



Amputee  
Society  
of Canterbury &  
Westland Inc.

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## February 2024 Contents

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## Quote of the Month:

Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that. -Martin Luther King Jr.

## Fun Facts:

Common sense is like deodorant. The people who need it the most never use it.

If people evolved from monkeys, why are monkeys still around????

## Editor's Message

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

What an ignoble, tragic and sad fall from grace for the Green Party MP, Golriz Ghahraman, who recently resigned from her role as an MP after she admitted to numerous allegations of shoplifting. Yes, being an MP carries with it a huge workload and no doubt there are many pressures that one faces but these factors MUST be personally dealt with which is obviously something Ghahraman failed to do. She now finds herself unemployed and facing criminal charges which will no doubt have a bearing upon her ability to find a suitable career path going forward. To her credit, Miss Ghahraman, in a statement to media, has taken full responsibility and has tendered an apology for her actions which she said are "out of character". When the Green Party leaders spoke to media in a press conference following the resignation, they spoke highly of Miss Ghahraman's achievements during her 6 years in Parliament and that these misdemeanours could not detract from her efforts. They added their voice to Miss Ghahraman's admission that her mental state was an **explanation**-not an **excuse** for her offending. However, Ghahraman and the Green Party have delivered a victim centric narrative that is a masterclass in reconstructing the perpetrator as a victim. She and the Greens have attributed her actions to "stress relating to her work and not trying to excuse her actions but wanting to explain". Both then quickly proceeded to present just that excuse talking in depth about previously unrecognised trauma. We listened to how it was the fault of the workplace which is not designed for women, especially women of colour and also culture issues???. The other 52 women MP's, some of colour, appear to be getting on with what they were elected to do and feel no need to go on shoplifting sprees. "Accountability" is not restricted to just others but also includes "oneself" and her failure, along with the Green Party, to address any issues and take REAL accountability shows a complete and utter lack of such accountability and responsibility in regards to this matter. One must question the Green Party's ethics in all this but I do hope that Miss Ghahraman can access the obvious help she needs and can move forward once she is dealt with by the Justice system.

## MEET JANICE FROST:

Janice Frost was born at Rangiora in 1965 and had one older sister. Her Dad worked on a farm at Clarkville as well as other farms in the local area before commencing work at Carter Holt Harvey then at McAlpine Timber where he stayed until retirement. Janice's mother did housework and sewing locally to help the family income. Janice grew up in Rangiora and attended Ashgrove Primary before attending Rangiora High School until she left in 1982. She has a fond memory from her childhood of sitting around her Grandparents old radiogram and singing along to popular songs.

As a schoolgirl, Janice had a part-time job working in the kitchen at Holmwood Retirement Village from 1980 and took up a full-time position there upon leaving High School. In 1984, she moved in to

Christchurch where she worked for Spotless Catering and it was during this time that she met her husband to be who was a soldier based at Burnham Military Camp. They married in 1985 and Janice went to live at Burnham but as is the norm for Defence Force personnel, many shifts around NZ were to take place. In 1986, they moved to Papakura where their son, James, was born the same year followed by Mark in 1988 before returning to Burnham. Many more shifts occurred, 1990 Waiouru, 1991 Burnham, 1992 Waiouru, 1995 Dunedin, 1997 Whenuapai then in 1998 to Linton Army Camp, Palmerston North. It was at Linton that the marriage ended and Janice moved to Whanganui where her and the boys lived until Janice returned to Christchurch in 2018. Both her boys still live with their respective families in Whanganui.

It was in 1992 while living at Waiouru that Janice sustained an injury to her ankle while working as a "pot hand" during a field exercise. She badly sprained her right ankle which led to many ongoing health issues over the ensuing years. The ankle kept deteriorating and while playing a game of indoor hockey, she sustained another injury to the ankle that caused irreparable damage. Over the next 16 years, Janice had numerous operations and hospital stays but by 2008, the decision was made to amputate her right leg below knee due to CRPS=Chronic Regional Pain Syndrome. Janice admitted that the years spent dealing with her health issues were incredibly hard for her but also for her two boys who were growing up and doing so without their Mum present a lot of the time.

Upon her move to Christchurch in 2018, Janice spent some time living at the Laura Fergusson Trust complex in Ilam but around a year ago, she was lucky enough to obtain the tenancy of a Kainga Ora accessible unit in Bryndwr where she loves her independence and the unit itself. Janice still has a close relationship with Laura Fergusson and works part-time for their catering division, "Can Do Catering". The catering service provides regular employment for many people suffering from physical as well as intellectual disabilities and Janice enjoys the role immensely. She is excited about an upcoming job that the company has in catering for a private birthday party at the Kate Shepherd House in Ilam where



## JANICE FROST CONT:

she will be able to experience the “history” first hand. Recently, Janice purchased a ride-on electric scooter which allows her to be mobile within the local community although she admits it is taking time for her to gain confidence on the scooter. Janice has a close friend in her budgie, Chase, who provides her with a lot of laughs on a daily basis.

She has regular contact with her two sons and her grandchildren in Whanganui, 2 girls aged 9 & 10 and her grandson who is 14. Being on the Amputee Society committee since 2018 provides her the opportunity to stay connected with the community and a sense of service to others. Walking any distance is a physical challenge for Janice but as she says, “I CAN put my prosthesis on every day so I do and walk every day that I can”. Like many amputees will relate to, Janice finds it hard to constantly battle ACC for her rightful entitlements and would love to travel more but her ongoing medical issues preclude this. The only time she has travelled overseas was a family holiday to the Gold Coast over 20 years ago, a trip that the entire family enjoyed immensely.

FAVOURITE FOOD: Butter chicken.

FAVOURITE PLACE: Taupo

FAVOURITE ACTIVITIES: Cooking, singing, knitting, crocheting.

FAVOURITE MUSIC: Country genre & Kenny Rogers.

FAVOURITE MOVIE: Ghosts.

FAVOURITE BOOKS/AUTHORS: Enid Blyton & Steven King.



## POSTAGE COSTS:

As you will all be well aware, the cost of postage is becoming a prohibitive factor to many people as they grapple with the ever increasing daily costs associated with the cost of living. The Society is no different in this situation as we continue to re-evaluate the costs associated with producing and distributing our newsletter. Currently, it is costing us around \$300 an issue to have it printed and for postage costs so it is important for us to not only monitor the costs but to also urge members to assist us. We acknowledge that some people do not have access to email but **IF AT ALL POSSIBLE**, we would greatly appreciate your help by changing to receiving it via email. If you are in a position to do this, please contact either Justine or Mark, contact details on the back page. **Thank you.**

## 2024 ANNUAL GENERAL MEETING:

**Sunday March 10th, 2024 @ The Hornby Club. 10am. AGM @ 10.15am and morning tea @ 10.30am.**

The society will cover the cost of the morning tea for those attending. 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 3rd.**

# 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 or on your next visit to the Limb Centre, 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.



## EXERCISE-THE BARRIERS:

*Alexandra Capellini is a resident physician at the University of Michigan Hospital in Ann Arbor and has been an above knee amputee for over 20 years.* Establishing an exercise routine is difficult whether or not you have a disability. Time, money, motivation and confidence can pose hurdles for almost everyone. But additional obstacles confront people with limb difference. That is unfortunate, because it's especially important for us to stay active. Exercise can reduce social isolation, depression, pain, and other problems that amputees commonly face. So even though we face high barriers to fitness, we have a strong imperative to try to overcome them. Here are the five biggest obstacles to physical fitness I've faced as an amputee—**1.** Setting realistic fitness goals. **2.** Feeling self-conscious about your body. **3.** Lacking motivation to maintain a workout schedule. **4.** Getting the right equipment. **5.** Dealing with pain and discomfort. Here are my takeaways. Use basic common sense in **ALL** that you do or attempt to do. Be realistic. Do whatever fitness excites you. Groups may help sustain motivation. Any pain/discomfort, seek professional advice. **Whatever you do is more than doing nothing at all.**

## CRAIG HARRINGTON :

In the November issue, we highlighted the achievement of Craig Harrington at the Oceania Throwdown CrossFit competition. Many of you will know Craig as the Workshop Lead technician at the Burwood Limb Centre. The Society made a financial grant to Craig to assist him to travel to the 2023 Wheelwod Games, which is the adaptive communities CrossFit Games, held in Raleigh, North Carolina at the end of November. It is with great pride that I can inform members that Craig performed remarkably well. Craig won the Lower Extremity 2 Point of Contact Division with 2 American athletes finishing 2nd & 3rd. This was a wonderful performance by Craig and we offer our heartfelt congratulations on behalf of all members of the local society and the wider amputee community of New Zealand in general. The news footage on TV One this week highlighting his achievement was "scary" to watch as the energy sapping activities were brutal but all the incredibly hard work and disciplined approach has paid off big time. We are extremely proud of your achievements Craig.



## FEDERATION UPDATE:

The Wellington conference in April, 2022 marked the retirement of the Federation's long serving coordinator, Lorraine Peacock and a new look executive took over the reins. Further personnel changes were made at the 2023 conference in Christchurch and many changes and new initiatives have been in the "pipeline" since. Over the next few months, the Federation will outline what has been happening and what is proposed going forward. In short, a new look website will be up and running in the very near future and also a revised Purpose magazine will be launched. We will keep members updated as we are advised of progress by the Federation.

## WHAT NEXT:

A set of prosthetic legs stolen from a former Royal Marine's car in west London have been found. The limbs were among items taken from Mark Ormrod's vehicle which was parked at a Premier Inn in Chiswick. Following a post on social media, a woman contacted him to say she'd discovered them in an alleyway. Ormrod was hit by an improvised explosive device in Afghanistan in 2007, resulting in the amputation of both legs and his right arm. Since then, he has worked for The Royal Marines Charity, become a gold medal-winning Invictus Games athlete and was appointed MBE for his services to the Royal Marines and veterans.



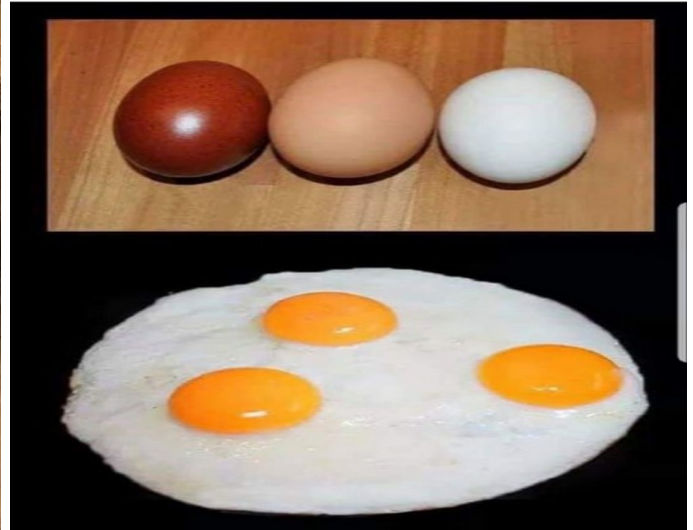
## LUCILA COLLADO..HER STORY:

I am Lucila and I write from Argentina. In January 2023, I suffered a very serious accident, which almost cost me my life. While doing the most beautiful activity, mountain trekking, unexpectedly a landslide of water, rocks, and trees dragged me for 200 meters. At times I thought I was going to die, but here I am. I fought very hard to save my life, I had to swim with a very bruised leg, bleeding from the other leg. The stones had destroyed my left leg below the knee. My boyfriend saved my life by taking me to a safe place until the rescuers arrived. From the first moment, I felt a lot of gratitude for being alive and from the second I woke up from the coma, I lived every day with enthusiasm. On June 15, I received the long-awaited prosthesis, and two months later I was learning to run. Today, 10 months after the accident, I am living a totally normal and independent life. I do not regret what happened to me and I do not look for the reason. What I do look for is my purpose. I hope my story can inspire the amputees who suffer their reality and give them strength to move on. I met the most empathetic community of all 10 months ago and I am proud to be part of it.

## Smile Awhile



Racism explained for dummies



## 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**

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**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**

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Caroline Leaper

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**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](mailto:disabilitygolfnz@gmail.com)



**Need Computer Help ?**

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