



Amputee  
Society  
of Canterbury &  
Westland Inc.

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## August 2023 Contents

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## Quote of the Month:

Getting old is like climbing a mountain; you get a little out of breath, but the view is much better. — *Ingrid Bergman*.

ON TURNING 70

"I still chase women, but only downhill."

*Bob Hope*

## Fun Fact:

James Buchanan, the 15th President of the USA, continuously bought slaves with his own money in order to free them.

## Editor's Message

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

As the country approaches a General Election on October 14th, voters are probably in a state of some confusion over who and which party they to cast their votes for. National have risen in the polls but this is more a reflection over people's dissatisfaction with the Labour Government than National's overall attributes. Christopher Luxon has an undoubted pedigree of success at the helm of Air New Zealand but he has failed to capture voters' interest like John Key achieved when in Opposition. Labour, to put it bluntly, have been an abject failure in almost every facet of governance and have been described by some senior political reporters as "The Keystone Cops". They head in to this election with an inexperienced Cabinet and those with experience, have performed abysmally. Labour came in to power with a budget surplus of \$5.5B, turned that in to a deficit of \$0.9B the very next year, **2 years before Covid**. The effects of Covid caused a \$23.4B deficit in 2021. On top of this, Labours catalogue of misbehaving MPs makes for interesting reading. We have the Kiri Allan train wreck, Stuart Nash sacked, Michael Wood sacked, Phil Twyford sacked, Jan Tinetti in front of Privileges Committee, Meka Whaitiri defected, Gaurav Sharma resigned. When Jacinda Ardern (who???) resigned, there was NO ONE capable, or did not want to, step up so Chris Hipkins got the job by default. The Greens leadership is a mess and the party have totally lost their moral compass over what they stand for. Te Pati Māori have an agenda to split and divide this country, with able assistance from Labour so who does that leave? Winnie, really? David Seymour & the Act party...not sure. At least he talks common sense and tells NZ "how it is" without the political gobbledygook of all other politicians. Your choice. Maybe take a Lotto ticket??

## MEET ALISON SMITH:

Alison was born in Ch-Ch in 1950 and was the youngest in a family of one older brother and 3 older sisters. Alison's Dad worked for the Tramways as an administrator and payroll officer while her Mum was a stay-at-home mother and the family home was in Richardson Terrace, Woolston. When she was born, her legs had never formed properly and the only explanation given to her parents was the thought that the umbilical cord may have wrapped around her lower body causing the disability. Alison was left with a short stump on the left and nothing at all on the right. The medical fraternity advised her Mum & Dad that the chances of survival were slim and recommended that Alison be sent to the Sisters of Compassion Home in Wellington to be cared for. For 4 ½ years, her mother and oldest sister used to visit once a month by catching the ferry from Lyttelton to Wellington but because she had "survived", her parents took her back home to Ch Ch to live the rest of her childhood with the family unit. While in Wellington, she received her first set of prostheses which were strapped around her waist and held on with a leather strap over the shoulder. The legs themselves consisted of a wooden peg with rockers as the feet and she could stand up but needed crutches to walk.



Alison started primary school at Woolston when she was 5 ½ years old and her Mum used to push her to school in a pram. She started attending the Limb Centre which was situated in the Returned Serviceman's Rehabilitation League in Riccarton Rd that some more mature amputees may recall. Her parents decided that Cashmere H/S would be a better fit for Alison and she was taken to and from school each day in a taxi. School was not a great experience and she left at age 16 whereupon she completed some voluntary work for CCS in the office for around 6 months where she learnt how to operate a punch card machine. This experience led to Alison being offered a punch card operator's position at The NZ Refrigerating Co where she ended working for around 20 years. She was promoted and at the time of leaving, Alison was a data supervisor travelling all over NZ training staff. She had saved enough money to purchase her first car, a brand new Mini off the showroom floor and a gentleman from Kaiapoi did the work to adapt the car for Alison's needs.



Alison recalls at the age of 20, she joined the Paraplegic Association and every Saturday morning she attended the activities. This was where she formed a close friendship with a lady, Neroli Fairhall, the champion archer who had a distinguished sporting career

## ALISON SMITH CONT:

culminating in her becoming the first Para athlete to compete at a full Olympic Games in Los Angeles in 1984. Around this time, she met a gentleman from the Richmond Smallbore Rifle Club who offered Alison the opportunity to "have a go" at Air Rifle shooting. This man, Len Smith, later became her husband and they married in 1981. They started their married life living in Alison's flat before purchasing a house in Kearneys Rd, Bromley where they lived for 33 years. Her passion for air rifle shooting resulted in attending many national championships and culminating in Alison being chosen to represent NZ at the 1984 Para Games in Los Angeles. Her event was actually held in Long Island, New York and Alison is extremely proud of her achievement in winning the bronze medal.

The 2011 Ch-Ch earthquake severely damaged the family home and Alison recalls being without water & power for the first few days. The electric ramp lift in to the house could not be used so Alison had to sleep in the car while Len slept in the BBQ area until they got power and water restored. Len & Alison spent the next 4-5 years in the damaged house "fighting" their insurance company before an agreement was reached to have their home rebuilt. The couple moved in to a flat in North Avon Rd, Richmond while the rebuild took place but it was during this time that Len became quite unwell after a cancer diagnosis. He went through the treatment but opted out when it became too hard for him to handle. Sadly, Len passed away 3 weeks later and never got to move back in to the rebuilt family home. One of Len's very best friends greatly assisted Alison to get everything in order with the new house and this assistance has continued through to the present day for which Alison is very grateful and humbled by. Alison stated the friendship is so special that she calls him son and he calls her Mum.

In 2015, not long after moving back to Kearneys Rd, Alison sold the house and shifted to Rangiora to live with one of her sisters but after 1 ½ years, she decided to purchase a villa at Lady Dianna Isaac where she currently lives. Alison is rightfully proud that she has worked all her life despite her challenges. After being made redundant at the NZ Refrigerating Co, Alison was the office receptionist at CCS in Ch-Ch for around 10 years before retiring. Retirement did not last long as she then took up a part-time position at the Papanui RSA which was meant to be for one month. 8 years later, she finally did retire which was at the end of 2022.

**FAVOURITE FOOD:** Asian cuisine.

**FAVOURITE ACTIVITIES:** Loves doing jigsaw puzzles, word searches, Rummikub and in the past her smallbore shooting.

**FAVOURITE PLACE:** Mooloolaba. Sunshine Coast.

**MUSIC:** The Topp Twins. Music from the 50's-80's.

Alison & Len made the decision not to have any children for the fear that her condition may have been genetic and her ability to look after little ones would be too hard. When asked what was the greatest risk that she ever took in life, Alison responded, "That is a hard one to answer. My whole life has been a challenge but I have always found a way to overcome the many obstacles that I have faced. For that, I am proud of my courage and resilience. I never give up because I don't like to be beaten".





## ARCHERY:

The Amputee Society of Canterbury/Westland is excited to be a partner in this Peke Waihanga sponsored event which we would strongly encourage members to take advantage of. Come along, try something different and catch up with fellow members and enjoy a BBQ afterwards. Please contact Matt Bryson on the details below to register your interest or alternatively contact Justine or Mark.

# CHRISTCHURCH HAVE A GO ARCHERY DAY

Peke Waihanga 'Have A Go Archery Day' is open to all **amputees and people with disabilities**. Come and join us for 'Have A Go Archery Day' at Christchurch Archery Club. Whānau and friends are welcome to attend too.

### Date & Venue

📅 8.30am – 10.30am on **Saturday 19 August 2023**

📍 **Rawhiti Domain**, Shaw Avenue, New Brighton, Christchurch

### Activities

- Participants will partake in archery
- Professionals will help on the day
- Free BBQ lunch from 10.30am onwards

### Entry Fee

Free

**RSVP by 12 August 2023.** To register scan the QR code with your smart device or go to [www.bit.ly/HaveAGoArchery-CHCH-2023](http://www.bit.ly/HaveAGoArchery-CHCH-2023)

For questions or more information, contact:

**Matthew Bryson**

📞 022 102 5697

✉ [matthew.bryson@nzals.co.nz](mailto:matthew.bryson@nzals.co.nz)



## ANNUAL QUIZ EVENT:

This has proved to be an exceptional fundraiser for the Society in the past so we would encourage members to bring along family and friends in support of our primary fundraiser for the year. Get a team together and contact either Justine or Mark at the contact details below to secure your tickets. As in previous years, Justine & Alesha have put together a fantastic array of raffle prizes. We look forward to seeing you on the evening of October 8th @ The Cranford Alehouse and we gratefully acknowledge the wonderful and ongoing support of Andrew Norton from The Cranford Alehouse.

# QUIZ! QUIZ! QUIZ!

**SUNDAY 8TH OCTOBER  
5.30PM FOR A 6PM START**



**305 CRANFORD STREET, ST ALBANS**

**\$10 A TICKET**

**GET A TEAM OF 4 OR MORE TOGETHER**

(BY YOURSELF? LET US KNOW IF IT'S JUST YOU AND WE'LL FIND A TEAM YOU CAN JOIN)

COME EARLY FOR A BITE OR STAY AFTER THE QUIZ FOR DINNER.

**RAFFLES! LUCKY TICKETS!  
SPOT PRIZES!**

Contact: Justine on 021 105 5189 [amputee.cw@gmail.com](mailto:amputee.cw@gmail.com)  
or Mark on 027 238 1958 [mark.bruce@xtra.co.nz](mailto:mark.bruce@xtra.co.nz)



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## CARING FOR YOUR SKIN:



### How can I look after my skin?

Taking care of your skin is important. The skin around your stump will always be fragile and it needs to be looked after. Make sure you report any skin-related changes to your doctor or prosthetist immediately.

You should check your residual limb everyday for any changes. Any red marks or changes to your skin should be attended to if they do not fade after 15 minutes from the time you remove your prostheses.

There are a number of things that you should think about:

- Skin hygiene is very important; you should wash, clean and dry your residual limb (stump) daily, as part of your regular personal hygiene routine.
- Stump socks and prosthetic liners should be washed and changed daily with a gentle fragrant-free anti-bacterial soap, and rinsed well. You may need to change stump socks or liners more often if you sweat heavily during the warmer months. Always dry your socks and liners properly. Never wear a wet or damp liner or sock
- Stop wearing your prosthesis if you have any pain or discomfort.
- Wear safe and comfortable shoes.



### What is the best way to care for my residual limb?

Taking care of your residual limb (stump) is extremely important. You need to get into a regular routine and check your limb on a daily basis, including when you experience any pain or changes in the way your prosthesis fits.

- Use a hand mirror to check the back of your stump for changes before you put your prosthesis on.



- Check your stump for markings or changes when you take your prosthesis off.

- Check for skin breaks, ulcers, dryness or cracking. Any noticeable signs of change should be immediately seen to by your doctor.

**TIP:** Your prosthesis should not cause you pain. If you are experiencing pain, make an appointment with your prosthetic provider immediately.



My doctor said now that I'm older  
I need to install a bar in the shower



## 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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**Vice President/Marketing**

Alesha Kelly 021 708863  
[alesha.kelly1618@gmail.com](mailto:alesha.kelly1618@gmail.com)

**Secretary/Treasurer/  
Funding**

Justine Mangan-Woods  
021 1055189  
[amputee.cw@gmail.com](mailto:amputee.cw@gmail.com)

**Web Site Manager**

Jo Boereboom 03 942-5320  
[farmtree58@gmail.com](mailto:farmtree58@gmail.com)

**Other Committee Members**

Vaughan Mangan-Woods  
Janice Frost, Lisa Gray,  
Andrea Thompson,  
Ralph McGuigan.

**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 Mark Bruce

**Peke Waihanga/Artificial  
Limb Service**

330 Burwood Road, Ch-Ch  
Phone 03-383-0501  
Fax 03-383-3566  
Hours: 8.00am - 4.30pm  
**Office administrators**

Lynleigh Ashcroft  
[Lynleigh.Ashcroft@nzals.co.nz](mailto:Lynleigh.Ashcroft@nzals.co.nz)  
Caroline Leaper  
[Caroline.Leaper@nzals.co.nz](mailto:Caroline.Leaper@nzals.co.nz)

**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)



**Need Computer Help ?**

Contact Joanne for advice  
at very affordable rates.

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

Mobile 027 2909246

Home 942-5320

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