

doing more
with less!



Amputee Society
Canterbury & Westland Inc

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January/2014

Quote of the Month:

Small opportunities are often
the beginning of great
enterprises.

Demosthenes (384 BC - 322 BC)

Editor's Message

Happy New Year everyone and hope you all had a great Holiday Season. I really don't know where 2013 went to.

I am off to the USA and Canada this week as have some family members ill and want to check in with them. I won't be here for the AGM but do hope that many of you will attend as this is YOUR chance to voice any concerns and to hear what the Association has done in the past year.

My thanks to Brian Coker for submitting the great article on his experience at the New York Marathon. He is an inspiration to all of us. Cycle on Brian! Also many thanks to the Amputee Coalition of the U.S.A., for giving me permission to download the pictures from the June Convention.

Hopefully in the coming year we will have a few more get togethers in the way of perhaps a coffee meet or if you have any ideas just pass them on to Margaret or Kathy and we will see what we can do. It would be nice to see you other than just the three functions a year that we have now.

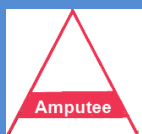
I would like to take this opportunity to pass on our condolences to all who lost family members and also to the families of some of our old and dear friends, who passed away in the past year.

A warm welcome to all our new members and hope that you have enjoyed being with us. Any suggestions or problems be sure and let us know.

As far as I know there won't be a Newsletter now until April so don't think that you have missed your copy next month.

Until then please take care and remember to attend to your stump each day and if you have any problems please call the Limb Centre right away. Hopefully the weather will be nice for a while but be careful in the sun and put sun screen on when outside.

Will " see " you all when I get back in March and hope you all are good while I am away. hahahaha



Address: PO Box 26-148 North Avon
Christchurch 8148

E-mail: info@amputee.info.co.nz
Web site: www.amputeeinfo.co.nz

Affiliated with Amputees Federation of NZ Inc.

Annual AGM Meeting and Luncheon

Place-- Hornby Working Mens Club 17 Carmen Road Hornby
Date-- February 16/2014
Time— 11 am for Social get together and drinks
AGM Meeting-- 11.30 am
Meal-- 12.15 pm
Cost-- \$20 per person
Guest Speaker-- Mr. Graham Flanagan

Manager Christchurch Artificial Limb Centre

PLEASE-- call Margaret on 349-7585 by Monday 10th Feb. if you are attending.

We will pre pay for the meal as we did last time.

Pay by cash ring Ava 03-382-1873 or Margaret 03- 349-7585

Pay by cheque to Amputee Society(att Ava) PO Box 26 148 North Avon CHCH 8148

Pay online 0308 30 026 4400 000

Pictures From Amputee Coalition Conference June 2013



Hotel Pool



Upper Extremity



Fancy Sockets



Hell on Blades



Your New Zealand Representatives

Having lost my legs in the earthquake of February 22 my wife Helen and I have faced a challenging couple of years as any amputee and their families will attest to. The Christchurch environment post-quake has made things even more challenging and added to stress levels and it was with some hesitation that we agreed to join the New Zealand Achilles International team (www.achillesnewzealand.org) to compete in the New York marathon being aware that this would add further pressures to our busy lives however we decided that this was a positive challenge that would be good to focus on. Immediately post-earthquake we spent 3 months in Hamilton and during that time we met double amputee Rohan Wahrlich and his wife Beth. Rohan is a handcyclist from way back and still spends countless hours per week either on his stationary bike or out on the roads around Te Kauwhata. He encouraged me to look at this as a form of exercise when I got back to Christchurch.

We met Mark Inglis on our return to Christchurch and he put us in touch with Rob Martin a local amputee handcyclist who had previously competed in the New York marathon several times as well as other events. Co-incidentally around this time the Men's Health Trust based in Auckland contacted me to say that they had raised some funds with which they wanted to assist someone who had been affected by the earthquake and in particular they wished to do something that would promote the good health of someone affected. I told them the story of meeting handcyclists and wanting to get a handcycle for myself. At this point the main motivation was to enable Helen and I to get out and cycle together as we had done previously and in a sense get part of our old life back. The exercise that it would provide was just a bonus.

The Men's Health Trust agreed to fund the bike for me which was made to my specifications in Florida. It is a wonderful machine and gives a real sense of freedom when out on the roads. Helen and I started doing some riding with Rob Martin and then Rob suggested that I could do the New York Marathon through the Achilles New Zealand team. Although I had previously played a regular game of squash and Helen and I had swum and cycled I had never competed in any competitive sports event since leaving school. After giving it some thought we decided to accept the challenge with the support of Rob and Achilles. Achilles is an international organisation with the aim of assisting people with disabilities to compete in mainstream sporting events. The New York Marathon is their flagship event and 2013 marked the 20th year that Achilles NZ had sent a team to New York.

We should have gone to New York in 2012 however I had implant surgery (integral leg prosthesis) in Sydney in late 2012 and we decided to postpone the marathon for a year which was just as well as after the team had arrived in New York in November 2012 the marathon was cancelled due to the devastation caused by Hurricane Sandy.

Training for the marathon largely consisted of weekend rides out around Tai Tapu and Lincoln and with some hill work around the Halswell Downs. The marathon course in New York is relatively flat however there are five bridges with the approaches having the same impact as hills.

_As the marathon date approached I increased my training with early morning circuits of Hagley Park and with a total of 5 circuits of North and South Hagley giving me near enough to the marathon distance of 43.2km. We were fortunate that our son was able to come with Helen and I as travelling with a handcycle that has to be broken down into two cycle bags is not easy when I am also travelling in a wheelchair. Upon arrival in New York we had to reassemble the bike which we knew would not be as easy as it appeared to be when someone else was doing it. Fortunately Achilles provide the assistance of bike mechanics who had our problems solved when we dropped the bike off on the day prior to the marathon as it would be transferred to the start area separately. Marathon day was an early start. Up at shortly after 4am to leave the hotel by 5am in order to get to the coach transport to be taken out to the start of the marathon at Fort Wandsworth on Staten Island. Disabled athletes which included those in wheelchairs, handcycles, blind runners and guides and others with disabilities, were fortunate in having a marquee as well as high energy foods for breakfast before the start.

The morning was bitterly cold and after having got myself sorted with my bike and organized for my wheelchair to be transported back to the finish line to await my arrival we all spent an anxious wait for the start trying to keep ourselves warm and doing stretches to hopefully keep at bay any muscle cramps. The race starts at the foot of the Verrazano Narrows Bridge on Staten Island and with a one and half kilometer climb to the top of the bridge the men from the boys are soon sorted out. The 75 handcyclers all started as a group about half an hour before the elite runners and hopefully I would finish before any of the runners would catch up and overtake me. In training I had been working up to an average speed of better than 20kph and I knew that I needed to achieve this if I wanted to do a sub 2 hour time. Training on the flat in Christchurch I knew it was possible to do that time but I didn't know how much the 5 bridges that I would cross would take out of me. The very first bridge was a grind but flying down the other side being buffeted by the wind was exhilarating and I knew that I was really racing. I had my speedo set so that I knew my current speed as well as my average speed. After that first climb I was well under my goal average even though I did get up to 48kph on the downhill run. Coming in to Central Park for the last few kilometres I was driving myself to try and bring my average speed up but every time I had got over the 20kph average I hit another bridge or hill which brought my average back down . I crossed the finish line in 2 hours and 9 minutes and a placing of 25th out of the 75 handcycles which I was quite pleased with given that a large number of the competitors were military guys half my age.

To get the medal placed around my neck was a special moment but even more special to ride into the Achilles reunion area and to share the achievement with Helen who had trained with me for so long and our children who were there with us. The whole experience of challenging myself and achieving a dream that was completely 'out there' is something that I have no hesitation in recommending to everyone.

If anyone with a disability would like to contemplate competing in the marathon and would like the support of Achilles International contact the New Zealand Chairman Peter Loft at ploft@schofields.co.nz

Victory Pictures



Web Sites

Amputee Society of Canterbury & Westland Inc.

www.amputeeinfo.co.nz

The Amputee Federation of NZ

www.af.org

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-qb.org

UN Programme on Disability

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

WEKA-NZ Disability Info

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

Website: www.aspirecanterbury.org.nz

Amputee Coalition (USA)

www.amputee-coalition.org

NZ Limb Service <http://nzals.govt.nz/>

Kipp's Patch www.kipps-patch.com

NEW FREE MAGAZINES AND WEBSITES

www.ottobockus.com/StayInTouch (Dialog Magazine)

newsletter@oandp.com (Edge Magazine)

[YouTube Instructional Videos](#)

[Facebook Community & Content](#)

[Momentum](#)

[Bloghttp://www.empoweringamputees.org/](http://www.empoweringamputees.org/)

<http://www.hanger.com/>

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Canterbury & Westland Inc.**

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Liz Rogers Ray Boundy
Heather Plows
Ray Newton



War Veterans

S C Common
Ron Tiney

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4.30pm

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Graham Flanagan

Office administrator

Pauline Afitu
www.nzalb.govt.nz

Association Bank Info

Westpac 03 0830 026 4400 00

**Burwood Hospital
Hydro Pool**

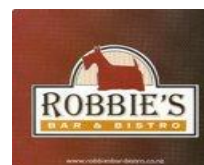


**6:00-6:45 pm
Every Monday**

See you there for a
Relaxing session!
Funded by Lottery Board.

(closed until further notice)

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