

**BI-MONTHLY
MEETING DATES**

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

The 2026 Dates are:

May	24	
July	26	Potluck Lunch
Sept	27	
Nov	29	
Dec	6	Xmas Lunch

Meeting Time: 2pm- 4 pm

**Coffee Morning Updates
See Page 3 newsletter**

THE PRESIDENT’S REPORT – MURRAY DEAR

At our AGM we farewelled long-standing committee member Helena Macdonald and welcomed Malcolm Vaile to the committee. Presentations were made to Helena in recognition of her long service and also to Maureen Jamieson who is moving to the Bay of Plenty. Your new committee has since met and planned our programme for the coming year.

Our monthly coffee groups at Hamilton, Cambridge, Thames and Tirau have all reported good attendances recently. At our last three Hamilton groups we have welcomed representatives from Intermed, Coloplast and Salts and it was pleasing to see new members receiving good practical advice.

The Hamilton coffee group meets again on Thursday 30 April and Tuesday 19 May at Cafe Fresca.

Our next meeting will be at Netherville Retirement Village on Sunday 24 May and I'm pleased to advise we have a guest speaker. Christine Conning, a physiotherapist specializing in Pelvic Health and Cancer rehabilitation. I am sure that members will find her presentation to be of interest.

I look forward to catching up with you at our coffee groups and the next meeting.

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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Committee	Malcolm Vaile	hamvaile@gmail.com	021 284 2525

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.....

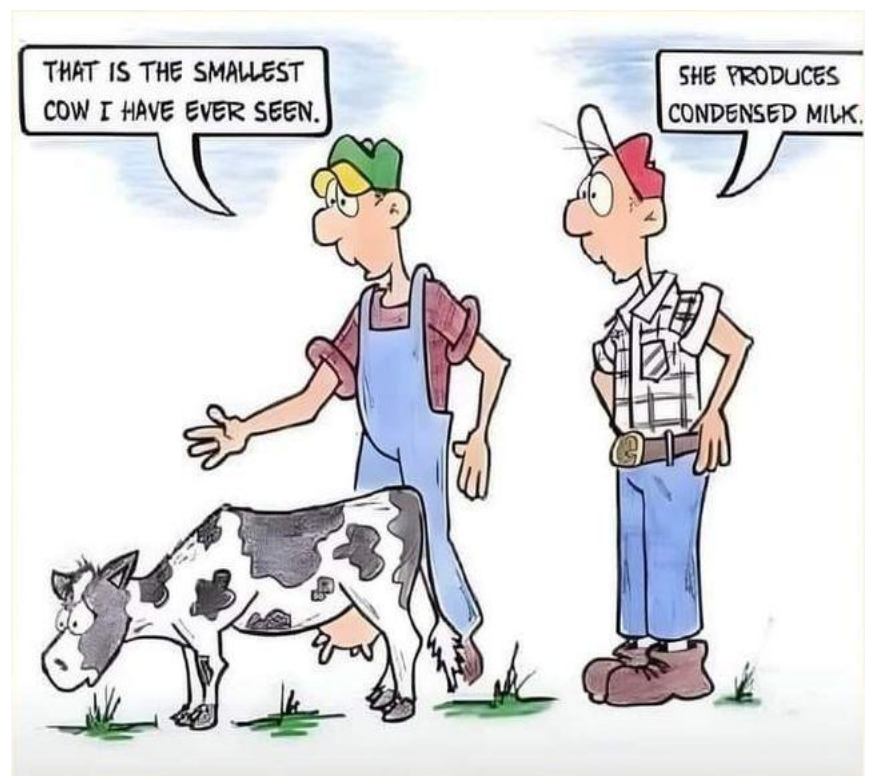
- *It's never too late to be what you want to be, unless you want to be younger..... Then you're screwed!*
- *The term "Domestic Housewife" implies there are feral housewives and now I have a new goal!*
- *Whoever said "out of sight, out of mind" never had a spider disappear in the bedroom!*
- *Remember 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!*
- *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!*

HANDY HINT

At the February Coffee morning with Amanda the Rep from Coloplast, she shared a very useful tip using the Brava Adhesive Remover Spray that I understand has been most successful for several Ostomates.

When changing the bag, spray the top of the bag using the Brava Adhesive Remover Spray and create a little cup at the top of the bag. Into the cap of the Spray bottle, spray 2 sprays and pour into the gap, do something for a couple of mins then you should find it easier to peel the bag off without too much stress on the skin. You can also spray round the entire seal of the bag as well, but this little tip should make bags changes somewhat easier

"3 out of 4 voices in my head want to sleep, the other wants to know if penquins have knees!"



"As you get older, you realise what a lame planet we live on: no fairies, no mermaids, no dragons..... just bills and annoying people!"

The money to eradicate hunger for everyone in the world has been estimated at 30 billion a year.....about as much as the world spends on military every eight days!!!!!! 😞 😞 😞

QUESTION TIME

Can you fly with a colostomy bag?

The ostomy pouch is subject to additional screening and may require you to conduct a self pat-down of the pouch outside of your clothing, followed by a test of your hands for any trace of explosives. You may also undergo a standard pat-down of areas that will not include the ostomy pouch.

How many times a day should you empty your ostomy bag?

Most people change their pouching system about every three to four days because the adhesive starts to wear at that time. So you should expect to change your pouch about twice a week. And remember, if you're emptying your pouch, when it's a third to a half full, which could be several times a day, about four to six.

How do you sleep with a stoma bag?

On the side with your stoma, your mattress will support the bag as it fills. If you sleep on the other side, you can lay next to a pillow to support the weight of your bag. If you are worried that you will not stay on your side during the night, use a pillow/body pillow/V-shaped pillow to keep your body in place.

Can you go in a hot tub with a stoma?

All over the world ostomates are living normal active lifestyles including participating in sports, cycling, running in marathons, mountain climbing and most definitely swimming including going into hot tubs. A stoma is NOT an open wound, so having an ostomy is no reason to stop these activities.

What can't you do with an ostomy?

Unless your favorite hobby is a contact sport with lots of potential for injury, you'll be free to go back to the activities you enjoy after you heal from ostomy surgery. The main danger is injury to the opening where waste or urine leaves your body (stoma), which means rough sports may be out.



2026 Invoices

The 2026 Invoices have now been posted to you along with the March issue of the Federation magazine. These invoices are now due for payment, thank you to those members who have already paid, your quick payment is much appreciated.

Please follow the payment instructions at the end of the invoice, making sure you include your membership number, this makes it quicker and easier for Michael, our amazing Treasurer to assign the payments to the correct persons.

Journal of Ostomy NZ Magazine – Editor position

I trust you have all taken the time to read Brent Hamlin's inspiring article in the March issue. Brent has done a sterling job as editor of this excellent magazine over many years but now he wishes to concentrate on the many more things he has planned and requires someone to take up the Editor role of the magazine.

This is a role that can be done anywhere in the country, if you are interested please feel free to offer your services and lets continue with this very informative magazine.

COFFEE MORNINGS:

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

May	19	Tues
June	18	Thurs
July	15	Wed
August	29	Thurs
Sept	16	Wed
Oct	20	Tues
Nov	18	Wed

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 every 6 weeks.

Am looking at the possibility of setting up a coffee group in the Te Awamutu area, watch this space

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.

SANDLEWOOD STOMA POUCH COVERS

Check out sandlewood.co.nz. Helen and Grace make these lovely stoma pouch covers here in NZ. They are easily contacted at

helen@sandlewood.co.nz, 027 552 8437.

Speaking to Grace recently I discovered that they cannot do waterproof covers due to the weight involved, however they can make microfiber covers which are suitable for after showers when the stoma bags are wet and especially for swimming and times when you need to dress with potentially a damp or wet bag. The microfiber soaks up the wet quickly and efficiently. They will make to order.

When I was a kid we didn't have "influencers". We watched a singing frog who dated a pig and a grouch that lived in a trash can! It was a simpler time.



Sometimes you just have to close your eyes, count to ten, take a deep breath and remind yourself, you wouldn't look good in prison clothes!

Experts say caffeine is bad for you, fat is bad for you, sugar is bad for you but don't worry..... 'cause that is also bad for you!

*I do not make mistakes.
I create unexpected outcomes!*

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.