

PROGRAMME 2019

- FEB 26th** Coffee Morning at the "Raft" 10.30am
- April 27th** AGM Cancer Room 1:30pm
- May 8th** Wednesday GRINDZ CAFÉ, 50 1st Ave. 11.30am
Speaker: Priya Rai from Auckland with Convatec
(This has changed from Citizen's Club as previously published)
- June 25th** Coffee at "Raft"
- July 9th** Raft 11.30 for lunch followed by Jan Bibby teacher for people with Dyslexia
- Aug 10th-11th** Waikato Ostomy Conference in Hamilton
- Sept 24th** Share your story "Raft" in a private room
- Oct 29th** Evening at the Cancer Rooms commencing at 6pm. Entertainer Warren Curtis plus, A speaker on life in the Philippines. Light tea will be supplied at \$10 pp. incl music evening and speaker R.S.V.P. 22nd Oct. Dian
- Nov 30th** November Christmas Picnic at Kulim Park at 11am.
(or at Dusty Jacks at Bureta if weather is bad)

Western BoP Ostomy Society Inc.



(Covering the Western Bay, Rotorua & Taupo Area)

www.ostomybop.weebly.com

Patron

Richard McNair

Executive & Committee

President

Dian Cheyne

860B Pyes Pa Road

Ph 543 0598

lescheyne@gmail.com

Secretary

Richard McNair

75A Dunlop Road, Te Puke

Ph: 573 7443 or 027 474 9812

Treasurer:

Cindy Hill-Rennie

021 0863 6369

bobcindy.nz@gmail.com

Newsletter

Stella Fisk

Ph: 572 3786

stellafisk@kinect.co.nz

Magazine

Barbara Mels

Ph 543 2791

bmels@kinect.co.nz

Committee members

We need some volunteers please

Cancer rooms

111 Cameron Road

The Raft

65 Chapel Str.

Newsletter:
November 2019



Dear Ostomates and Carer's,

Hard to believe that November is here again, and what amazing year we have had.

A variety of speakers at the Coffee mornings, 10 people from W.B.O.P at the Hamilton Conference, My trip to Australia and the Meet & Greet Night.

Jacky and Emma doing a good job with their little group these are just a few of the highlights. We have tried to bring balance to the year and trust you have enjoyed.

Final outing for the year will be B.B.Q.. at Kulim Park from 11 a.m. on 30th November Grandchildren Welcome G.F. Sausages & Salads will be provided. If wet we will go across to Dusty Jacks at Baretta shopping Centre.

Keep safe over the Christmas holidays thank you for your support. I look forward to seeing you all On 30th November

Dian Cheyne President W.B.O P.

HELLO FELLOW OSTOMATES

For those who did not make it to the "Meet and Greet" evening you missed a jolly, cheerful and lively evening. We started with chatter in the back ground,. Warren Curtis playing easy listening on his Yamaha.

Dian opened the night thanking the 28 people for coming along and a short rendition of her experience in Sydney receiving her award for her story of the journey to having a colostomy. We then enjoyed a finger food tea all catered by Dian with selection of teas and coffee..

We were very interested in a short talk by Arthur Emmerson. a Counsellor of 40 years, some of his patients having almost taken their lives. Arthur is retired now but still works part time in Bethlehem. If you know someone who might benefit by Arthur listening to them please contact Ph. 0226995998.

Now, Warren Curtis not only plays music for entertainment he has some good news about his wife's work in Philippines building orphanages. He has just published a book "Seizing the Moment" available from Dian priced at \$19.95.

We ended the night with Tracy and a friend talking about the bathing costumes she is designing for colostomy and ileostomies. She hopes to have them ready for next summer if not this one.

I am to remind you of the picnic at Kulim Park on Saturday 30th November. If it is wet there is a Bar nearby everyone is welcome to sit around in.

Looking forward to summer.

Kind regards Barbara Mels.

Taupo Ostomates Group

In looking for something that has wide interest and application, I found the following two websites and references offered by dieticians that offer caution in eating Christmas fare, as well as eating in general.

NZ Ostomates website. See www.ostomy.org.nz which has been recently renovated/upgraded. There is access to some helpful articles, especially the 71pp online copy of *Eating with an Ostomy*. It is clear that Ostomates do not have international boundaries, as this helpful US guide demonstrates.

Diet Awareness at Christmas time.

Australian Associate Nutritionist Margaret Allan writes on her website (www.nutritionforostomates.com.au) to eat the many Christmas recipes with an element of restraint, as the dried fruits and nuts can create a problem for those prone to a blockage. See article *Avoiding a bowel blockage at Christmas time*. Further, GB advised that it was important to limit drinking while eating to limit ingesting air in the stomach

I hope this may be helpful.

Taupo Ostomates Group

Our next meeting is Thurs 5th Dec at The Cosmopolitan Club, 5 Taniwha St, Taupo and then restart Thurs 6th Feb.
(No guest speakers lined up yet).

I look forward to meeting you all again at the December meeting.

Regards, Graeme Hamilton
(m)021-210-3404

The Rotorua ostomy group

are not meeting at McDonalds in Nov. instead we are having lunch at the Thai restaurant in Tutaneikai st. opposite the Destiny church.
Numbers please to margaret 3485882

In 2020 we are going to meet at McDonalds during the school term -- but in the school holidays when McDonalds is noisy with children we will go to Cibanti or Parkside