

*doing more*  
*with less!*



Amputee Society

Canterbury & Westland Inc

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Christchurch 8148

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Web site: [www.amputeeinfo.co.nz](http://www.amputeeinfo.co.nz)



Affiliated with the Amputees Federation of New Zealand

## August 2017 Contents

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## Quote of the Month:

What we think, what we know, or what we believe is, in the end, of little consequence. The only consequence is **what we do**.

If you keep doing what you've always done, you will get what you've always got.

## Fun Fact:

NZ is home to the giant weta, the **heaviest** insect in the world. It is heavier than a sparrow and looks like a giant cockroach.

## Editor's Message

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

I would like to use this month's editorial to focus on a very important issue that is close to us all as we move forward on our life journey....that is the future of our Society and how we engage people to secure the viability of our organisation. The reality is that vascular and diabetic conditions predominantly affect more mature people so, our membership is "older". But, many young people experience limb loss too and we need to be engaging these people in some form or another with our organisation to unite us as the unique group of people we are who have SOMETHING in common. We need to show the young people that we are here to support them but conversely, they can also support us by engaging with the whole amputee community. I am positive that we can learn a lot from each other and ultimately, these young people may well step up in time to carry on the worthwhile and proud traditions forged by many who have passed before us. The GIAG youth programme run alongside the national conference is testimony to what I am advocating and to hear the positive comments from attendees is not only heart warming but also inspirational and of a positive nature. The cold hard reality is we are born, we live then we die...its' what we do in between. Many amputees have travelled the journey from childhood to an elderly age whilst experiencing limb loss so I want **all** amputees, both young & old, to realise we all transition through our lives and live out this reality. The absolute common denominator is..LIMB LOSS. To this end, the committee and Parafed Canterbury is in the process of organising a youth event for late November where we hope to engage our young amputees & families. It may lead to simply receiving a newsletter, maybe to attend our functions, maybe to youth sports with Parafed Canterbury, **maybe to attend the Paralympics?** Bottom line, it may lead to **SOMETHING** & that's a great start.

## Meet Allan Wheeler:

Allan was born at Momona (near Mosgiel airport) in May, 1929 into a large family of 7 brothers & 3 sisters whilst his parents were dairy farming and he came in at No 6 in the line of children. Allan recalls hard times as a child helping his parents and the milking was all done by hand. When he was 15, the family moved to Kaitangata & after his father bought a milk run. Allan was enlisted to help with the run which was done with a horse & cart. Allan joked that the horse knew the run better than he did.



After a year, Allan moved to Invercargill to take up a joinery apprenticeship and boarded with a family member. He recalls that one day he was biking home for lunch and saw a young woman biking to work so decided to make contact. That woman, Valma, has now been married to Allan for nearly 64 years. Allan possesses a keen sense of humour and said that after 5 years, he got sick of working inside with all the dust so went building. Years later, he gave up building as he got sick of working outside in the rain! Family holidays were enjoyed in Clyde and they liked the area so much, a move to Cromwell with their 3 children took place where Allan continued work in the building trade.

Their oldest, Kenneth, had completed a farming cadetship and in 1981, the family invested in a small 200 acre sheep farm at Moeraki. Later, the adjoining block was purchased making a total of 600 acres that were farmed. Kenneth is still on the property and nowadays is farming mostly cattle.

In May, 1983 whilst they had their 9 year old niece from Gisborne staying with them, Allan was crossing the main trunk railway line on his farm bike with his niece on the back when they were struck by the Southerner train. Sadly, his niece was killed and Allan badly injured. Both Allan & Val said that this was a dark time for them and their extended family in dealing with the trauma of the incident. His amputation was carried out at Oamaru Hospital whereupon he was transferred to Dunedin for rehabilitation and fitting of a prosthesis. Whilst in Dunedin Hospital, his daughter, Sallyanne, sent a funny pair of glasses to her Dad to cheer him up and Allan still has these glasses, as seen in the photo.

In 1998 whilst contractors were working near their house, a major slip happened which completely cut access to their property. At the time, Allan & Val were en-route back to NZ from a holiday in South Africa. Over a year of living in a rented property whilst negotiations took place regarding fault, caused them to decide on a move to a warmer climate and in 2000, they looked at Timaru, Temuka, Rangiora & Kaiapoi before settling on a property in Harewood Rd where they still live today.

They have travelled to many places including, South Africa, Australia, Malaysia, Thailand, Singapore, Hawaii, Alaska and all around NZ. Allan has worked as a volunteer at Orana Park and for the last 7-8 years he has been a volunteer gardener for the Charity Hospital. Indoor bowls was a sport that he was keenly involved in (with success) but he has given bowls away due to finding it harder and harder to get up and down.

Favourite Food: Everything apart from Pasta.

Favourite Place: Picton & the Sounds.

Favourite Activities: Gardening and volunteering.

## Allan Wheeler:

Favourite Music: Scottish music and the bagpipes/ Foster & Allen.

Favourite Movie: **All** the James Bond films.

Favourite Books: Drama/Action. Wilbur Smith.

Allan states that although times were hard, he had a fun, happy childhood with such a large family. Both Val & him enjoy visiting their son on the family farm at Moeraki and travelling to Australia to visit their son, Wayne in Perth and Sallyanne in Sydney.



*Allan & Valma, many thanks for hosting me in your lovely home....the muffins were great too!. Allan possesses a keen sense of humour and is always joking and upbeat so any time spent in his company always provides a laugh or two, or three.!*

## John Baye-New Orleans:

*Many people had the opportunity to meet my dear friend, John Baye from New Orleans, Louisiana, when he visited NZ last year to present at the Christchurch Amputee conference. I keep in touch with John on a regular basis and he has shared a recent experience in respect to a new prosthesis that he thought might interest his fellow amputees in NZ.*

"I have been asked to participate in a new project here in the Veterans Health Administration. I will be the first amputee to receive a "PRINTED" socket and had my first fitting yesterday. This thing is phenomenal!. It is somewhat pliable, extremely durable and strong. They placed it in a vice and squeezed it down until both sides touched, removed it from the vice and it sprung completely back to it's original shape. It takes the "3 D" printer about 3 hours to print the complete socket, ready to be attached to a leg and worn. It is truly amazing and will save many man hours. The VA (Veterans Affairs) wants me to wear it and If it remains comfortable they intend to purchase a "3 D" printer for our prosthetics lab. I (with my very low tech mind) have attached a photo of the socket while it was in the workshop. "3D" printing will revolutionise Amputee recovery therapy as the Doctors will be able to order a socket immediately after amputation and this (they tell me) will help the residual limb to be shaped and heal in a way that will assist the patient in standing and walking sooner. They say that it will greatly accelerate the healing process and "hopefully" reduce phantom pain".



"From New Orleans, I send all my amputee brothers & sisters in NZ my warm regards and hope to be able to visit your wonderful country in the not too distant future to renew friendships made on my previous visit. God bless you all and I wish you good health & happiness".

## CHRISTMAS FUNCTION:

We have set the date for this years' Christmas function. **Sunday, 19th November** and it would be great to catch up with friends, new and old. Please note, change of date from previously advised as November 26th.

**Place:** Hornby WMC, Carmen Rd, Hornby.

**Date:** Sunday, November 19th.

**Time:** 11.00am for a get together, buy your raffle tickets (GREAT PRIZES) and a meal at midday.

**Cost:** \$25 pp

**Guest Speaker:** Dr Alistair Humphrey Canterbury medical officer of health.

Please ring Margaret (349-7585) by **November 10th** to advise attendance. Let Margaret know if you wish to pay by cash.

By cheque; payable to Amputee Society of Canterbury/Westland Inc, P O Box 26-148, North Avon, Christchurch 8148.

Online: Account no 0308 30 0264400 00. Looking forward to seeing you there.



## OBITUARIES:

It is with sadness that we announce the passing of some people known to our society and we extend our deepest sympathies to the respective families.

An ex-member, Margaret Nevin and members Gordon McLeish, Fred Cockram, Robert Geddes and Michael Mellon.

Every fortnight, Fred had made a regular small donation to the Society and used to attend our functions but due to ill health, we had not seen him for a couple of years.

Michael passed peacefully at The Oaks Retirement Village and his presence will be greatly missed. Michael was an absolute gentleman, always had a smile for people and was respected by all he came into contact with. He and Pats' generosity over many years towards the Society was greatly appreciated and we hope to continue to see Pat at our functions in the future.

## RUBBISH REMOVAL:

If anyone is having difficulties in putting out their rubbish bins for collection and recovering them due to mobility issues, the City Council do offer a free service called "Assisted Rubbish Collection". This service applies to **RED** bins only so organics & recycling rubbish go in the **red** bin as well. Your **green** & **yellow** bins get taken away until the assisted service is no longer required.

An application form can be found at the link below or contact the Council on **941-8999**. It needs to be signed by your Dr or health professional before submitting to the Council for consideration.

<https://ccc.govt.nz/services/rubbish-and-recycling/collection/assisted-rubbish-collection-service/>



The society will be holding a sausage sizzle fundraiser at the beginning of October and we are looking for some help to work the stand on the day.

The fundraiser will be running for the day through until 3.30pm and if you are able to help, we would love to have you on board. Even if you can't assist, please feel free to come down and say hello.

**\*\*Sunday October 1st at Mitre 10 Mega, Hornby\*\***

This is a great opportunity for members to provide some assistance, give back to fellow amputees and raise awareness in our community.

Please contact Chrissy 352-0540 to offer your assistance



## FREE FITNESS APP FOR AMPUTEES

Otto Bock have a free fitness app for amputees after they recognised the special needs of amputees in respect to fitness. [www.ottobock.com/en/fitness-app.html](http://www.ottobock.com/en/fitness-app.html)

## TOTAL MOBILITY SCHEME:

*From Ava our Taxi Mobility Assessor.*

Many thanks to all those members who have paid their annual administration fee but there are still quite a few outstanding. I would be most appreciative if you could attend to the \$15 payment at your earliest convenience by one of the following methods with a reference.

By cheque; payable to Amputee Society of Canterbury/Westland Inc, P O Box 26-148, North Avon, Christchurch 8148.

Online: Account no 0308 30 0264400 00. Ref: **TM Admin.**



## YOUTH AMPUTEES IN ACTION:

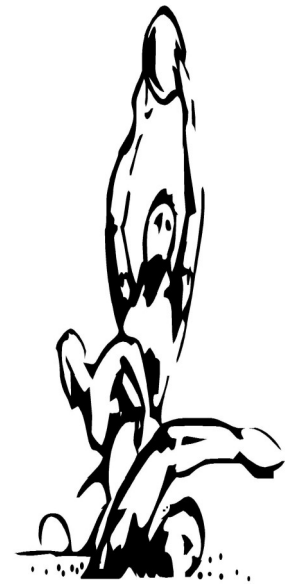
### PARAFED CANTERBURY JUNIOR TEAM

The ParaFed Canterbury Junior Team are training hard as they build up to the National Junior Disability Games that will be held in Auckland in October 2017. The team of 20 athletes, which includes **four junior amputees**, will compete across a range of sports including athletics, swimming, boccia and triathlon.

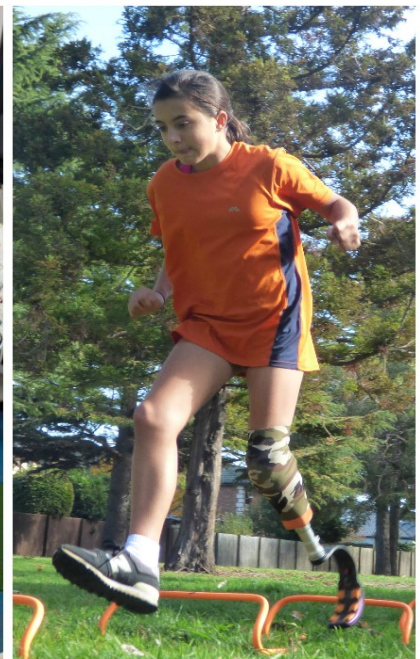
Canterbury has a proud history of competing at the Junior Games. The team prides itself on having a positive culture and providing an environment where athletes can achieve success. At last year's event, the team was successful in winning 11 awards and trophies, including the Best Team Spirit Award.

At their last team training session, which was held in April, they were joined by Lucy Holdaway, a 8 year old who is fundraising to help people with prosthetic limbs. This was the first time that Lucy had met anyone with prosthetic limbs and she really enjoyed finding out more about the different types of prosthetic limbs and she also got involved with some of the athletics and swimming training.

Lucy has set up a fundraising page which is <https://givealittle.co.nz/cause/prosthetichelp>



# PARAFED CANTERBURY



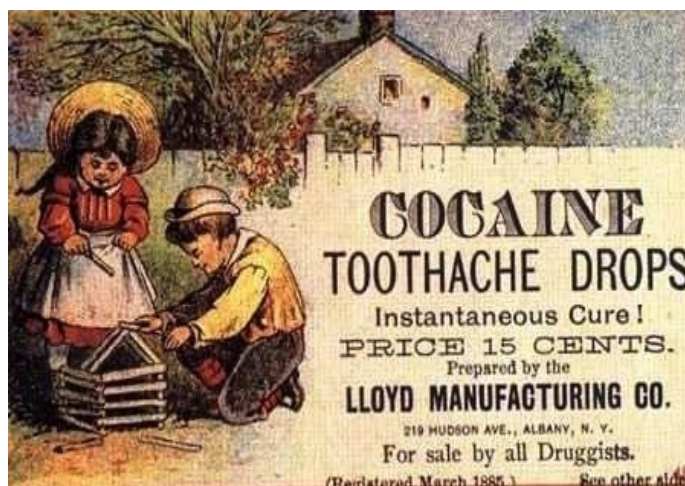
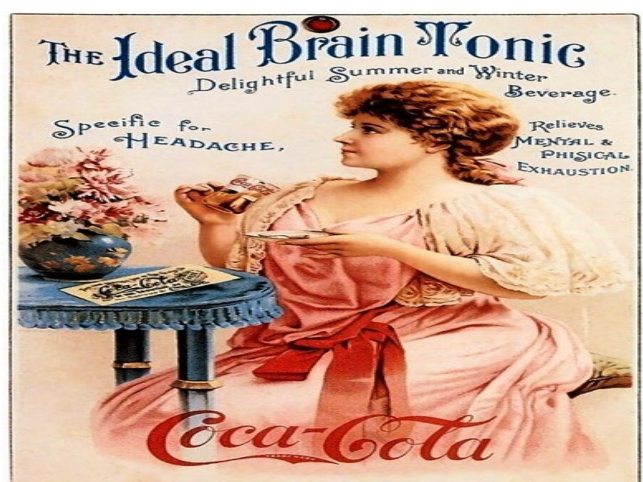
For more information on ParaFed Canterbury visit [www.parafedcanterbury.co.nz](http://www.parafedcanterbury.co.nz)

- 1..Gaby Smith – Swimming
- 2..Lucy & her friend, with junior amputees Ella Benn, Grace Johnstone & Isabel Wall
- 3..Isabell Wall – Athletics

**Note: The Amputee Society have made a donation of \$200 towards helping our youth team compete at the event in October. Good luck to all involved.**

## Smile Awhile

Two adverts from the past !!



## Web Sites

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

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

**The Amputees Federation of NZ**

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

**NZ Artificial Limb Service**

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

**Amputee Information**

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

**Parafed Canterbury**

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

**Disability Awareness in Action**

[www.daa.org.uk](http://www.daa.org.uk)

**Amputee News**

[www.amputeenews.com](http://www.amputeenews.com)

**Disability Rights Commission**

[www.drc-gb.org](http://www.drc-gb.org)

**UN Programme on Disability**

[www.un.org/issues/m-disabl.asp](http://www.un.org/issues/m-disabl.asp)

**WEKA-NZ Disability Info**

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

**Nation Wide H&D Advocacy Service** – 0800 555050

**Disabilities Information Service**

314 Worcester Street, Christchurch

PO Box 32-074, Christchurch

(03) 366-6189

(03) 379-5939

9.00am - 4.30pm

Email: [admin@aspirecanterbury.org.nz](mailto:admin@aspirecanterbury.org.nz)

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

**Kipp's Patch**

[www.kipps-patch.com](http://www.kipps-patch.com)

**International Diabetes Federation**

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



**CCS  
disability action**  
Including all people

TE HUNGA HAUĀ MAURI MŌ NGĀ TĀNGATA KĀTOA

CCS Disability Action

224 Lichfield St, Christchurch.

03 3655661 or 0800 2272255.

Email: [canterbury@ccsdisabilityaction.org.nz](mailto:canterbury@ccsdisabilityaction.org.nz)

**Amputee Society of  
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[farmtree@paradise.net.nz](mailto:farmtree@paradise.net.nz)

**Taxi Co-ordinator**

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**Marketing Coordinator**

Ed Jones 03 384-4947  
[ed@jungletoyz.co.nz](mailto:ed@jungletoyz.co.nz)

**Visiting Coordinator**

Lisa Gray 027 339 2678  
[lisagrey1@xtra.co.nz](mailto:lisagrey1@xtra.co.nz)

**West Coast Contact**

Will Sturkenboom  
03-732-8312

**Life Members**

Rachel White Rod Boyce  
Liz Rogers Ray Boundy\*  
Heather Plows Ray Newton  
\*Deceased

**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)

**Association Bank Info**

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

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