

*doing more
with less!*



Amputee Society
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Web site: www.amputeeinfo.co.nz

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Quote of the Month:

You should always attend other people's funerals or else they won't come to yours. "Yogi" Berra.

Fun Fact:

Longest place name in the world is; Taumatawhakatangihangakoauauotamateapokaiwhenuakitanatahu, a hill in Hawkes Bay. You pronounce it !!!

Editor's Message:

Disclaimer: The information contained in this newsletter does not necessarily reflect the views of the Amputee Society of Canterbury/Westland)

As we approach the time of everyone being happy and not everyone can or will be I would like to encourage and make a small doing so, could provide you Smiling doesn't seem like a feel a happy emotion, the your cheeks lift and your eyes crinkle. The overall effect tells the outside world that you're feeling happy on the inside. It's simple and in most cases, totally spontaneous. We typically smile without making a concerted effort so why do we go about our daily business and see so many people without any hint of a smile and appearing unhappy.? The answer may lie in the simple fact that we have **no idea** what is going on in these peoples lives so I encourage you to take the time to smile at other people. You may well be surprised at the response you receive ! Making one person smile can change the world...maybe not the whole world, but their world and yours.



year when we have this image of joyous, the harsh reality is that happy. In my message to you all, you, with very little effort, to try difference to other people but in with a positive spin off as well. particularly complicated act. You corners of your mouth turn up, about our daily business and see so many people without any hint of a smile and appearing unhappy.? The answer may lie in the simple fact that we have **no idea** what is going on in these peoples lives so I encourage you to take the time to smile at other people. You may well be surprised at the response you receive ! Making one person smile can change the world...maybe not the whole world, but their world and yours.

Thank you and on behalf of the society, I would like to wish all members and their families a safe & happy festive season of time spent with family & friends to create everlasting memories. All the very best for a wonderful 2016.



Affiliated with the Amputees Federation of New Zealand Inc.

Meet Rodger Quigley:

Rodger was born at Ellesmere Hospital in 1945 to parents who were farming at Leeston. Rodger vividly remembers life growing up on the family farm and said he used to have to feed out the cows before he caught the school bus around 8am to attend Ellesmere Primary and then later, Southbridge High School. He recalls sneaking out at night, so the ranger wouldn't catch him, to collect swan eggs and going floundering with



his Dad on the Lake. Rodger also used to go duck shooting and clay target shooting with his father. One of his jobs was to load the targets onto the machine for the shooters and for this he was paid a half-crown. Rodger said that was enough to go to the pictures on a Saturday night, buy Jaffa's, an ice cream and still have change left over!! His memories of his childhood living on the farm are good ones and he said it was a great outdoors life for a child.

He left school in 1960 at 15 years old and went driving trucks for Ellesmere Transport based out of Leeston but later moved to Southbridge when he was transferred to the depot there. During this time, he was heavily involved with the local rugby club coaching junior teams for around 10 years and he recalls a young 7 year old lad starting at the club...Daniel Carter. He left Ellesmere Transport after 17 years and went to work for the old Ministry of Works based at Burnham as a grader driver where a supervisor once told him off for working too fast! After 18 months, he moved to town and drove buses for 6 years from 1983-89 whereupon he went back to driving trucks for 2 years for the firm, Rapid Despatch. His next career move was to drive trucks for the Railways and after 2 years doing this, he was offered the opportunity to become an owner/driver for Tranz Link. Rodger said that this was the hardest decision he had ever had to make in his life but he is pleased that he took the opportunity and was able to pay off his truck within the first 3 years.

Rodger had previously been diagnosed with diabetes in 1987 and had a huge scare one day when driving his truck on Brougham St, he fell asleep at the wheel and was lucky to avoid a serious crash. Due to ulcers and gangrene in his leg causing massive pain, Rodger literally walked away from his business for health reasons and not long after, made a decision to have his leg amputated below the knee. This was in July, 2008 at Christchurch Public Hospital and it is a decision that he has never regretted as he is now pain free apart from the odd phantom pain.

Around 3 years ago, Rodger had a major health scare when he contracted

Rodger Quigley cont

Legionnaires disease as the result of shovelling compost off a trailer and NOT wearing a mask. He was in intensive care for 6 days and at one stage, was told that he would not pull through the illness so he is a great advocate of telling people they MUST protect themselves by wearing a mask and gloves whenever handling potting mix/compost.

Rodger says the type people he likes the most are "Anyone that gives me food" !!

- * Favourite food: Oysters & crayfish.
- * Favourite place: The Gold Coast. He would love to visit Adelaide & travel the Murray River one day.
- * Favourite activities: Golf at The Everglades Club and he confesses to being a rugby crank and car crazy.
- * Favourite music: Country & Western. Has seen Neil Diamond in concert who he said was fantastic.
- * Favourite movie: Any Western.
- * Favourite book: "The Press" !!

He has enjoyed the experience of visiting the hospital with Graham Flanagan from the Limb centre on numerous occasions to help educate young nurses about amputees and is most appreciative of the wonderful service that amputees receive from the staff at the Limb centre.

Looking back on his life, Rodger admits to having been "a bit of a lad" at times but nowadays, leads a much quieter life with his golf and socialising with his wife Kathy & their friends holding much importance in his life. Rodger said that it was very hard adjusting to losing his leg as it all happened very quickly but he has tried to make the best of a bad situation by enjoying what life has to offer.

Rodger and Kathy, who have been together for 32 years, were living in Dallington at the time of the earthquakes but were red zoned and moved to Sovereign Palms at Kaiapoi 3 years ago. They have 2 sons who are very supportive to their parents and this is greatly appreciated by Rodger & Kathy. They are proud grandparents to 3 grandchildren and are due to be great-grandparents in December to a little baby girl.



Many thanks to Rodger & Kathy for hosting me in your beautiful home at Sovereign Palms for this interview. I thoroughly enjoyed spending the morning with you both.

Kakatu Retreat:

I recently had the privilege to visit Kakatu Retreat at Ocean Ridge, Kaikoura, a brand new, luxury facility that has been designed and completed as a purpose-built holiday home for people with disabilities. The facility has been designed with everything in mind that will allow them and their carers to get away and spend time relaxing, surrounded by ever-changing views, visiting great



restaurants in town and the many tourist attractions that Kaikoura has to offer.

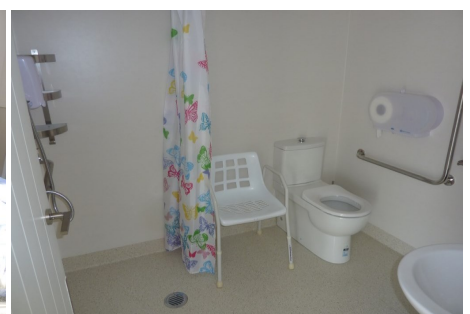
Kakatu overlooks the 18 hole golf course and has 360 degree views that take in the Pacific Ocean and the Kaikoura Mountain range. Kakatu is only 5 minutes from the town centre, is close to the airport, bus & train stations and pick-ups can be arranged on request. Kakatu Retreat is a 3-storey house with the middle level having 4 modern bedrooms with all facilities whilst the bottom level is designed to cater for carers. Each bedroom has 2 luxury high/low adjustable beds and en-suite facilities. The top level has been designed as private accommodation for the owner. Also offered in-house;

Patient lifter (180kg) /Air-filled day bed /Caregiver/Nurse's accommodation room/ Dialysis room/ Large fully-equipped kitchen and dining room/ Large lounge/Library/ Lift/ Free internet/ Off-street parking/ 360 degree views/ All bedrooms, the lounge, dialysis room and dining room have smart TVs/ Non-smoking facility. A range of specialist rental equipment is also available if required. **Everything** one would need for a comfortable stay is provided-all you need to take is food, drink !

The property was designed, built and is owned by Stephen Horrell who some years ago, when calling on rest homes/hospitals, saw a need for a purpose built facility that catered for the needs of people with disabilities. He decided to change that situation, thus, Kakatu Retreat was born and after the first peg was put in the ground in September, 2014, it opened for business on November 10th, 2015.

Stephen can be contacted on **0800 kakatu (0800 525 288)** or

stephen@kakaturetreat.com



Conference News:

Planning and fundraising continues to progress well towards our hosting of the conference to be held at The Sudima Hotel in Memorial Ave over the weekend of April 15-17th next year. We have been blessed with generous support from not only corporate sponsors but also from some of our members whom we would like to thank in this newsletter. Your support and generosity is greatly appreciated.



Frank Hill/ Kipps Patch/ Graham & Ann Bruce/ Ray Richards/ Sue Lemieux & The Galletly Family.

We would like to encourage local members to think seriously about attending some of the conference sessions which should provide great comradery with fellow amputees, interesting speakers and valuable information. The programme, costs and registration forms will be published in the February newsletter but at this stage, we can advise that the Opening ceremony on the Friday evening will be followed by supper then the AGM. On Saturday after lunch, there will be guest speakers and on Saturday evening the Dine & Dance.



Sunday morning will provide another guest speaker, John Baye, an amputee from New Orleans, USA, who is a Patient & Family Outreach coordinator at the Southeast Louisiana Veterans Hospital before we break for lunch and the conference closing.

For those society members **outside** of Christchurch, we have been able to obtain some assistance from The Lion Foundation to cover the accommodation costs. We would encourage you to register your interest at this stage and in the event that interest exceeds our funding grant, we will run a ballot to determine the recipients of this funding. Could you please make contact with Mark (details on the back page) to register your interest.

The committee are excited about our hosting of the conference and have put a lot of time & effort into planning to help make this a successful event so **PLEASE** give your possible attendance serious consideration. With the aid of generous support from some of our members as well as corporate assistance, we will be able to provide Friday evening's supper, Saturday afternoon tea, wine & juice on the tables and entertainment at the Dine & Dance, Sunday morning tea and hopefully some form of subsidy towards the Saturday morning activities which will be a Rebuild Bus Tour of the CBD and admission to the International Antarctic Centre. Meals and incidentals would be at your own expense.

**Thank
You**

Obituaries:



We have recorded with regret the passing of the following members of our society. Peter McLaughlin, Bob Burnham, Len Smith, Ray Richards, Ken Lane & William McLure. Our deepest and sincere sympathies are extended to their families from all members of the Amputee Society of Canterbury & Westland.

Visit The Society Website:

The society is extremely fortunate to have the excellent services of a committee member, Joanne Boereboom, who maintains our informative & comprehensive website. The site has an abundance of information available ranging from news, articles, profiles, photos, links, history, contact and membership details. I would



like to encourage members to visit the site and take advantage of a service that is rather unique as we are the **only** regional society in New Zealand to have its' own designated website. Our national body also has a most excellent website which I am sure you will find of interest.

Joanne would love to hear from you if you have anything of interest, ie: news items, photos, items for sale etc, that you would like her to upload on to the website. Contact Joanne on 942 5320 or farmtree@paradise.net.nz

Canterbury/Westland website: www.amputeeinfo.co.nz

Amputees Federation of New Zealand website: www.af.org

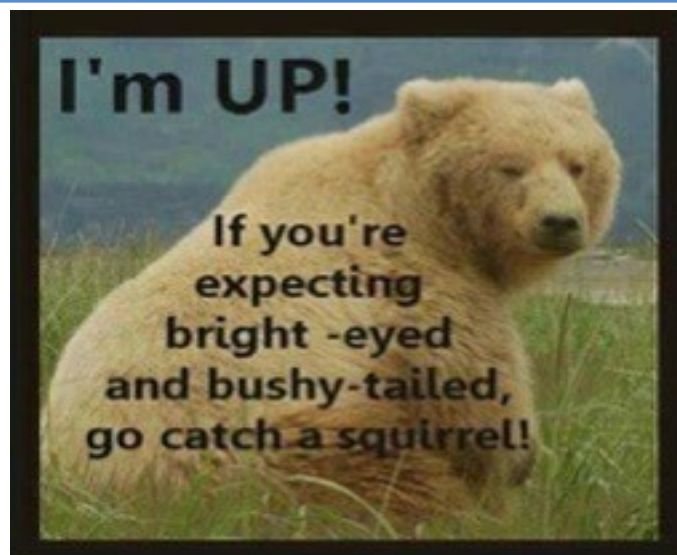
Society News :

The committee would like to advise that the Annual General Meeting of the Amputee Society of Canterbury/Westland will be held at the Hornby Workingmen's Club on **Sunday, March 13th, 2016**. Further details will follow in the February newsletter. Please keep this date free as we have historically had lower numbers attend this important meeting....you will **NOT** be coerced into a job but we are always willing and excited to see new faces on the committee. There will be a meal available at the conclusion of our AGM which in the past has normally concluded in around 10-15 minutes. Could members please be reminded to advise Margaret or Eileen of any changes to their contact details.

Smile Awhile



Work Fun At: www.FunnyVooz.com



Web Sites

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

www.amputeeinfo.co.nz

The Amputees 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

Email: admin@aspirecanterbury.org.nz

Website: www.aspirecanterbury.org.nz

Amputee Coalition (USA)

www.amputee-coalition.org

NZ Limb Service www.nzals.govt.nz

Kipp's Patch www.kipps-patch.com

Nation Wide H&D Advocacy

Service – 0800 555050

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Liz Rogers	Ray Boundy
Heather Plows	Ray Newton

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

Association Bank Info

Westpac 03 0830 026 4400
00

**Burwood Hospital
Hydro Pool**



**Wed: 4-30pm-6-30pm
Sundays: 1pm – 2-30pm**
This is with Parafed and
there is a \$2.00 charge.

Need Computer Help ?

Contact Joanne for advice
at very affordable rates.

Mobile 027 2909246

Home 942-5320



Christchurch City Council

**Thanks to Our Spon-
sors:**

