

**Amputee Society of
Canterbury & Westland Inc.**

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War Veterans

S C Common
Don McKenzie

Artificial Limb Service

330 Burwood Road,
Christchurch
Phone 03-383-0501
Fax 03-383-3566
Hours: 8.00am - 4.30pm

Manager

Graham Flanagan

Office administrator

Pauline Afitu
www.nzalb.govt.nz

**Burwood Hospital
Hydro Pool**



600-6:45 pm

Every Monday

See you there for a
Relaxing session!
Funded by Lottery Board.

Thanks to Our Sponsors:



*doing more
with less!*

In this edition

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MARCH/ APRIL 2012

Quote of the Month

If you don't learn to laugh at
trouble, you won't have
anything to laugh at when
you're old. **Edgar Watson
Howe (1853 - 1937)**

Editors Message

Hello Everyone and hope this finds you well and managing. My goodness I don't know where the time has gone and its Easter season already. I hope that you all had a good Holiday and got lots of eggs etc haha.

You will notice a few changes in our setup this month and I hope that it makes it easier to read the back page. We also have a new sponsor in "the production house," who will be printing out our newsletter and pamphlets in the future. Details are on Page 7.

Our AGM was a successful day with a good turnout and new Officers elected. I would like to thank our Guest Speaker Mr Michael Pittman - leading Galloping Horse Trainer of 2011, for a very interesting and enjoyable talk. Mr Pittman is also an amputee and has since joined our Association as a member.

A big welcome to all our new members, and just a reminder that we are always here for you, so don't hesitate to call if you need advice or support in any way.

We have some big plans for the upcoming months, including some more social events, possible trips and of course our Amputee Awareness campaign. If you have any ideas about any of these things give me or Margaret a call, as we want to know what you the members want.

As the weather is starting to get colder, please stay warm and cosy. Remember to check your stump regularly and report any problems to your Dr. and the Limb Service right away.

Anzac Day is coming up on April 25th so remember to buy a Poppy and wear it proudly.

The next issue will contain the dates and times for our Annual Mid Winter Luncheon. If you have anything you would like to put into the next issue please send it to me before the end of May.

Stay well and be safe!

Sue



**Amputee Society of Canterbury and Westland Inc. PO Box 7424
Sydenham e-mail: info@amputee.info.co.nz
Website: www.amputeeinfo.co.nz**

SOCIETY NEWS

Amputee Federation of New Zealand Annual Conference.

Over the weekend of 23-25 March, the 65th Annual Conference was held at The Crown Hotel in Napier.

I, along with our society's Vice President Rod Boyce and two observers, Ava Thomas and Sue Lemieux, attended and enjoyed a thoroughly informative and worthwhile weekend hosted by the Hawkes Bay Society.

On Friday afternoon I attended a training session on preparing applications to The Lotteries Commission where we gain the majority of our funding from to run the Society and then sat in as an observer at the National Executive meeting.

Friday night was the formal opening of the conference and we were officially welcomed by the Mayor of Napier, Barbara Arnott before receiving a presentation from Hadleigh Pierson from Paralympics New Zealand & Chris Ross, an exciting cycling prospect for this year's London Paralympics. Hadleigh outlined the Xcellerate 2 Xcellence scheme which is Paralympics NZ Talent Identification Programme and we were shown a very inspirational video of Cameron Leslie winning Gold in the pool at the 2008 Beijing Olympics. Chris Ross, of Dunedin is a fine young man who is currently ranked 5th in the world in his specialist event of the Kilometre Time Trial on the track. Chris was also elected on to the Executive of the Federation at the AGM and is passionate about promoting sport to our younger amputees. He was the co-coordinator for the "Give It a Go" programme for youth held the same weekend in and around Napier. These young people were treated to many exciting opportunities such as, rock climbing, sailing and horse riding and seemed to thoroughly enjoy their experiences.

The 65th AGM was held on Saturday morning and all went very smoothly with the current President, Wally Garrett, stepping down and Simon McMillan of Dunedin being duly elected as the new President. Sue advised the AGM about our intention to hold an Amputee Awareness campaign and many societies declared their interest in her proposal

On Saturday afternoon we were treated to some excellent speakers such as David Guest from Enable NZ who provided an enlightening view on just how Enable is both funded and provides its services around the country, Mervyn Monk, CEO NZ Artificial Limb Service (name change from Artificial Limb Board), Claire Johnstone, Chair of the Service and Graham Flanagan, National Prosthetics Manager. All four speakers were highly informative, entertaining and answered many questions from the floor

We received funding from Pub Charity and The National Federation to attend this very worthwhile and informative conference.

Mark

SECRETARY'S REPORT

Hello Everyone,

My name is Leigh, your new Secretary and I consider myself fortunate to have joined a dedicated team of people, volunteering their time to provide quality support, advocacy, and information to fellow amputees.

I also wish to extend my thanks and appreciation to our previous President, Noel Dolamore and previous Secretary, Ava Thomas, who I know both gave of themselves to their roles, with dedication and industry.

This role offers new and exciting challenges to me, all of which I am looking forward to. I lost my right leg above the knee eighteen years ago, when I was in my early 20's due to a motor bike accident. Since then I have gained insight and understanding that I may not otherwise have and for that I am truly grateful. I am fully behind a "Raising Amputee Awareness" campaign and a wonderful outcome would be having our efforts culminating into a National "Amputee Awareness Week/Month". Raising awareness is the first step towards improved change and the benefits of change are limitless and inspiring.

But first things first, my goal is to assist this organisation to perform to its best potential. I can see already that I am working with a fantastic group of people and I am excited to be on board!

Respectfully
Leigh Ellis
Secretary

TREASURER'S REPORT

Hi everyone, I hope you are all doing well. Thank-you to those who have already paid subscriptions for 2012 and also the Total Mobility Annual Admin fee. You may pay both of these together with the one cheque to the Amputee Society.

Alternatively, if you would like to pay with online banking you can contact me by email avat@clear.net.nz or phone me: 3821873 and I'll give you the bank details for payment in this manner. Payment of the Total Mobility Annual Admin fee should have been paid by now (31 March 2012), so if you haven't paid and you request taxi vouchers then I won't be able to provide them until the fee is paid. Also a reminder that subs were due in January, however, we give a grace period of 6 months, so these must be paid before 30 June 2012 to ensure you remain as a financial member.

We would like to thank Pub Charity and the Amputees Federation of NZ for funding provided to allow 4 committee members to attend the National Conference & AGM in Napier from the 23rd to the 25th of March.

Bye for now, Ava.

PRESIDENTS REPORT

Greetings to all members of the Society.

Following on from the recent AGM held at the Hornby Working Men's Club, I was elected as the new President of the Society, taking over from Noel Dolamore.

I would like to take this opportunity of expressing my thanks to Noel for his efforts over the past few years and fully acknowledge the fact that his business commitments have had to take precedence over the role of President. A huge thank you Noel for your help and guidance and we look forward to your continued involvement with the Society in the future.

I am extremely fortunate to have a very committed and hardworking committee alongside me and I am impressed with their collective enthusiasm and dedication to contributing their time in the interests of all members of the Society. It would be unfair of me to single out anyone in particular but I am very grateful to all of the committee for their efforts. I would like to thank Leigh, our new Secretary, for "putting up her hand" and allowing Ava to concentrate on the task of Treasurer. We look forward to working with Leigh in the future. I would like to reassure members that the committee will continue to work hard at maintaining and enhancing the interests of our "wider family" and welcome contact from anyone who has any issue they would like to raise or discuss.

On behalf of the committee, I would like to thank you all for your support of the Society and encourage you to continue in the same manner as we move forward to make sure Canterbury/Westland is a strong and vibrant Society representing our districts with pride and solidarity.

Kind regards

Mark Bruce



resist this picture. hahahaha

Sorry Mark but couldn't

Maori brought our kumera to New Zealand more than 1000 years ago. In the 1850's a larger American variety was introduced. Now we have red-skinned and creamy –fleshed kumera plus gold and orange-fleshed varieties.

Broad beans were first cultivated in the Bronze Age (3300-1200BC). They became a delicacy in Ancient Egypt, Africa, India and China and Latin America, Broad or fava beans were said to have been included in the original 12th night cake-the cake to celebrate the 12 days of Christmas.

WANTED WHEELCHAIR ACCESSIBLE VAN Similar to the wheelchair taxi vans for The Laura Fergusson Trust. to transport a few clients who live at LFT on outings etc. Please contact Ava: Ph 3821873 or email: avat@clear.net.nz

Many thanks if you can.

Web Sites

**Amputee Society of
Canterbury & Westland Inc.**
www.amputeeinfo.co.nz

The Amputee Federation of NZ
www.af.org

Amputee Information
www.mossresourcenet.org

International Diabetes Federation
www.idf.org

Parafed Canterbury
www.parafedcanterbury.co.nz

Disability Awareness in Action
www.daa.org.uk

Amputee News
www.amputeenews.com

Disability Rights Commission
www.drc-gb.org
UN Programme on Disability
www.un.org/issues/m-disabl.asp

WEKA-NZ Disability Info
www.weka.govt.nz

Disabilities Information Service
314 Worcester Street, Christchurch
PO Box 32-074, Christchurch

☎ 03-366-6189

📠 03-379-5939

🕒 9.00am - 4.30pm

✉ dis@disinfo.co.nz

the production house

Nigel Mathews Free phone 0800 533 677

DDI 964-5312

nigel@theproductionhouse.co.nz

Amputee Coalition (USA)

www.amputee-coalition.org

Tips for Growing Up As An Amputee

by Melissa Shaw, Beau LaFave, Mia Lax, Li Jackson, Nicole Fuller & Debra Gardner

1. IT GETS EASIER

Whether you were born missing a limb or you became an amputee later on, you can count on one thing: It will get easier as you get older. You'll get used to it, and you'll find most people are more accepting of your difference. In fact, that difference becomes more and more a part of what makes you *you*.

2. Your attitude will affect how others see and perceive you

There's no getting around the stares and questions. People are going to be curious. The more comfortable, relaxed and confident you are with yourself, the more others will treat you with respect. A quick matter-of-fact explanation puts others at ease, and once they know your story, they're likely to stop focusing on your arm or leg.

3. Give yourself permission to feel what you feel—being different isn't always fun.

No matter how positive and well-adjusted you are, you're likely to have moments when you just don't feel like answering questions. I've had plenty of times when I was irritated by people's ignorance and rude questions. I get annoyed at the airport when I have to go through extra screening, and I don't like it when people react to my arm with overflowing pity and apologies. I feel a lot better when I talk to my friends or family and just give myself permission to feel sad or frustrated. It's lonely to act like nothing ever bothers you.

4. Don't limit yourself.

There is nothing you can't do if you're persistent enough and determined enough. Whether it's a sport, a hobby or a job, there's a way to make it happen. You may have to do some research and try different approaches, but you can find a way to pursue anything that interests you. Don't sell yourself short by not trying.

5. You have nothing to prove.

As much as it helps to know you can pursue any activity or sport you want, it can also be exhausting to go through life feeling like you've got something to prove. Everyone loves stories about people who triumph over adversity and do the impossible. But, honestly, there's nothing you need to do to "make up for" your difference. All you need to do is be yourself and pursue your own dreams. Who knows, maybe you will inspire others in the process without even trying. As Christopher Reeve said, "A hero is an ordinary individual who finds strength to persevere and endure in spite of overwhelming obstacles."

6. Tell your family and friends how to support you.

Chances are that your parents, siblings or friends may try to read your mind and guess how you want to be treated. They may act like nothing at all is different or they may do a lot of things for you. At different times you're going to need and want different kinds of support. You can help by telling them how to help. My dad always went out of his way to treat me like any other kid. But there were a couple of times when he lost sight of what I wanted in his eagerness to make things "normal" for me. Once he took me on a water-skiing trip and spent half the day trying to help me get up on the skis. He didn't realize it, but he was pushing me more for the sake of other people than for me. It took while for me to learn to speak up in those situations, but it was worth it. It's especially hard to say something to the people who love you and only want to help, but they appreciate the direction.

7. Only you can decide if a prostheses is right for you.

It never ceases to amaze me how opinionated people are about prostheses, especially when they aren't amputees. Only YOU can decide if a prostheses makes things easier or harder for you. It's different for everyone.

8. People who don't accept your difference are not worth your time.

The vast majority of people are going to see past your difference. You may encounter a few turkeys who get hung up on it. Those people tend to be incredibly self-conscious and insecure. The bottom line is, they aren't worth your time or energy. If a person doesn't want to be your friend or date you because you are different, you are better off without them.

9. Reach out to others.

I was in my 20's before I met another person who was missing an arm. My first year as a counsellor at the Amputee Coalition Paddy Rossbach Youth Camp was an awesome experience. It felt great to hang out with people who shared my experience and to have people I could ask about stuff.

10. Laugh when you can.

Humour can be one of the greatest gifts for those of us who go through life looking different from other people. If you can crack jokes, and even learn to laugh at yourself, you will make other people feel at ease and find it easier to get through the natural ups and downs you will face. Besides, you have infinitely more potential for practical jokes than other "normal" people.