



# CANTERBURY STOMY SOCIETY INC.

ESTABLISHED 1961

**Patron**

Prof. Frank Frizelle  
MDCHB, MMedSc  
FACS, FASCRS, FNZMA

**President/Treasurer**

Brent Silcock  
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**Secretary**

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Newsletter 395

P.O. Box 881 Rangiora 7440

May 2017

**Our next meeting is our SHARED LUNCHEON on Sunday 21<sup>st</sup> May 2017 at 12.30pm  
Scottish Society Hall, corner Edgeware and Caledonian Roads, St Albans**

*As briefly outlined in the last newsletter we are looking forward to hearing the North Canterbury Probus Singing Group at our next meeting. We've heard them before and they give a very good performance. We would love if you could bring along something to share for lunch and an item for our raffle which helps pay for the hall.*



**LOOK FORWARD TO SEEING YOU THERE 😊**

## **RECENT EVENTS**

Our Annual General Meeting was held on 27<sup>th</sup> April, a bit of a cold dark old night for folks to venture out but about 20 hardy souls appeared and we had a good meeting. It was great to see our Patron, Prof Frank Frizelle, in attendance and he has been elected to continue in this role. The following are our elected officers:

**Patron:** Prof Frank Frizelle  
**President:** Brent Silcock  
**Vice President:** Geoff Booth  
**Treasurer:** Brent Silcock (until we can co-opt/beg someone else)  
**Secretary:** Diane Bain  
**Committee:** Del Hunt, Jilly Poulson, Margaret Higham, May and Merv Ridder

***A new contact sheet and meeting dates for this year is enclosed  
(plus subscription payment details)***



Michelle, our secretary for the past couple of years, has decided to not continue in the role and we thank her for doing such a fabulous job. Winsome was our newsletter writer for many years and has also decided to leave the committee. We look forward to their continuing friendship with all our members.

Nicola Wathne our friend from Coloplast did a very interesting presentation on appliances after the important business bits above were completed. Coloplast have their head office in Denmark and spend a lot of time and money in R&D (research and development) to make the best products they possibly can. The committee provided supper and there was a good opportunity to mix and mingle.



### FROM THE (NEW) SECRETARY'S DESK

I had the opportunity to sneak out of work and attend the coffee morning last Tuesday and really enjoyed it; mixing with about 15 members – it was very convivial and they do a good flat white at Kidd's Cakes on Cranford Street. Would love to see you there in June as there are many who want this to continue on the first Tuesday of every month (the next date would therefore be 6<sup>th</sup> June at 10am). I will send out a reminder closer to the time. Cheers, Diane.



### THIS IS REALLY INTERESTING - OLD BUT A GOOD REMINDER...

- **A sliced carrot** looks like the human eye. The pupil, iris and radiating lines looks just like the human eye ... and YES, science shows carrots greatly enhance the blood flow to and function of the eyes
- **A tomato** has four chambers and is red. The heart has four chambers and is red. All of the research shows tomatoes are loaded with lycopine and are indeed pure heart and blood food.
- **Grapes** hang in clusters which has the shape of the heart. Each grape looks like a blood cell and all of the research today shows grapes are also profound heart and blood vitalising food.
- **A walnut** looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds on the nut are just like the neo-cortex. We now know walnuts help develop more than three dozen neuron transmitters for brain function.
- **Kidney beans** actually heal and help maintain kidney function and they look exactly like a human kidney.
- **Celery, bok choy, rhubarb** and many more look just like bones. These food specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet, the body pulls it from the bones, thus making them weak. These foods replenish the skeletal needs of the body
- **Sweet potatoes** look like the pancreas and actually balance the glycemic index of diabetics
- **Onions** look like the body's cells. Research shows onions help clear waste material from all of the body cells. They even produce tears which wash away the epithelial layers of the eyes. A working companion, garlic also helps eliminate waste material and dangerous free radicals from the body

*Moral of the story, eat your five plus a day!*

**Look out for details of our mid-winter Christmas Dinner in the next newsletter...**

*Please note if anyone requires transport to any meetings please contact a committee member*

## CANTERBURY OSTOMY SOCIETY - PRESIDENT'S REPORT 2016-2017

Another year down, one sadly marked by the passing of several members including two life members; I refer to Alison Seymour, Alan Jenkins, Peter Pearce, Shirley Duffield and Edwin Close. There may be more that I don't know about.

Membership seems to have shrunk a bit this last year. We are always looking for new members and welcome input into how we can achieve this.

We have had a couple of visits to meetings this year from representatives of Convatec and it is always good to hear what new products are out there.

The racing at Motukarara was enjoyed the approximately 40 people who came and it was great to see members of their families coming too, many thanks to Michele and Lindsay for who organised this.

We had a talk from two of the staff at the Public Trust Office regarding estate planning in February and I think that we all found it informative and indeed some aspects a little surprising.

As usual we marked mid-winter with a lunch, this time at the Gardens Restaurant. For Christmas luncheon this year we had a change and went to the New Brighton Working Men's Club. This was a great lunch and one we will probably repeat.

Lately we have been running coffee mornings at Kidd's Cakes on the first Tuesday of every month and these have been well attended.

With no area running a conference in 2016 the Federation put on the AGM and a training day in Wellington. Michele, Lindsay and I attended this and it was good to have some discussion around the administration we are getting lumbered with.

**Brent Silcock**  
**President**

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### SUBSCRIPTION TIME

**Subscriptions for 2017 year are now due and remain at \$15.00. They can be paid via any of the following methods:**



- Internet banking to **Westpac 031700 0053239-00 – our preferred method** (just remember to put your name in the reference area), or
- Post to Treasurer, Canterbury Ostomy Society, PO Box 881, Rangiora 7700, or
- Pay directly at the next meeting!

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Subscription** \$..... **Donation** \$..... *Please indicate if you require a receipt - Yes/No*