



Dec 2016 Contents

Editor's Message

Profile/Article/Messages

Society news/Smile awhile

Website links & Sponsors

Quote of the Month:

You miss 100% of the shots you never take.
Wayne Gretzky/Famous Ice Hockey player.

Fun Fact:

Blue Lake (Rotomairewhenua) in the Nelson Lakes National Park has the clearest natural fresh water in the world.

Editor's Message

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

With our AGM fast approaching, **March, 2017**, can I remind members attending that the function is an ideal time to make payment of your yearly subscription of \$10. If doing so, could you please put your **payment in an envelope with your name and address on the front** so that Joanne can process the payment and issue a receipt subsequent to the AGM. Many thanks for your consideration of this request.

Time for a gripe from your editor. As a committee member, I am but one of a group of people who unselfishly give freely of their time to serve amputees in our area/s. We are not trying to re-invent the wheel nor are we obligated to provide profits/service standards for our fellow amputees. We are simply a group of like-minded people who wish to give something back by providing our members with options, information, advice, assistance & support when needed. To this end, I am extremely disappointed that the uptake from our members for the winery tour in September and the garden tour in October was, to put it bluntly, abysmal. Had members of the committee, along with family and friends, not attended, **NOT ONE** person would have been there. We have to remember the make-up of our base membership when coming up with options for us to attend but I will not accept anyone making statements that we don't provide alternatives. Time to get off your chuffs and be involved....otherwise, **DO NOT** complain we offer nothing to do !!!!!



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AGM

ANNUAL GENERAL MEETING

The Annual General Meeting of the Amputee Society of Canterbury/Westland Inc will be held on **Sunday, March 12th, 2017** at the Hornby Workingmen's Club. Please keep this date free and we would encourage members to attend this important date. The AGM is normally a very straight forward affair with the meeting concluded in around 10-15 minutes and in case you are feeling like you may end "up with a job", rest assured that although we welcome new faces on the committee, you WILL NOT be coerced into a position. Further details will be published in the February newsletter.

Our society was formed in 1948 and has a very proud tradition of serving amputees in our region/s. The current executive are committed to continue providing a voice for amputees, to offer support and assistance, carry out hospital & home visits, publish a bi-monthly newsletter and provide functions so that fellow amputees can liaise with each other. This can only be achieved with the support from it's member base so I urge members not to be complacent and even if you do not feel inclined to be part of our volunteer base, we would still love to see you at our next AGM in March.



Comings & Goings

It is with much regret that we have to acknowledge the sad passing of the following members of our society; Erin Robinson (Greymouth), Orm Howarth, Mac Guild, Thomas (Tam) McGuckin & Keith Goldstone, all from Christchurch. Our sincere condolences are extended to their respective families. We would like to welcome the following new members; Mike Stead (Hokitika), Steve & Karla Mansfield, Margaret Scott, Paul Walmsley, Shirley Malcolm and associate members Peter Pratley, Phyllis Belworthy & Sammy Boulton. We look forward to meeting up with you all at some stage in the future and a genuine thank you for coming on board with the society.

Meet Nicholas Pratley:

For those of you who do not know Nick, he is a committee member having been elected at this year's AGM in February.

Nick was born in Christchurch in 1973 to parents, Peter & Diana and Nick has an older brother, Jason. Currently, Nick is single and living with his Mum & Dad in Somerfield due to his ongoing health problems which require care & support from his family. Nick stated that he is sincerely grateful to his Mum & Dad for their love & support but his goal is to become well enough to live independently.

Nick attended Somerfield Primary, ChCh South Intermediate before moving on to Cashmere High for his secondary schooling. Upon leaving school in 1991, Nick completed his bakery apprenticeship at Pak N Save Moorhouse Ave before changing stores to Riccarton and he worked at Pak N save for around 5 ½ years. It was during this time that Nick was diagnosed as being a diabetic and health problems started to arise. He then became a Residential Social Worker for The Glenelg Children's Health Camp up on Glenelg Spur where he worked for around 2 years until the 2011 earthquake. His role then changed to being a Youth Mentor when the Camp had to move to a temporary location in Pages Rd while a new facility was being built. After 2 years in this role, Nick was forced to relinquish his position due to ever increasing health problems which caused him to become unwell. Nick said that he was suffering from a bad cough and following a visit to his Dr, he ended up having a quadruple heart bypass operation in 2013. The loss of two toes was the initial procedure which culminated in him having his right leg amputated below knee in 2015. Currently, Nick undergoes dialysis every night for around 9 hours.

The last few years have been extremely tough for Nick and his family and says that it has been very hard to come to grips with all these major changes in his life. He said that he didn't feel sick but was diagnosed as a diabetic and what he thought was just a bad cough ended up in him having a quadruple bypass so it has made him vitally aware that one simply does not know what is around the corner!. Looking back, he regrets that he did not take on board what people close to him were saying when offering advice.

Nick recalls his childhood as being a very happy time, Xmas & summer holidays camping out at Spencer Park and enjoying full days of sun & fun near the beach. He also recalls many days spent at his school pool (Somerfield) where lots of family & friends would meet. Nick says that his family is important to him and is lucky to be surrounded by such a loving, caring and supportive group who have stood right alongside him throughout all the health issues he had has to endure.



Nicholas Pratley cont:

As he grew up, he thought that what he wanted his life to be was just like he experienced with his family...uncomplicated, enjoyable and healthy but he feels he has missed out somewhere along the way. Notwithstanding this, Nick says that although he finds it difficult to stay positive because of the health issues, he is doing his best to progress matters forward with the goal of one day, being independent again. He enjoys being involved with the Amputee Society and is also a volunteer at Hohepa School in Barrington St where he is an aide in the Day Unit. He said that he loves working with great people, both clients & staff and that he derives a lot of satisfaction from this voluntary work.

Favourite Food: Roast meals...lots of meat...easy on the veges !

Favourite Music: Easy listening.

Favourite Movie: Pulp Fiction with John Travolta, Bruce Willis & Samuel L Jackson.

Favourite Book/Author: Steven King.

Activities/Hobbies: Before his amputation, Nick enjoyed playing outdoor bowls at Beckenham for around 4 years and he is hoping to return to the greens. As a younger man, he played senior rugby as a prop for Sydenham. In those days, he topped the scales at 112kgs...now he is 68kgs !!!!!

Favourite Place: Around 4 years ago, he went on a road trip around the North Island and visited Ahipara which is situated at the South end of 90 mile beach in Northland. He loved it that much, he stayed for a week !.

Nick thinks that the greatest risk he has ever taken was to travel alone to China in 2007 where he spent around 4 weeks holidaying. The following year, he travelled to Thailand where he spent 4 weeks volunteering at an Elephant Nature Park near Chang Mai. Although he thoroughly enjoyed the experience, he said that the volunteers were not treated very well by the park staff. Australia is also a destination that Nick has travelled to. He said that he feels happy when planning/working towards a goal so future travel is definitely something that he would like to achieve in the years ahead.

It has been both a privilege and my genuine pleasure to have met and become friends with the Pratley family.

Christmas Function

Around 60 members & friends turned out for our yearly Christmas function at the Hornby WMC on Sunday, November 20th. A lovely meal was enjoyed, great company and superb raffles were on offer. Many thanks to members for their very kind raffle donations.

Our guest speaker from the Canterbury Charity Hospital provided a most interesting insight into the history behind how this facility evolved as well as it's practical day to day operation and the Society made a small donation to the hospital on behalf of all members.



Amputee Federation Conference New Plymouth April 2017

The conference is being hosted by the Taranaki Amputee Society and we have been generously assisted by Pub Charity Ltd who have approved our funding application for ten members from our society with airfares & accommodation. Of the 10 members travelling to New Plymouth next April, 6 are first time attendees which is really exciting for them to be part of this important event on the Amputee calendar. Our grateful thanks are extended to Pub Charity for their most generous donation in helping C/W members to attend the conference.

The GIAG youth programme will also run alongside the conference and quite a number of our wonderfully successful Paralympians are hoping to attend and give attendees a presentation of what transpired in Rio earlier this year.

Amputee Golf Tournament-Waimari Beach Nov 6-8, 2016

Over 3 days in early November, around 25 members of Amputee Golf from all over NZ, enjoyed a wonderful event held at the Waimari Beach Golf Club. Alan Dearden, Wayne Eder & Darron Reti need be congratulated for putting together this event with wonderful sponsorship and that went "without a hitch". On a personal note, I thoroughly enjoyed the company & comradery of my fellow amputees, all damn good blokes but want to specifically make mention of some of the participants. Richard Taylor, Marcus Reeves, Tete Tahapeehi (all Canterbury) & Tony Wilson (Otago). These guys are all arm amputees and I am in absolute awe of their accomplishments to swing a golf club so proficiently with only one arm...as a BK amputee myself, I find it hard enough with two arms!!! Well done guys and it was an absolute pleasure to play alongside you and enjoy your fantastic company.



I would encourage any amputee, no matter what your challenges are or golfing ability is, to become involved in this superb event in forthcoming years as it is a most enjoyable and satisfying experience spending time with fellow amputees. Yearly subscription is only \$10 or \$100 for a life membership. Contact details for Amputee Golf can be found on the back page of the newsletter.

Magazines Wanted For The Limb Centre:

As many of you will be aware, waiting time at the Limb centre can be a drawn out affair whilst repairs or a new prosthesis is being modified. We are seeking a supply of newer magazines for the reception area and mens/ladies fitting rooms so anyone that can assist with magazines can drop them off to Pauline on their next visit. Your help with this request would be greatly appreciated by ALL amputees.

Christmas Greeting:

Apologies for inserting this Xmas greeting on page 6 of the newsletter but the message remains the same.

On behalf of the committee, I would like to offer a Christmas greeting to you and your family.

May your family feel the love, peace, and joy that comes with the spirit of Christmas. Sending warm wishes to you all during this Christmas Season and may your home be blessed with love, joyfulness and happiness.

Sincerely hoping that you stay safe over the holidays and remember that if you can touch someone else's life in a kind & caring way, you have done a very good deed which may positively impact on not only their life but yours as well.



Have you got a plan ????

After the devastating earthquake that hit Kaikoura and North Canterbury just after midnight on Monday, November 13th, we offer our empathy to all those affected by it's consequences. From the footage we have seen, I think you will all agree that it is going to take a substantial period of time before these people's lives are anything like back to normal. All links to Kaikoura have been severely compromised and it is hard to comprehend the work that is going to be required to re-instate the roading & rail networks that are so vitally important to the viability of Kaikoura. Our thoughts are with all that have been affected as a result of Monday morning's major event, especially to those families who have suffered the ultimate loss of their loved ones. I made contact with Mark Inglis in Hanmer Springs to check on his well being and was not surprised to learn that not only is he and his family safe & well but that he has been out and about helping others less fortunate....good on you Mark.

Ken Te Tau, a member of the Greater Wellington Society raised a very good point by asking the question about amputees having some sort of evacuation plan in the event of a major catastrophe like this. One must be aware that this type of event can happen to any of us simply because of New Zealand's geographical location on the "Rim Of Fire". I would urge everyone to give serious thought to just how they would evacuate quickly & safely if the need ever arose by having a plan in place to make this happen. Maybe this event is a good reminder to everyone not to become complacent and to ensure that you have a full & comprehensive emergency pack available that will sustain you and your family for a significant period of time until support arrives.

Smile Awhile



Web Sites

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

www.amputeeinfo.co.nz

The Amputees Federation of NZ

www.af.org.nz

Amputee Information

www.mossresourcenet.org

International Diabetes Federation

www.idf.org

Parafed Canterbury

www.parafedcanterbury.co.nz

Disability Awareness in Action

www.daa.org.uk

Amputee News

www.amputeenews.com

Disability Rights Commission

www.drc-gb.org

UN Programme on Disability

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

WEKA-NZ Disability Info

www.weka.govt.nz

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

Website: www.aspirecanterbury.org.nz

Amputee Coalition (USA)

www.amputee-coalition.org

NZ Limb Service www.nzals.govt.nz

Kipp's Patch www.kipps-patch.com

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

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Liz Rogers Ray Boundy*
Heather Plows Ray Newton
*Deceased

Amputee Golf NZ

For any enquiries about becoming involved, anywhere in NZ, please contact: Alan Dearden, 03 383-3766.

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

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.

Need Computer Help ?

Contact Joanne for advice
at very affordable rates.

Mobile 027 2909246

Home 942-5320

Christchurch City Council



Thanks to Our Sponsors:

