

BI-MONTHLY MEETING DATES

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

The 2026 Dates are:

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

It was disappointing that we had to cancel the shared lunch at Rodney and Helena Macdonald’s home at Pirongia on Sunday 15 February. Unfortunately, the weather gods were against us with major flooding and road closures throughout the Pirongia district.

Our Annual General Meeting will be held at Netherville Retirement Village on Sunday 22 March commencing at 2.00 pm. We don’t have a guest speaker but there will be the opportunity to raise any issues that may be of concern to you. Following the AGM we have some special entertainment planned.

We had very good attendances at our recent Hamilton coffee groups with Janine Brown of Intermed Medical Limited joining us on 2 February and Amanda Thomas of Coloplast Pty. Ltd. with us on 25 February. Our next Hamilton coffee group will be at Café Fresca, 78 Alison Street, Hamilton at 10.00 am on Wednesday 25 March. Jayne Jacobsen, Territory Manager for Salts Healthcare will be the guest speaker. This is a great opportunity for members to meet Jayne as she shares her expertise regarding Salts stoma products.

We now have a Cambridge Coffee Group which is organised by Bev Turner with regular meetings on the second Saturday of each month at the St. Kilda Café. The group will meet next on 14 March. The next meeting of the Thames coffee group organised by Mandy Little will be at the Thames Bowling Club on Monday on 9 March with future meetings on the second Monday of each month thereafter.

I look forward to catching up with you all at the AGM and our next Hamilton coffee group meeting.

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

PATRON	Mr. Ralph Van Dalen MBChBFRAC		
President	Murray Dear	dears@xtra.co.nz	027 229 7047
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Web Sites www.ostomywaikato.org.

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.....

- *Ever realised, children sing before they write, dance as soon as they stand. Art is the heart's first language, woven into our very souls!*
- *I have come to the conclusion that buying books and reading them are actually two entirely different hobbies!*
- *Productive Procrastination (N) doing stuff to keep busy while avoiding what really needs to be done!*
- *If your house is in a mess, go to the beach. It won't bother you there!*
- *Remember if you do nothing all day you are called a bum, but if you do it in a boat, you are called a fisherman!*
- *Does anyone actually enjoy the music they hear when they are put "on hold?"*
- *The more you weigh, the harder you are to kidnap. Stay safe, eat cake!*
- *What if my dog only brings back the ball because he thinks I like throwing it!*
- *The word "swims" upside down is still swims!*
- *Happiness is not about getting all you want; it's about enjoying all you have!*

COFFEE MORNINGS:

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

March 25 Wed

Jayne Jacobsen, Salts

Healthcare Rep

April 30 Thurs

May 19 Tues

June 18 Thurs

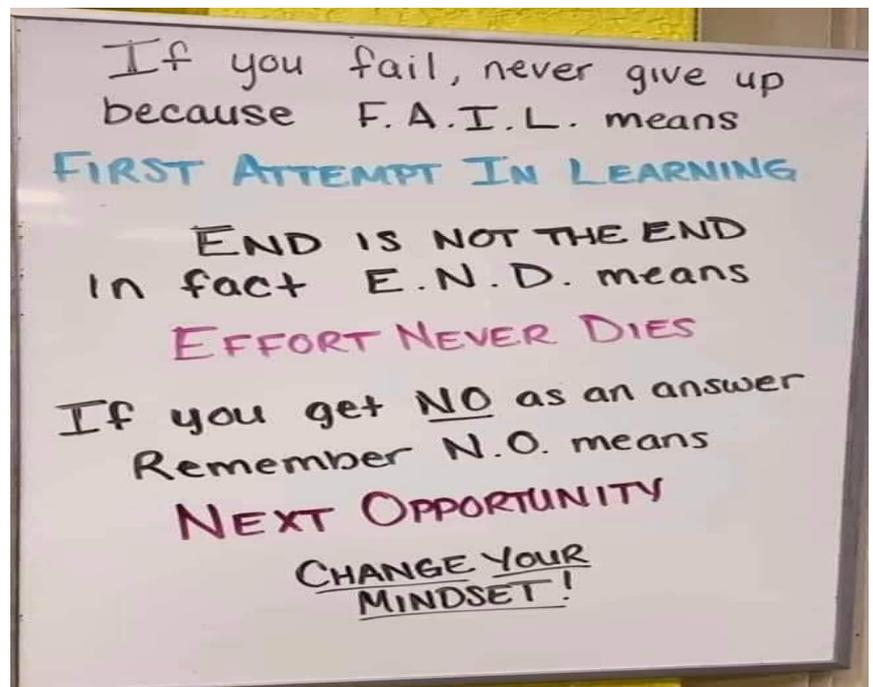
Thames Coffee Mornings: 2nd Monday each month at Thames Bowling Club

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

If you are interested in organizing coffee groups in your area, please let me know so I can advertise dates/times here in the newsletter.

Don't allow someone who has never walked in your shoes to tell you how to tie your laces!



I didn't get old on purpose. If you are lucky, it could happen to you!

RETIREMENT OF HELENA MACDONALD

At the 2026 AGM we will be, sadly farewelling our lovely Helena Macdonald who is resigning from the committee after many years of work. Helena has been a stalwart of the Ostomy fraternity after her Mother set up the group back in 1971 and has given tirelessly to the society in many ways. I thought it appropriate that I once again include her wonderful story here. This was published back in 2023, Helena's wonderful story in her own words.....

OUR OWN STOMA NURSE IN HER OWN WORDS

My journey started with my mum in 1971 when my mother had an abdominal perineal resection with an end colostomy. I was 15 at the time and 6 of her children were at home growing up in a 3-bedroom railway house with a hut outside. I can remember the district nurses attending Mum and the appliance made of rubber, washed and dried on the rack above the coal range. All other rubbish was burnt in the coal range. I suppose mum was quite lucky back then as our toilet was a separate building out the back. For her supplies she had to go up to the pharmacy at the Waikato Hospital.

In 1974 I commenced my Community Nursing Training, leaving Waikato in 1979 moving up to Auckland working at the Marter Misericordiae Hospital which was owned by the Sisters of Mercy. I was working in the theatre and back then a colonoscopy was under a general anaesthetic, and the colonic scope only had an eye piece to find any abnormalities.

Off back down to Hamilton in 1993 where I secured a position at the Braemar Hospital working in the Wards, theatre and endoscopy. The hospital was having a few stomal surgeries with Angus, a private stomal therapist, who was coming to visit the patients. Angela Sheenan was the stomal therapist at Waikato Hospital along with Joy Homewood working in the District Nursing area running teaching sessions. In 1999 I attended the Waiaroki Stomal Therapist course as an enrolled nurse. I was able to be a Stomal Resource Nurse. There I met Judy Warren and this was the last Stomal training in NZ since 1998. With attending the Waikato Ostomy Society fund raising for my first Conference in 2009 was a movie evening with Wine and cheese, coffee and dessert after. Maureen Jamieson was busy fundraising and was well supported.

This conference was held on the day Braemar Hospital officially opened their new building and financially assisted our Conference. Our last Conference in 2019 was well attended by Waikato Ostomates and the speakers were Mr. S Lolohea who spoke on surgical procedures in Tonga and how it was done. As a Society we support Mr. Lolohea with appliances to use with his Tongan Patients. Mr Jason Ly spoke on the parastomal hernias.

Although Helena is leaving the committee, she and Rodney will remain as members and we trust we will continue to see them at various Ostomy events in the future. We wish them both the very best that the future will bring and the warmest aroha. It will be up to us to continue the support that Helena has given over the years.



NZ OSTOMY SURVEY

You, recently received via email (11/2/26) the FNZOS info regarding the NZ Ostomy Survey which is currently being circulated to all Ostomy members.

This survey, conducted by Dr Jo Nunnerley of the University of Otago with funding from Coloplast Pty Ltd is looking at identifying areas for improvement and enhanced support for individuals living with an ostomy. The survey takes approx. 30 mins, is strictly confidential, is seeking Ostomy people's thoughts on their experiences.

If you are able and willing to complete the survey, the results will hopefully go to increasing awareness and support for ostomates.

Follow up on recent coffee mornings in Hamilton.....

Unfortunately, I was unable to attend the February coffee morning with Rep Janine Brown of Intermed Medial Ltd, however I was informed was well attended and very informative.

This morning (25/2) I had the pleasure of having coffee with another well attended group of Ostomates and Rep. Amanda Thomas of Coloplast Pty Ltd. This was an opportunity for Amanda to show products, discuss concerns and offer suggestions. Amanda has a nursing background as well as a personal understanding as she was an Ostomate for a short time.

Thank you to our President Murray for contacting these Reps during a FNZOS meeting, being able to have them attend a coffee morning has been most appreciated.

Wednesday 25 March coffee at Café Fresca will feature Jayne Jacobsen, Salts Healthcare.

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.