

*doing more*  
*with less!*



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Affiliated with the Amputees Federation of New Zealand

## Quote of the Month:

We are what we repeatedly do; excellence then, is not an act but a habit.

*Aristotle.*

## Feb 2021 Contents:

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## Fun Facts:

The original London Bridge is now in Arizona.

Car manufacturer Volkswagen makes sausages and they make more money from sausage sales than they do from selling cars.

## Editor's Message

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

The cartoon says it all. As Joe Biden was being inaugurated out the front, Donald and his mob slipped out the back doors to head to Andrews Air Force Base for his self-organised farewell with a band playing and a wildly cheering horde of 200...yes 200 supporters. Oh, and a self congratulating speech about all the great things he had achieved in his 4 years at the White House and how he will go down in the annals of history as one of the greatest Presidents of the USA. Ah...don't think so Donald !!!!

His petulant and ungracious attitude towards the new administration and his despicable inciting of a rabble in DC to go on the rampage through the nations capital was nothing short of disgusting. I say good riddance to a man who was never qualified to do the job, was called an effing moron by his Secretary Of State, was totally bemused by what a President had to do, ran the country via Twitter & Facebook and divided his country with his racist and devisive comments. Donald, enjoy the rest of your days playing golf in Florida and please practice every day because just like being the President, you're not very good at that either.



## MEET MIKE STEAD:

Mike Stead was born in 1973 at Thames and was raised on a dairy farm in Waerenga, a small farming community in the North Waikato. Mike has two sisters, one older and one younger. He attended Waerenga Primary School before moving on to his secondary education at Te Kauwhata College where he enjoyed sports and any practical activity. Mike now lives on the West Coast in Kokatahi with his wife Sue, a step-son Kaleb (22) and their daughter Lydia (11).

Back in the 1980's, Mike worked after school on farms picking up hay and milking cows. After his school certificate year in 1989, he left and went to work in Forestry at the Maramarua Forest but in September, 1990, he was involved in a work accident which resulted in him losing



his left leg below the knee. He also sustained massive injuries to his right leg, pelvis, shoulder and a moderate to severe brain injury. He was left with a 2 ½ inch stump partially covered with a skin graft but after two muscles were removed from his back and transplanted to the stump, he was able to mobilise although it affected his stability. Mike persevered and over the next 20 years he had jobs in the freight industry, agricultural contracting, fixing and selling chainsaws & garden equipment.

In 2013, his orthopaedic surgeon, John McKie of Christchurch, suggested lengthening the stump. After this was done, he then drove milk tankers for Westland Milk for 2 seasons until the pelvic injuries came back to haunt him and he had to relinquish that job. He underwent further surgery to have two nerves removed to de-sensitise his stump and Mike said that once this was done, he finally had some comfort.

As he goes about his life, Mike said he is drawn to people who have a positive outlook on life.

**FAVOURITE FOOD:** Venison cooked on his BBQ. Hates Brussel sprouts!!

**FAVOURITE PLACE:** Te Anau/Fiordland & can't wait to explore more of it.

**FAVOURITE ACTIVITIES/HOBBIES:** Hunting, BBQ cooking & photography.

**FAVOURITE MUSIC:** Likes all genres of music.

**FAVOURITE WATCH:** Mike likes to watch wildlife shows, documentaries. Shows such as Mountain Men & Life Below Zero etc.

**FAVOURITE BOOKS:** Hunting and outdoor books.

## MIKE STEAD CONT:

Mike recalls some memories from his childhood as being heavily involved with sport, riding motorbikes on the farm with his Dad and thoroughly enjoying living life in a rural community. He said that his family have been very supportive towards him throughout his life, not just since his accident and they took him to many sporting events all over the North Island when he was younger, specialists and hospital appointments for years as he was in a wheelchair for a long time following the accident.

Mike said that the hard times he remembers were "getting used to the real me" and people showing a lack of understanding. As he grew up, he felt like he could do anything and looking back on his life he said, "I'm lucky to still be here...so make the most of it"

He feels the greatest risk he ever took in his life was to move to the South Island, a decision that he has never regretted. Mike has done some overseas travel to several states of Australia, Canada and the western USA.

Photography has become a real passion for Mike and he is trying hard to improve his skills with this new found activity. Nowadays, he simply loves to get out with his camera or his rifle for some hunting and having family BBQ's.

*Mike, many thanks for providing an insight in to your life. I am so pleased to be able to publish the profile of one of our valued "over the big hill members"*

## GOODBYE DONALD..ENJOY THE GOLF & DON'T RUSH BACK

### Trumps Wall...Yes or no?????????????

Physicians were unable to reach a consensus: Should the U.S. build Trump's Mexican Wall? The **Allergists** were in favour of scratching it, but the **Dermatologists** advised not to make any rash moves. The **Gastroenterologist's** had a sort of gut feeling about it but the **Neurologists** thought Trump had a lot of nerve. Meanwhile, **Obstetricians** felt certain everyone was labouring under a misconception, while the **Ophthalmologists** considered the idea short-sighted. **Pathologists** yelled, "Over my dead body!" while the **Paediatricians** said, "Oh, grow up!" The **Psychiatrists** thought the whole idea was madness, while the **Radiologists** could see right through it. **Surgeons** decided to wash their hands of the whole thing and the **Internists** claimed it would indeed be a bitter pill to swallow. The **Plastic Surgeons** said this proposal would "put a whole new face on the matter." The **Podiatrists** thought it was a step forward, but the **Urologists** were pissed off at the whole idea. **Anaesthesiologists** thought the whole idea was a gas and those lofty **Cardiologists** didn't have the heart to say no. In the end, the **Proctologists** won out leaving the entire decision up to the assholes in Washington!





## UPDATE ON KIWIABLE:

For over 20 years the Christchurch City Council ran the Kiwiable programme to encourage disabled people into recreation sport & leisure. This was done in many ways including starting Kiwiable sports teams and administering the Kiwiable Leisure card. The role has changed over the years and it is now a much smaller goal which sits within the Inclusive Coordinators role at the City Council. This role now works internally with council staff and managers to ensure the needs of the disability community are taken into account.

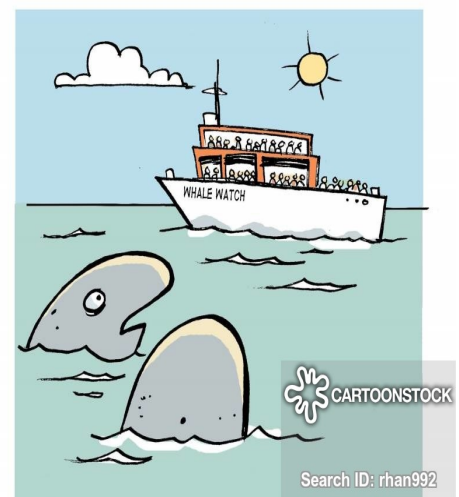
The inclusive Communities Role;

offers advice on sport, recreation and leisure options for people with disabilities,  
develops services in response to identified needs,  
promotes the concept of an inclusive community and advocacy support,  
promotes equity and inclusion.

Supports and advises Council and staff to ensure that the needs of the disability community are taken into account when designing buildings or updating any of their products or services.

Last year the opportunity arose to join with the Hapai Foundation and support the Hapai Access Card. In November last year, we saw the introduction of this new card which will in time be more valuable and have more reach than the Kiwiable card. It is **NOT** income tested and eventually it will be able to be used both nationally and internationally (once we can travel freely again)

Please visit <https://www.hapaifoundation.org.nz/> to find out more and to fill out an online application or if you have any queries, please phone Rachel Mullins at the Christchurch City Council on (03) 9418210.



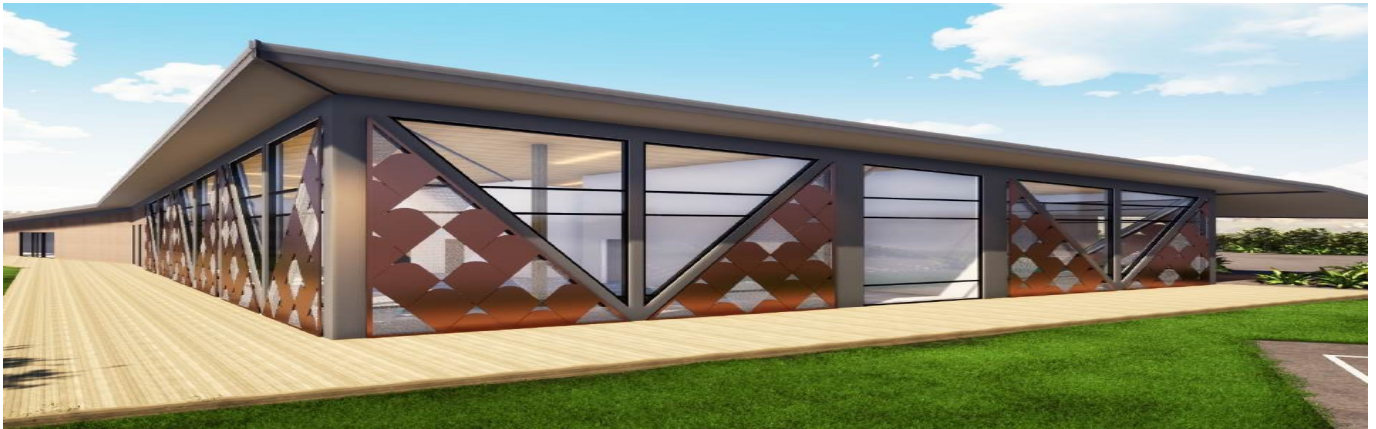
THEY MIGRATE HERE EACH SUMMER!

## BURWOOD ARTIFICIAL LIMB CENTRE:

Below are the latest concept drawings that were published last year in the August newsletter of the new Burwood Limb Centre. I wanted to display them again with news that everything is full-steam ahead with building projected to commence before the end of March and completion expected by early 2022.

As mentioned previously, the new building will be constructed on the parcel of land adjacent to the current centre and whilst building of this facility is underway, **ALL** services will continue to be provided from the existing building with little or no disruption to the provision of services to amputees.

After many years of uncertainty, the reality of a new building is becoming clearer and I am positive that the new facility will be a huge bonus for everyone involved.



## AMPUTEE TEE-SHIRT PROMOTION:

Due to our last two National Conferences having to be cancelled because of the Covid pandemic, the tee-shirt promotion had been stalled. Canterbury/Westland have decided to "pick up the baton" and have the shirts printed and made available to the amputee community of NZ. They feature the Federation logo on the front and a modern attractive logo on the back. Available in all mens/womens sizes as detailed below. Tee-shirt cost is **\$23**, post & packaging 1-2 shirts is **\$7**, 3-5 shirts is **\$10**. Please contact Justine @ justinemw@me.com 021 1055189 or Mark @ mark.bruce@xtra.co.nz 3375747/027 2381958 **by the end of February.**



MENS	SM	MED	LRG	XLG	2XL	WOMENS	XSM	SM	MED	LRG	XLG	2XL
Width	46	51	56	61	66	Width	45.5	48	50.5	53	55.5	58
Length	72.5	74.5	77.5	80.5	83.5	Length	63.5	64.5	65.5	66.5	67.5	68.5

## ANNUAL GENERAL MEETING 2021:

**Sunday March 14th, 2021 @ 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. 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 3375747/027 2381958 by **March 8th.**

### **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 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.

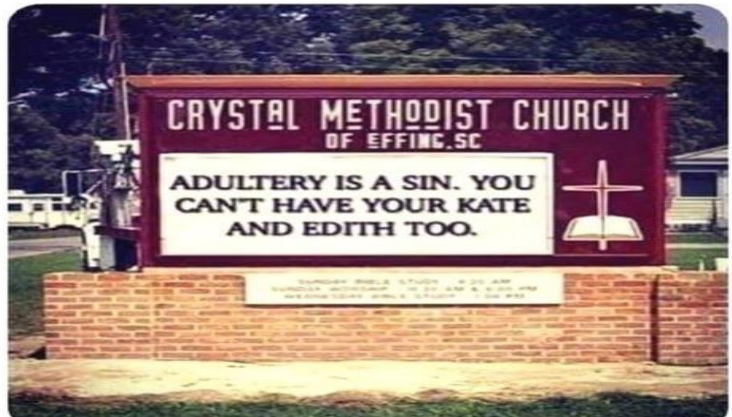
**AGM**  
ANNUAL GENERAL MEETING



## Smile Awhile



Not sure which is more funny; the church name, the city or the message. 😊



## 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**

17 E Bishopdale Courts, Bishopdale Mall 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)

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

**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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Erin Ryan

**West Coast Contact**

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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 Rod Boyce  
Liz Rogers Heather Plows  
Ava Thomas Margaret Hunter

**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, anywhere 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

**Thanks to Our Sponsors:**

