



Amputee  
Society  
of Canterbury &  
Westland Inc.

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Patron: Mr John McKie MB, ChB, FRACS.

## Feb 2023 Contents

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## Quote of the Month:

What the world needs is more geniuses with humility, there are so few of us left.

*Oscar Levant*

## Fun Fact:

In 1893, New Zealand became the first country in the world to give women the right to vote.

$111,111,111 \times 111,111,111 = 12,345,678,987,654,321$

## Editor's Message

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

As advised in the November newsletter, our Canterbury/Westland society is the host for the 2023 conference to be held at The Crowne Plaza Hotel over the weekend of April 14-16th. The conference starts on the Friday night with the official opening and recommences after lunch on Saturday with guest speakers and sponsors presenting. This is followed by the Dine & Dance in the evening. Sunday morning sees the event reconvene with slots for presenters/sponsors and introduction of the GIAG (Give It A Go) youth members.

We last hosted the conference back in 2016 so this is a wonderful opportunity for our C/W members to immerse themselves in the conference activities where they can be entertained with speakers presentations, gain knowledge from sponsors and be brought up to date with news by Sean Gray, CEO Peke Waihangā (Artificial Limb Service). Last but not least, is the ability to be able to network with fellow amputees from all over New Zealand, renew old acquaintances and forge new friendships.

If you are interested in being part of this event, could you please register your initial interest with Justine, 021 1055189, [justinemw@me.com](mailto:justinemw@me.com) You will then receive an official registration form, when they become available, on which you can choose what conference activities you wish to attend and select your catering requirements. We urge you to take advantage of this wonderful opportunity.



## MEET HERB HART:

Herb was born at Greymouth Hospital on September 8<sup>th</sup>, 1942 and was the 4<sup>th</sup> born of 7 children to his parents who lived at Rununga. Herb's father was a trained butcher, also a commercial fisherman before working most of his life in the mines and his mother was a stay-at-home housewife. Herb attended Greymouth Technical High School before leaving school in 1957 at 15 years of age and starting work at the Liverpool State Mine at Rewanui. He said that the lure of working in the mines was a big drawcard for the young Rununga lads. In 1960, he transferred to work at the Strongman Coal Mine and was lucky enough to survive the explosion in 1967 that killed 19 of his workmates and friends.



PhotoScan by Google Photos

In 1968, Herb married the love of his life, Anne Crowley and they have been blessed with 2 wonderful sons, Greg in 1968 and Leigh in 1970, both born in Greymouth. The boys now live in Auckland and Herb and Anne are proud grandparents to 2 boys and 2 girls. Their son Leigh is a well-known NZ comedian who features regularly on our TV's and is the frontman for the "Hellers" adverts.

Herb said the greatest risk he ever took in his life was moving from the West Coast to Marton in 1969 to start a tunnelling career that would eventually take the family to many different countries around the world from 1972 for the next 30 plus years.

1960- 1969. Strongman Mine.

1969- Marton.

1970-1972. Taupo to work on the Tongariro Hydro & Kaimai Rail Tunnel.

1972-1975. Worked for a Swedish Co in Hong Kong building a 45km long tunnel.

1975-1976. Melbourne working on the underground rail tunnel.

1977-1982. For the same Swedish Co, in Peru working on one of the longest tunnel jobs ever undertaken. 100 kms of tunnel through the Andes Mountains to bring fresh water to irrigate the Atacama Desert on the west coast of Peru. They lived at 3,600 metres above sea level and Herb was responsible for a 50km long section of the project that consisted of dams, tunnels and canals.

1983-1985. Central Java, Indonesia working on a hydro project.

1987-1989. Hydro project in Sri Lanka. It was on this project that Herb lost his leg when his right foot was crushed between two rail wagons. His company hired a Lear jet that flew Herb to Singapore for treatment and an initial operation to try and save his leg. From Singapore, he was flown back to NZ on an Air NZ flight

## HERB HART CONT:

and the amputation of his right leg BK was performed in Ch Ch in February, 1988. After 3 months of rehab, they returned to Sri Lanka, with a spare leg in tow.

1989-1992. Travelled to the UK where he took up a position of Superintendent on the UK side working on the channel tunnel.

1992-1994. Transferred to another hydro project in Malaysia.

1995-1999. Saudi Arabia where he worked on a 10km long oil pipe line tunnel.

2000-2002. Back to Peru to work on yet another hydro project as construction supervisor. It was at this time that Herb decided to retire and in 2003, they purchased the property in Kaiapoi where him and Anne still live. So much for retirement!! In 2010, the Norwegian Government asked Herb if he would go to work on a hydro project in Northern India where they were building a plant in the Himalayas at 3200m above sea level and he worked there until 2011. Herb's FINAL project was in 2012 where he was asked to consult on a huge hydro project in Georgia, a country wedged between the Black and Caspian Seas.

FAVOURITE FOOD; Anne's lamb roast.

FAVOURITE MUSIC; The Shadows, Elvis, The Beatles, Willie Nelson, ELO (Electric Light Orchestra)

FAVOURITE MOVIE; Lawrence of Arabia. World's Fastest Indian. Bond movies.

FAVOURITE SPORTS; Rugby League. Watching the AB's & Americas Cup.

FAVOURITE PLACE; Arequipa, Peru's 2<sup>nd</sup> largest city located at the foot of the Andes Mountains.

HOBBIES; Keeping the garden tidy. Played drums for a local band on the coast (The Tremors) where they played at dances. Herb still plays the drums with some other old "rocking rollers". Herb also has a passion for old British vintage motorcycles.

TRAVEL; Work has taken Herb and the family all over the world but they have enjoyed 2 bus tours of Europe and a cruise around the Mediterranean.

Herb stated that the hardest times of his working life was the constant 24/7 worry that he had for being responsible for his workforce and their safety on the job. In Herb's own words, "I must say that losing a leg has not really been much of a handicap although my last early morning run was on the day of my accident in Sri Lanka. I have always had great service from the Burwood Limb Centre although over the last couple of years, I've had trouble to get a good fitting leg. Many have tried without much luck and my old 2010 leg that I took to India is (although a bit battered) still hanging in there"



## 2023 ANNUAL GENERAL MEETING:

**Sunday March 12th, 2023 @ The Hornby Club. AGM @ 10.15am and morning tea @ 10.30am.**

The society will cover the cost of the morning tea for those attending. Numbers attending are lower than our Christmas function but it would be great to see a good turnout to not only support your society but also to mingle/chat with your fellow members. We would especially welcome anyone wishing to put their name forward to serve on the committee for the coming year. Please advise your attendance to Justine 021 1055189 or Mark 027 2381958 (email details back page) by **March 8th.**

# AGM

ANNUAL GENERAL MEETING



### **SUBSCRIPTIONS DUE.**

A reminder that subscriptions (\$10) are now due and it would be appreciated if payment could be made at your earliest convenience. Payment can be made online by using internet banking or at any Westpac Branch (details on back page). If you wish to pay by cash, please contact Justine to arrange this. 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. We greatly appreciate your continued support of the Society.

## NOT EVERYONE USES A PROSTHESIS:

When it comes to adjusting to living with an amputation there are many decisions to make based on the unique skills of each person. These unique physical, psychological and environmental skills will help to inform the different choices each person will make to live a comfortable and meaningful life. One of these factors is whether they will wear a prosthesis. Not all amputees will wear a prosthesis. Recent surveys have shown between 7-20% of people do not wear a prosthesis. There are many reasons why some people don't wear a prosthesis.

**For people living with a lower limb amputation (or difference) these reasons can include:**

- issues with residual stump and limb
- prosthetic issues – limb feels too heavy
- other medical conditions

## NOT EVERYONE USES A PROSTHESIS:

- issues with the 'good' limb
- pain issues e.g., uncomfortable/ill-fitting socket
- falls or fear of falling
- the high energy needs required
- unmotivated
- unable to put on or 'don' the prosthesis
- balance issues
- personal choice
- the prosthesis restricts, rather than supports

### **For people living with an upper limb amputation (or difference) these reasons can include:**

- prosthesis inhibits, rather than supports function
- the harness is uncomfortable
- socket is painful or heavy
- perspiration affects use
- prosthesis is too complicated to set up
- mental or physical workload is too great
- reliability - prosthesis doesn't do what the user wants it to do
- funding restrictions in the public system prevents the development of, and access to, new technology
- wearing prosthesis during rigorous activities can increase the chance of injury

### **Things to consider when not wearing a lower limb prosthesis**

#### Mobility

People living with lower limb loss use a wide variety of mobility devices to get around at home and in the community. These can include (but are not limited to) skateboards, crutches, wheelchairs, motorised scooters, saddle-chairs with wheels, handcycles – pretty much anything that suits their needs and their level of activity. The most common though, are wheelchairs and crutches.

### **Things to consider when not wearing an upper limb prosthesis**

#### Adaptive equipment

There is a vast array of adaptive equipment available for personal hygiene, dressing and eating, home, work, and social activities and for leisure and sports, and these can be accessed through healthcare providers and online companies from around the world. It is important to ensure that any equipment is functional to you and if it is not, to find something that is. If you are living with an upper limb loss you will find unique ways to do activities that support your independence and your lifestyle.

## LIMB CENTRE UPDATE:

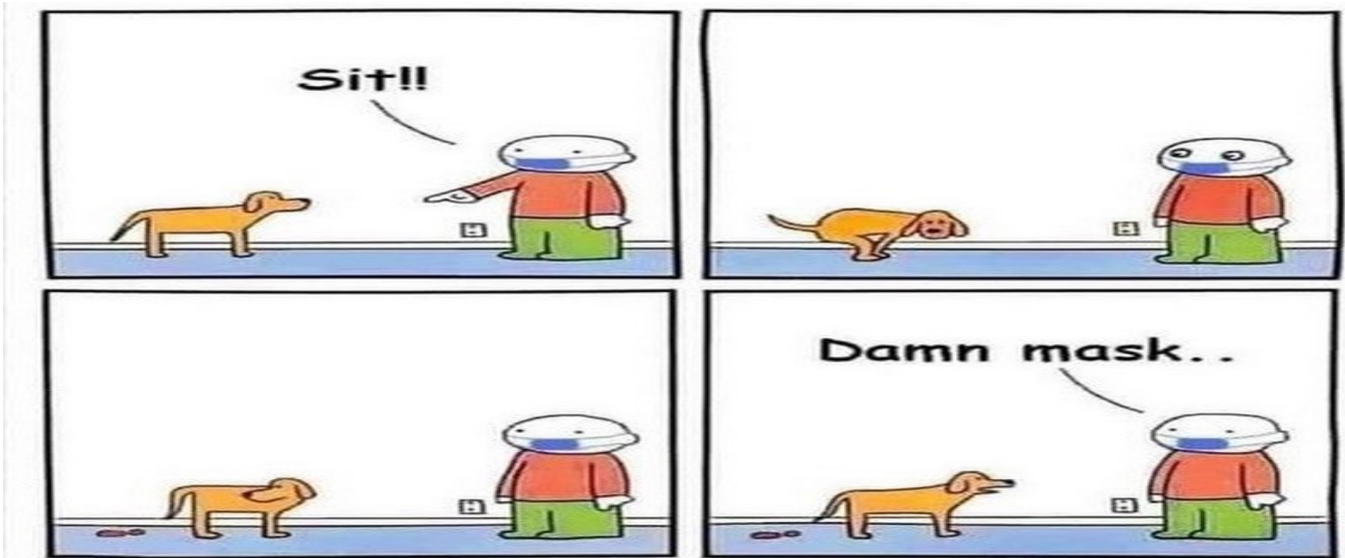
The new centre is progressing well with an estimated opening around April once the landscaping has been completed.



## NZ'S PUBLIC HEALTH SYSTEM

A personal perspective about our health system. We are all aware that there are major issues pervading our health sector from delays at ED Departments nationwide, trying to get appointments with GP's, long waiting lists for elective surgery and receiving specialist support. Having recently and currently been "fully" engaged in our health system because of a breast cancer diagnosis delivered to my wife, I want to express my appreciation and heartfelt gratitude at the level of service delivered to us without any delay whatsoever. Yes, I acknowledge there are many areas of our health system that need rectifying but what we have learnt is that if someone is genuinely needing urgent attention, our health system delivers results "BIG TIME". We have just embarked upon a 12 month journey of treatment by starting chemotherapy 2 weeks before Christmas then surgery planned for mid-year followed by another 6 months of chemotherapy and it already seems like we have had a gazillion tests, meetings, procedures and appointments. All of which, have been scheduled immediately without any delay and when one is engaged in the shock of receiving a cancer diagnosis, it is humbling to say the least that we are being so well attended to by our public health system. I compare our situation to the USA where one must have health insurance to receive the same level of support. A Brazilian friend of mine recently told me that his mother was diagnosed two years ago with breast cancer and she is still waiting to see a specialist and have any tests done. So, in as much as we can "bitch" about the delays experienced here for certain facets of our health system, I feel we should be grateful and appreciative of the wonderful services offered to us as taxpayers through the Public Health system in New Zealand. We most certainly are !!!

## 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.amputee.co.nz](http://www.amputee.co.nz)

**NZ Artificial Limb Service**

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

**Peer Support**

[www.peersupport.nz](http://www.peersupport.nz)

**Parafed Canterbury**

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

**International Diabetes Federation**

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

**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)

**Paraloan 03 3795983**

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

Email: [paraloan@xtra.co.nz](mailto:paraloan@xtra.co.nz)

**Nation Wide H&D Advocacy**

**Service – 0800 555050**

**Aspire Canterbury,  
Disabilities Information Service**

Braintree Wellness Centre. 70 Langdons Rd.  
CHCH

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

Total Mobility. Contact Julie (03) 3669093

[julie@aspirecanterbury.org.nz](mailto:julie@aspirecanterbury.org.nz)

**LifeLinks.** 0800 866 877

Web: [lifelinks.co.nz](http://lifelinks.co.nz) Email: [office@lifelinks.co.nz](mailto:office@lifelinks.co.nz)



**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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**Other Committee Members**

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Janice Frost, Sally Wihone  
Bob Newby, Lisa Gray

**West Coast Contact**

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

**Total Mobility Scheme**

Agent: Aspire Canterbury  
03 3666189  
[julie@aspirecanterbury.org.nz](mailto:julie@aspirecanterbury.org.nz)

**Mobility Parking Permit**

CCS Disability Action  
03 365-5661/0800 2272255

**Life Members**

Rachel White Liz Rogers  
Heather Plows Ava Thomas  
Margaret Hunter

**Artificial Limb Service**

330 Burwood Road, Ch-Ch  
Phone 03-383-0501  
Fax 03-383-3566  
Hours: 8.00am - 4.30pm  
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**Amputee Society of  
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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

**Disability Golf NZ**

For any enquiries about  
becoming involved, anywhere  
in NZ, please contact  
Andrew Woo, 021 885678  
[disabilitygolfnz@gmail.com](mailto:disabilitygolfnz@gmail.com)



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