



doing more  
with less!



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Amputees  
Federation  
of New Zealand  
Incorporated

Affiliated with the Amputees Federation of New Zealand

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## Quote of the Month:

Just the fact that some geniuses were laughed at does not imply that all who are laughed at are geniuses. They laughed at Columbus, they laughed at Fulton, they laughed at the Wright brothers. But they also laughed at Bozo the Clown. *C Sagan*

## Fun Fact:

Did you know that 10% of the world's population is left-handed....that means 90% of us are right.

The notorious gangster, Al Capone's business card said he was a used furniture dealer...yeah right !

## Editor's Message

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

In April this year, Otago/Southland will host the 72nd Annual Conference of the Amputees Federation of NZ in Dunedin and it will incorporate the 75th anniversary of the Otago/Southland Amputee Society. I would like to congratulate Otago/Southland upon this wonderful achievement which is testimony to the passion & commitment of many, many people who have voluntarily served their peers over the last 75 years.

It also happens to be the 75th anniversary of the Canterbury/Westland Society (see 75th anniversary logo above) and this is a brief history. On the 12th October 1944, a meeting convened by Mr H W (Bert) Rogers, resolved that the Canterbury and Westland Civilian Amputee Association be formed. Among those present at the meeting were Mr F G (Gordon) Trotman, and Mr J (Jim) Bishop. In 1984, there was a name change to our present organisation. The New Zealand Civilian Amputees Association Incorporated was formed on 19 April 1947, when representatives of the District Associations met in Wellington and it was realised that a strong national association was needed to cater for the needs of civilian amputees, as opposed to war amputees whose welfare was provided for by the War Amputees Association. The name was changed to the Amputees Federation of NZ Inc in May 1984.

As aforementioned, there have been many people who have selflessly given of their time to promote the welfare of NZ amputees but I would like to make mention of a very special record of service. Lorraine Peacock began her involvement when she was appointed Sec/Treasurer of Otago/Southland in 1968, a position she still presently holds, 51 years !!!!!. She became a member of the National Executive in 1983 then became National Secretary in 1986, a position she still holds !!!! Her incredible service reflects a long and distinguished involvement with amputees which is highly commended. Lorraine, thank you so much for your dedication, passion and commitment to the amputee community over so many years. We wish you and O/S every success for a wonderful conference in "balmy" Dunedin in April.

## MEET DION FREEMAN:

Greetings to all members & friends of the Canterbury/Westland Amputee Society. I was born in 1965, the year of greatness, in Lower Hutt but I was raised and ran wild in the then quiet backwater of Paraparaumu Beach. I spent my days picking wild blackberries and disappearing all day into the farmland that Paraparaumu used to be. I was the middle child of 5 and Mum still lives in the same Paraparaumu house that I grew up in from the time I was 6 months old. I attended Paraparaumu Beach School then the local college before I took off to work for NZALS, who have probably regretted that decision ever since.

In 1982, I started work at the Wellington Limb Centre, back then it was not a degree course but an apprenticeship spread over 6 years. The first 3 years were part-time at the Central Institute of Technology where I gained my certificate in Orthotics & Prosthetics in 1985 then in 1989, I graduated from CIT with my advanced certificate in Clinical Prosthetics. I wore a very shiny suit with the sleeves rolled up to the graduation, just like Don Johnson from Miami Vice whom only the lucky who grew up in that era would remember. I moved to Christchurch later in 1989 when the South Island beckoned me to explore it. Looking for a challenge, I moved to Brisbane in 1997 where I worked for a private Orthopaedic company until 2000 when the then CEO of NZALS phoned me to say NZALS couldn't do without me and asked me to come home! Luckily for him, the mountains of the South Island were also calling out for me so I moved back to Christchurch where I still am. My work agreement states I can never leave!

I like people who also love dogs, nature and who like being GOOD people. Please, do not talk to me about Trump..... I can't stress enough how much I love dogs, big fluffy & fast dogs. Food wise, open a bag of Heartland premium chips and I'm anyone's. Salmon, MMMMM...salmon & avocado...mmmmm. We have been lucky enough to travel extensively and my favourite place is definitely Africa where I still have places to visit even after 8 trips there. Otherwise, a mountain biking, tramping or camping trip anywhere in NZ as it's the best, most stunning & coolest place in the world.

When it comes to activities/hobbies, anything that takes me into the mountains, hills or beautiful places of the world for time spent mountain biking, trail running (when I'm not injured) or tramping. I did get my skydiving licence when I was younger but now it's more benign activities but throw me a big hill to climb, some sunshine & views and I'm a happy man. Music wise, my age is showing here but Pink Floyd is ageless. Anything that comes from the 80's just brings back sweet memories of youth and muscles that didn't ache and skin that didn't wrinkle. Movies, how many times can I watch "Dances with Wolves" & "Legends of the Fall"....real movies. My favourite book has got to be Larry McMurtry's "Lonesome Dove"...oh to have been a cowboy.

My travels are kind of varied. An actual holiday for me is to head to the States, Colorado, Utah or the Sierra Nevada mountains to bike the sweet trails or otherwise challenge myself in Africa. My very best experiences come from there, from spending 2 months in Tanzania teaching in a seaside town to mountain biking along Morocco's Atlas Mountains to slowly drifting up the Niger River in Mali towards Timbuktu. To negotiating with the Kenyan Police for an escort through areas with armed insurgents in the northern regions to sitting in a stinking hot hut at Lake Turkana watching the devastating effects of the drought extending down from Southern Sudan. Having AWFUL coffee with the Daneesh tribe in southern Ethiopia in the Omo Valley while swapping my western shorts for a male dress with no common language but having a feeling of timeless national *continued over*

## DION FREEMAN CONT:

geographic humanity. I travelled the western Egyptian desert not long after 8 Mexican tourists were accidentally killed by the Egyptian Air Force and we had the ENTIRE desert to ourselves & our guide. Africa is always feels very real & raw and beckons me to return. I simply love the challenge and the rawness of the more remote parts of the continent and also the slight danger that takes away the cosy Western safety net. Last year was a "soft" year for me with hiking & parapenting in Chamonix Mont Blanc, eating cheese there then a stopover in India to head to the Kashmir Valley (apparently a no-go zone) then a very long bus journey to the Indian Himalayas for some solo hiking, very high up.

I currently live on the Port Hills surrounded by tussock covered trails which are my play-ground and I live with my "poor" unfortunate girlfriend who somehow puts up with me. I don't have any children, thank goodness but have had the pleasure of 3 big fur babies for the last 16 years that have ruled my life but all grew old and as of this year, I am dog less.

I am most happy when Matthias approves my leave applications!!!!!! Going home to my dogs always made me very happy and I find it very difficult to sit around when the sun is out and the hills are beckoning me to visit.

*Editor's note.*

*Dion, thanks so much for allowing me to publish your profile which will give our readers a really interesting insight into your life away from the Limb Centre. Your travels through Africa are simply enthralling and what a fantastic photograph you supplied. Many thanks Dion.*



## THE QUIRKS OF BEAURACRACY:

I recently drove through the lovely town of West Melton and was rather bemused at what I saw. A free flowing stream ran the length of the entire street, just off the roadway and bordering the front yards of all the houses. If any of these properties had a swimming pool in their backyards, the owners would no doubt be required to adhere to the **very** stringent pool fencing regulations but nothing seems to be required to fence the stream to protect children from getting into difficulty.....go figure ???????

This picture aptly sums up this crazy situation,

**LUDICROUS**





## 2019 AGM & SUBSCRIPTION REMINDER:

**Sunday March 24th, 2019 @ Raku Coffee ,102 Sawyers Arms Rd.**

**Meet 11am.AGM11.30am.Finger Food 12 noon**

On Sunday March 24th, 2019, we will hold our AGM at the Raku Coffee café (just north of the railway lines) on Sawyers Arms Rd. As opposed to recent years, we will not be having a "sit down" meal but the **Society will be supplying platters of finger food at the conclusion of the AGM.** It would be great to see a good turn-out and the meeting itself should take no longer than 15 minutes. The Society welcomes anyone wishing to put their name forward to serve on the committee for the coming year. Remember, volunteers are the MOST important resource any not-for-profit organisations can have. We urge you to use this opportunity to renew acquaintances. It would be appreciated if you could call Margaret, 349-7585, by **Friday March 15th** to indicate your intention to attend.

**AGM**  
ANNUAL GENERAL MEETING

The business of the Annual General Meeting shall include:

Receiving and considering the Minutes of the last AGM of members.

Receiving and considering the President's Report on the business of the Society.

Receiving and considering the Treasurer's Report on and the Annual Financial Statements.

Election of Committee Members.

Any motions received and General business.



### **SUBSCRIPTIONS DUE.**

A reminder that subscriptions (\$10) are now due and it would be greatly appreciated if payment could be made at your earliest convenience. Payment can be made by cheque, online (details on back page) or if making payment at the AGM, please put it in an envelope with your name indicated. A receipt will be issued at a later date. Many thanks for your continued support of the Society.

## SOCIETY NEWS:

**Elma Ellen Little.** It is with much sadness that I advise Elma left us on December 3rd last year in her 94th year. Elma lost her leg aged around 10 when she fell under a train at Hokitika when on a school trip from Reefton, where she was born & raised. It is quite remarkable that she spent the best part of 84 years as an amputee but she was a very special wife, mother, grandmother, great-grandmother and friend to many who achieved a fantastic amount in her lifetime. I was very humbled and privileged to be asked by the family to act as a pall bearer at Elma's funeral. I have lost a very special friend. RIP dear Elma.. To Robyn, Julie and the extended family, please accept our sincere condolences from the Amputee Society.



## SOCIETY NEWS:

Don't forget that the Society has our own Facebook page where you can chat & share with fellow amputees & friends. Simply search for, Amputee Society of Canterbury/ Westland. It is a closed group but put in your request and one of the administrators will get back to you. Also, Joanne, our website manager, is really keen to receive **ANY** photos or items of interest you may have and would be willing to share with others on our website & FB page. Don't be shy. Joanne's contact details can be found on the back page.

With the recent spell of very **hot** weather, it's a good time to remind members of a couple of matters. Don't be afraid to change your stump socks during the day if you feel them getting wet to aid in comfort and to negate any chance of infection setting in. Keep a close eye on your stump for any changes and stay hydrated by drinking plenty...water or electrolytes are the preferred option....not beer or gin !!!!!

The Limb Centre or your local pharmacy can help with several options to aid in reducing the sweating of your stump.



## LIMB CENTRE NEWS:

In the October newsletter, I advised of the impending move of the Artificial Limb Centre from it's current location in Burwood Rd to a proposed new location at 100 Orchard Rd in Harewood near the airport. Unfortunately, the Airport Authority was unable to give NZALS an extended lease on the property which necessitated further investigation for a suitable property to operate from while the new Limb Centre was being constructed on the existing Burwood Rd site. NZALS have advised that in approximately August this year, they will be moving to the new location which is situated in **Baigent Way**, off Lunns Rd between the Southern Expressway & Blenheim Rd. See map below with **Baigent Way** marked in **red** lines in the middle of the map.

It is envisaged that the Limb Centre will operate from this new location for between 3-5 years. From all accounts, there is ample parking for clients on this site. There may be a closure of services for a short period of time while the staff transfer to the new location and get all their equipment set up but everyone will be advised well in advance if this does happen. We will endeavour to keep you fully notified of events surrounding the impending change of service location as more details are advised.



## NOTICE OF MOTION RULE CHANGES FOR AGM:

The Committee hereby gives notice that at the Annual General Meeting to be held on Sunday, March 24<sup>th</sup>, 2019, it will move rule changes as detailed below and (highlighted in red).

### SECTION 1 DEFINITIONS AND INTERPRETATION

#### 1.1 Definitions

**Auditor** An accredited professional, such as an accountant, who is independent of the Society.

**Reviewer** A suitably qualified person who is independent of the Society and has reasonable knowledge of finance and accounting, e.g. a bank manager or retired accountant or a person who holds recognised accounting qualifications. Recognised accounting qualifications means an accounting graduate (B.Com Accounting or equivalent), an Associate Chartered Accountant, Chartered Accountant or Accounting technician or some other specified accounting or auditing qualification experience.

#### Objectives and Goals

The objective of the Society shall be

(a) To support and promote the welfare of all amputees.

(b) To co-operate with the Federation and any other Regional Society for the purpose of attaining the objectives of the Society.

Specific goals include:

Providing immediate support to new amputees, their families and caregivers, as they experience the trauma of amputation; and

Providing ongoing support to all amputees, including the provision of advice regarding rehabilitation, social and physical networks; and

Promoting the provision to amputees of the very best artificial limbs and aids available, and adequate training in the use thereof; and

Fostering positive links and liaising with health professionals, government departments, service agencies and key community groups, to promote the welfare and well-being of amputees; and

Encouraging individual amputees to achieve personal goals; and

Supplying information and advice to amputees; and

Establishing and maintaining standards relevant to amputees; and

Setting priorities for the attainment of this objective and these goals.

#### 6.4 Subscriptions

(c) A Certificate of Financial Membership, signed by two officers or a Reviewer or an Auditor of the Society, shall be forwarded by the Secretary to the National Coordinator no later than thirty-five days prior to a General Meeting of the Federation.

#### 6.6 Financial Reporting

At each Annual General Meeting of the Society, an Auditor or Reviewer may or may not be elected to audit or review the Society's financial reports.

## Smile Awhile



## Web Sites

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

[www.amputeeinfo.co.nz](http://www.amputeeinfo.co.nz)

**The Amputees Federation of NZ**

[www.af.org.nz](http://www.af.org.nz)

**NZ Artificial Limb Service**

[www.nzals.govt.nz](http://www.nzals.govt.nz)

**Amputee Information**

[www.mossresourcenet.org](http://www.mossresourcenet.org)

**Parafed Canterbury**

[www.parafedcanterbury.co.nz](http://www.parafedcanterbury.co.nz)

**Disability Awareness in Action**

[www.daa.org.uk](http://www.daa.org.uk)

**Amputee News**

[www.amputeenews.com](http://www.amputeenews.com)

**Disability Rights Commissioner**

[www.hrc.co.nz](http://www.hrc.co.nz)

**UN Programme on Disability**

[www.un.org/issues/m-disabl.asp](http://www.un.org/issues/m-disabl.asp)

**WEKA-NZ Disability Info**

[www.weka.govt.nz](http://www.weka.govt.nz)

**Nation Wide H&D Advocacy  
Service – 0800 555050**

**Aspire Canterbury,  
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](mailto:admin@aspirecanterbury.org.nz)

Website: [www.aspirecanterbury.org.nz](http://www.aspirecanterbury.org.nz)

**Kipp's Patch** [www.kipps-patch.com](http://www.kipps-patch.com)

**International Diabetes Federation**

[www.idf.org](http://www.idf.org)



**CCS  
disability action**

*Including all people*

TE HUNGA HAUĀ MAURI MŌ NGĀ TĀNGATA KĀTOA

CCS Disability Action

224 Lichfield St, Ch-Ch. Thomas Callanan.

03 3655661/0800 2272255.

Email: [canterbury@ccsdisabilityaction.org.nz](mailto:canterbury@ccsdisabilityaction.org.nz)



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**Acting Vice President**

Alesha Kelly

**Secretary**

Eileen Popplewell 03 349-9415  
[ceallaigh4@xtra.co.nz](mailto:ceallaigh4@xtra.co.nz)

**Treasurer**

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021 1055189  
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[lisagrey1@xtra.co.nz](mailto:lisagrey1@xtra.co.nz)

**Total Mobility Scheme**

Environment Canterbury  
0800 324636

**West Coast Contact**

Will Sturkenboom  
03 732-8312  
[wsturk@xtra.co.nz](mailto:wsturk@xtra.co.nz)

**Life Members**

Rachel White	Rod Boyce
Liz Rogers	Ray Boundy*
Heather Plows	Ray Newton*

**\*Deceased**

**Artificial Limb Service**

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

**Office administrator**

Pauline Afitu  
[www.nzalb.govt.nz](http://www.nzalb.govt.nz)

**Amputee Society of  
Canterbury/Westland Inc**

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.



Christchurch City Council

**Amputee Golf NZ**

For any enquiries about  
becoming involved, any-  
where in NZ, please contact  
Alan Dearden, 03 383-3766.



**Need Computer Help ?**

Contact Joanne for advice  
at very affordable rates.

Mobile 027 2909246

Home 942-5320

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