

PROGRAMME

2021

February 9th	Dingle Foundation. The Raft. 10 30 am
March 9th	The Raft. 10.30 am
April 13th	The Raft. 10.30 am
May 11	A.G.M
June 8th	The Raft. 10.30 am
July 13th	The Raft. 10.30 am
August 6th - 8th	Conference Havelock North
September 25th	World Ostomy Day Atrium
November	Breakup - To Be Advised.

The Taupo Ostomates Group

Taupo Cosmopolitan Club

5 Taniwha St, Taupo

**Shayne Paterson,
mobile 021-0255-1359.**



The Rotorua Ostomy Group

NEW MEETING PLACE

THE DIABETES ROOM AT
17 MARGUERITA ST
EVERY THIRD FRI OF THE MONTH
10-30 AM TO 12-30 AM

HOPE TO SEE YOU SOON.

Margaret

All welcome

phone 07 348 5882 enquiries

Western BoP Ostomy Society Inc.



(Covering the Western Bay, Rotorua
& Taupo Area)

www.ostomybop.weebly.com

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Magazine

Barbara Mels

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Committee members

We need some volunteers please

Cancer rooms

111 Cameron Road

The Raft

65 Chapel Str.

Newsletter:

January 2021



Happy New Year to all Ostomates,

For many 2021 will still have some challenges, however to encourage you all we will be meeting the 2nd Tuesday of each month at The Raft at 10.30am.

February 9th join us to hear Dan from the Dingle Foundation any concerns their will be time for discussions afterward.

We are planning a speaker one month then discussion the next.

Look forward to seeing you all.

Bring along any ideas or concerns you have.

We are here to support one another.

Take care Dian Cheyne President

Once you choose hope, anything is possible.

Mind power is one of the strongest and most useful powers you possess.

This power, together with your imagination, can create success or failure, happiness or unhappiness, opportunities or obstacles. This depends on your mind-set.

Your thoughts are the main ingredient of this power, and when you add to them focus and emotions, thoughts become powerful and can affect your reality.

The thoughts that pass through your mind are responsible for almost everything that happens in your life.

Not all thoughts are equal. Stray ones that you think once or twice cannot do much, but your predominant thoughts, the ones you repeat often, influence your behaviour and attitude, affect your actions and reactions, and shape your reality.

Focus Your Attention, as your thoughts are, so is your life. Weak thoughts hardly have any effect, but powerful thoughts can create great changes. Mind power is composed of your attention, your mental images and your thoughts.

Thoughts are energy. Though subtle and invisible, they can affect reality. Just like the wind, which is invisible, but can be powerful, so are your mind and thoughts.

The Power of Thoughts Is a Creative Power. Thoughts are like a video that plays on the screen of your mind. What you play there, determines the kind of life you live and the experiences you meet.

To make changes in your life, you have to play a different video, one that you like more. You can train and strengthen this power. You can use it to make changes in your life, and you can also influence other people's minds.

Your mind power plays an important role in creative visualization and the law of attraction.

Thoughts are like seeds. They have a natural tendency to grow, get powerful, and manifest in your life, if you feed them with your attention and allow them to grow.

Your attention, interest and enthusiasm is what makes them powerful. If you show lack of interest in a certain thought, it will not gain strength and would not be powerful.

Your thoughts affect your subconscious mind, which in turn, influences your actions in accordance with these thoughts. Your thoughts might also pass to other minds, and affect other people. When you focus on your dreams and goals, you will attract into your life people, who are in a position to help you with achieving your dreams.

Powerful thoughts affect your life and can affect the life of other people. Be careful of what you think.

Taken with permission from "Osto-Hope" the official magazine of the Indian Ostomy Association.

2021 National Ostomy Conference

Havelock North, Hawkes Bay.

This is just an early notice of what we as a society would like to do to ensure that as many of our members who would like to attend can do so as cheaply as possible. Bear in mind that there will not be another conference until 2023 and at this stage we have no idea where that will be held. Please note that this offer is available to paid up society members only.

Our idea is that the society will subsidize the registrations of our members 50/50 as we did for the Waikato conference in 2019. If we can get sponsorship, we may well be able to do better than that! We also feel that we can hire a mini bus to take people to and from the conference at no cost. The bus would be leaving Tauranga on the morning of Friday the 13th!! To head to Hawkes Bay and returning to Tauranga on the Sunday Morning. If there are people who wish to head home after the Saturday program, then we will have to find a way to get them back as well.

Can all those who feel that they would like to take advantage of this off please advise Richard (07-5737443, 0274974812, ostomybop@gmail.com) as soon possible with their name, pick up address and phone number and I will put a list together.

The registration fee is;

Full registration, includes Friday, Saturday am & pm Tea/coffee and lunch plus of course the conference \$90.00 less \$45.00 which we will pay.

Saturday dine and dance \$60.00

Accommodation is available in motels near the venue and the conference organisers have block booked rooms however **YOU** will need to confirm your requirements directly with the motels concerned. These are the Village Motels (0508 125225, villagemotel.co.nz) and Te Mata Lodge (0508 504030, stay@tematalodgemotel.co.nz) You will need to advise them that you are attending the Hawkes Bay Ostomy Conference to get the best rate as there are a range of rates to choose from.

I feel that the society will be saving people at least \$165 when you take into account not just the lower registration fee but a huge amount for fuel to get there and back so it is a good deal.