te Awamutu

Sunday 15th February, 2026, 11.00 am onwards



***Please bring sunhats & swimming togs.
\$5.00 per head for the meat provided.
A salad or dessert to share.
Also don't forget your drinks.....***

DIRECTIONS from Te Awamutu

**Take Pirongia Road out of Te Awamutu
Pirongia Road becomes Beechey Street
Turn right into Baffin Road
Baffin Road turns left into and becomes Mangauika Road
Turn right into Butler Road
Turn left into South Butler Rd off Butler Rd**

DIRECTIONS from Hamilton

**Dinsdale or Collins Road to pick up Tukikaramea Road
Turn Left onto Tukikaramea Road
Turn Left on to State Highway 39
Turn right into Baffin Road
Baffin Road turns left into and becomes Mangauika Road
Turn right into Butler Road
Turn left into South Butler Rd off Butler Rd**

**PLEASE advise numbers attending to Lorraine
Email sutherlands.circus@xtra.co.nz
Mobile 027 624 9973**

Numbers are required by the 9th February, 2026 please.

I read that the more colourful your salad, the healthier it is, so I added jelly beans!

Why Hydration is Vital

Hydration is crucial for ostomates (especially ileostomy patients) to replace fluids and electrolytes lost through the stoma, preventing fatigue, kidney issues, and blockages, and maintaining energy, skin health, and consistent output by supporting bodily functions like nutrient absorption, temperature regulation, and waste removal. Proper hydration ensures smoother digestion, better pouch system function, and overall well-being, making it a primary concern for quality of life and preventing hospital readmissions.

- **Fluid Loss:** The large intestine normally absorbs water; with an ostomy, especially an ileostomy, this absorption is reduced, increasing dehydration risk.
- **Electrolyte Balance:** Water loss also means losing essential sodium and potassium, impacting nerve and muscle function.
- **Consistent Output:** Good hydration helps keep stoma output less watery and more manageable.
- **Preventing Complications:** Reduces risk of skin irritation, constipation, energy dips, dizziness, and kidney strain.

Key Hydration Tips

- **Water is Best:** Plain water is the top choice for hydration.
- **Electrolyte Drinks:** Sports drinks (low sugar), coconut water, or homemade salt/sugar solutions help replenish lost electrolytes.
- **Limit Dehydrating Drinks:** Caffeinated drinks like coffee and tea can be dehydrating; use them sparingly as water substitutes.
- **Space Fluids & Solids:** Drink liquids 30 minutes before or after meals to avoid increasing output.
- **Monitor Output:** Keep an eye on output volume and consistency; watery output signals a need for more fluids and electrolytes.
- **Listen to Your Body:** Fatigue, headaches, dry skin, or muscle cramps are signs you need to rehydrate.
- **Food Intake:** Many hydrating foods (fruits, veggies) contribute to your fluid intake

Signs of Dehydration

- Fatigue, lack of energy, dark yellow or infrequent urine, headaches, dry mouth and skin, muscle cramps and racing heart.

They say we learn from our mistakes. That's why I am making as many as possible now. I'll be a genius soon!

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.