



Amputee
Society
of Canterbury &
Westland Inc.

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May 2023 Contents

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Quote of the Month:

I walk slowly but I never walk backward.

Abraham Lincoln.

Fun Fact:

No matter how much you push the envelope, it will still be stationary.

In the 16th Century, Turkish women could initiate divorce if their husbands didn't provide enough coffee.

Editor's Message

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

The 2023 Amputees Federation Conference and National Council meeting was held at the Crowne Plaza, 14-16th April with our society being the hosts. Friday night saw the opening with a beautiful Māori welcome from Ken Te Tau, before Aaron Keown, Christchurch City Councillor, officially opened the conference. He talked about his goal to make Christchurch the most accessible city in New Zealand. The 77th National Council meeting was held and the new National Executive was voted in. President: Korrin Barrett, Vice President: Mary Humphreys, Coordinator: Alesha Kelly, Treasurer: Justine Mangan-Woods, Committee: Shane Torrence, Paul Rowland, Katrina Bungard and Matthew Bryson.

Saturday afternoon saw presentations from conference sponsors Taska Prosthetics, Ossur Asia-Pacific and Otto Bock Australia as well as guests, Geoff Chandler from Australia & John Ray from Hato Hone-St John. Dinner at night was a great affair with the theme "What I want to be when I grow up" saw fairies, police officers, builders, gypsies, nuns, priests, cowboys, pilots & jockeys. Local amputee Murray Powell & his band provided great live entertainment that attracted many people to the dance floor. On Sunday morning, Matthias Blattner from Peke Waihanga Ch-Ch, presented an interesting slide show before Paralympian, Ben Lucas, gave an attention-grabbing presentation. Kate Horan (GIAG Co-Coordinator) and the GIAG youth team then shared their experiences from the day before which included activities of archery, climbing wall and high ropes course. Carla, from Top of South, then read out the children's book Captain Carla. This book was written about Carla by a friend who was inspired by Carla's constant cheerful attitude and vibrant personality. This book is now available as a resource through the Federation.

MC, Ken Te Tau & President, Korrin Barrett then formally closed the conference at noon before attendees had lunch and made their way home after a great weekend.

MEET MURRAY POWELL:

Murray was the youngest born of 5 children to his parents in Tapanui, Southland in 1954. He had 3 older brothers and a sister but sadly, Murray lost his brother closest in age back in 2017 to brain cancer. Murray's father was a farm manager and his mother was kept busy at home raising the 5 children.

When Murray was 5, the family moved to Homebush, near Darfield, where his father was once again employed as a farm manager. Murray started primary school at Homebush before the family moved to West Eyreton near Oxford and he completed his primary schooling there before moving on to Rangiora High School. At 16, Murray left school to take up a position at Ballantynes as a Window Dresser & Display Artist but at age 17, Murray contracted bone cancer which led to him having his right leg amputated above knee. Murray was told



that he would not return to work for a very long time but he is proud of the fact that he returned to work within 6 months of his amputation. He left Ballantynes in 1974 to join the display team at Farmers Coop in Cashel Street then to a sole charge role at Farmers Rangiora where he happily worked for several years but with the merger to Farmers Haywrights was then told his skills were required in the Cashel Street store. Murray was not happy with this and left Farmers to spend a year as a car groomer for the NZ Motor Corporation before joining Caxton as a display coordinator to build permanent displays in supermarkets all over the South Island. He said he loved his job but after 5 years in the role, he was asked to transfer to continue this work in Auckland which did not sit well with him and left the role to start his own business, Motivation Design, as a signwriter. This Business, based in Rangiora and later in Woodend continued right through until his retirement in 2022. Murray has enjoyed living at Woodend for around 30



years and recently purchased a new house there where he lives with his wife, Valda and beloved pooch, Jazz, who loves being taken for a walk alongside Murray on his E-Scooter. Valda is still working so Murray said he is still "learning the ropes" as chief cook and bottlewasher. Murray has 2 adopted children, a son (43) in Ashburton and a daughter (37) in Rangiora. Because the type of cancer he had was thought to be hereditary, the decision to adopt was an easy one as he did not want to risk passing on any faulty genes. When asked what he found challenging, Murray responded, "One tries to do normal things but as any amputee will testify to, we have to do things a little differently. I've learnt a lot of tricks over the years". Murray enjoys associating with people who have a bubbly and outgoing nature and who have a

MEET MURRAY POWELL CONT:

positive outlook on life.

FAVOURITE FOOD: Home cooking, Anything sweet and meat of any kind.

FAVOURITE PLACE: Anywhere the campervan (MUZWUZ) will take us.

FAVOURITE ACTIVITIES/HOBBIES: Music and playing in bands. Likes to "potter" around his property and build things in his "man cave"

FAVOURITE MUSIC: Country Rock and blues. Artists, Chris Stapleton, Keith Urban, Zac Brown Band, & 70's music including The Eagles, CCR, Bob Segar and Van Morrison to name a few.

FAVOURITE MOVIES: Forest Gump & The Blues Brothers.

Murray has a passion for music and remembers all 5 children being taken weekly in the 60's to music lessons in Christchurch where he learnt the piano accordion. Currently, he plays keyboard and sings vocals in his band that performed at the recent Amputees Federation annual conference in April. His wife, Valda, is also in the band as a vocalist. Murray is overjoyed to have recently acquired a 1950's Hammond organ, something that he has always yearned for and he thoroughly enjoys his involvement in the music scene that has been a huge part of his life.

Murray admits that going in to business on his own was the greatest risk he ever took but he said he worked hard throughout his career to make it a successful operation. Failure was NOT an option he said. Murray and Valda get away in their campervan at every opportunity and have seen most of NZ in "MUZWUZ". He has travelled regularly to Australia, often to visit family members but also touring Australia with a Gene Pitney tribute band. Murray admits that he is enjoying life without the constant pressures of running a business and highly recommends retirement and the leisurely life that goes with it. He is currently on a short list for Osseointegration which he feels will make life a lot easier as he has experienced ongoing issues with his stump.

Murray has been a long time supporter of the society in that he looked after the signs one sees at the Limb Centre for no charge. Many thanks for your kind generosity Murray & we wish you & Valda enjoyment in your well-earnt retirement. (Taking Jazz walkies)



FUNNY GAP FILLERS:

When I say, "The other day," I could be referring to any time between yesterday and 15 years ago.

I hate it when a couple argues in public, and I missed the beginning and don't know whose side I'm on.

2023 ANNUAL GENERAL MEETING:

Our annual general meeting on March 12th at The Hornby Club was attended by around 20 members and morning tea was enjoyed by those present.

We would like to thank Bob Newby & Sally Wihone for their service as committee members who have both stood down for the coming year due to personal reasons. We would also like to welcome incoming committee members, Andrea Thompson (ex Waikato-Bay Of Plenty Society) and Ralph McGuigan on to the committee for the coming year and look forward to working alongside you both. Other office holders remain the same, Mark Bruce as President, Alesha Kelly as Vice-President, Justine Mangan-Woods as Sec/Treasurer and committee members, Joanne Boereboom, Lisa Gray and Vaughan Mangan-Woods.

Mark Bruce Life Membership. From Joanne Boereboom Committee Member

Congratulations to Mark Bruce, our current President, who was elected to Life Membership of the Amputee Society of Canterbury and Westland at the AGM which was held on the 12th March 2023 at the Hornby Club.

Mark has been a valued member of the Amputee Society of Canterbury and Westland Committee since 2009 and was elected President in 2011, this position he still holds today which is his 13th year at the helm.

He has been our Newsletter editor since 2015 and I know you will all agree he has done a wonderful job getting the newsletter out on time with great content to keep us all up to date on what is happening.

He has also worked as our Funding Coordinator for 10 years from 2012 - 2022

Mark has also been doing Hospital visits from 2009 until 2019 with a total of 81 visits made in that time.

And on top of all this valuable work, he has also been involved with the National body, The Amputees Federation of New Zealand in the following roles.

A Committee member from 2015-2022, Vice President 2016, President 2017- 2019, Conference coordinator 2016-2022.

Member of the formation group tasked with setting up the Peer Support Service 2018-2019.

Peer Support Advisory Committee 2019-present.

As you can see from this resume, Mark has given a lot his time and provided amazing support for many people in our organisation and we all are very grateful for all the hard work he has done. A BIG THANK YOU from us all.

NOTE: The photo is Mark standing outside "The Red Dog Saloon" in Juneau, Alaska on July 28th, 2014. This was to mark his achievement of visiting ALL 50 states of the USA in honour of his late brother, Alan, who had intended to finish the task with Mark but sadly passed away due to kidney cancer in 2011.



2023 AMPUTEES FEDERATION CONFERENCE PHOTOS:



**GIAG
ACTIVITIES
ARCHERY,
CLIMBING,
HIGH
ROPES.**



**BELOW IS THE "GOODY BAG" THAT OUR
SOCIETY PROVIDED TO ATTENDEES**



NEW LIMB CENTRE:

After 19 months of construction, amputees in the top half of the South Island and Peke Waihanga staff have a new Limb Centre up and running. As seen in the photos, it is a **wonderful** space for amputees and staff alike and we should all be very proud of what has been achieved. There is still some groundwork (car park), landscaping and a general tidy up to be completed in the next few weeks.



Smile Awhile

If I was a
plastic
surgeon...

I would 100%
put a squeaky
toy in every
breast implant.

STUPIDITY
IS NOT
A
HANDICAP!

PARK
ELSEWHERE!

Web Sites

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

www.amputeeinfo.co.nz

The Amputees Federation of NZ

www.amputee.co.nz

NZ Artificial Limb Service

www.nzals.govt.nz

Peer Support

www.peersupport.nz

Parafed Canterbury

www.parafedcanterbury.co.nz

International Diabetes Federation

www.idf.org

Amputee News

www.amputeenews.com

Disability Rights Commissioner

www.hrc.co.nz

UN Programme on Disability

www.un.org/issues/m-disabl.asp

Paraloan 03 3795983

www.paraloan.org.nz

Email: 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

Total Mobility. Contact Julie (03) 3669093

julie@aspirecanterbury.org.nz

LifeLinks. 0800 866 877

Web: lifelinks.co.nz Email: 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

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justinemw@me.com

Web Site Manager

Jo Boereboom 03 942-5320
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

Total Mobility Scheme

Agent: Aspire Canterbury
03 3666189
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

Artificial Limb Service

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

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Pauline.Afitu@nzals.co.nz
Lynleigh Ashcroft
Lynleigh.Ashcroft@nzals.co.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

Disability Golf NZ

For any enquiries about
becoming involved, anywhere
in NZ, please contact
Andrew Woo, 021 885678
disabilitygolfnz@gmail.com



Need Computer Help ?

Contact Joanne for advice
at very affordable rates.

www.computertutor.nz

Mobile 027 2909246

Home 942-5320

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