

doing more
with less!



Amputee Society

Canterbury & Westland Inc

PO Box 26-148 North Avon

Christchurch 8148

E-mail: info@amputeeinfo.co.nz

Web site: www.amputeeinfo.co.nz



Affiliated with the Amputees Federation of New Zealand

May 2018 Contents

Editor's Message

Profile/Article/Messages

Society news/Smile awhile

Federation/Limb Centre

Website links & Sponsors

Quote of the Month:

Watch your thoughts; they become words.
Watch your words; they become actions.
Watch your actions; they become habits.
Watch your habits; they become character.
Watch your character; it becomes your destiny.

Lao-Tze

Fun Fact:

Earth has travelled more than 5,000 miles in the past 5 minutes.

Editor's Message

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

In my last editorial, I expressed my concern over the inequity surrounding cyclists getting a "free ride" on our roads & quoted the figure of \$160 million that would be spent by our Council on the Cycleway. That figure has now blown out to \$252 million causing even more concern at the fiscal incompetency of our Council. On Anzac Day, I travelled, in a car, along the cycleway route from my home in Somerfield to the city and back. I saw **ONE** lone cyclist utilising this \$250 million dollar route. Then I have to watch our Mayor grandstanding alongside Megan Woods, the Earthquake Recovery Minister, in picture shot nodding her head in gleeful agreement at the announcement about the Metro Sports facility & a "new" stadium after she & her "leftist" council have for the last 5 years procrastinated and treated these two major ventures with disdain and contempt. Obviously it is more important to her and her council to provide a network of cycleways at an absolutely exorbitant and ridiculous cost that the ratepayers of Christchurch can ill afford rather than being proactive and responsive to our city's needs for a modern sports facility and an internationally recognised sporting & entertainment venue. In February this year, our Mayor was quoted as saying the CCC debt kept her awake at night and that there is a lack of understanding of the significant costs to council of the earthquake and associated rebuild. Get your priorities right Mayor Dalziel, there was **NEVER** a cycleway that **NEEDED** to be rebuilt but our sports facility & stadium needed to be. Maybe her sleep patterns would be better if she displayed some prudent, courageous fiscal spending and concentrated on the **NEEDS** of our city rather than the **"WANTS"** of a liberal minority. Whilst taking a stroll, in my wheelchair, around the central city, I was absolutely appalled at the disgusting & unusable state of the footpaths which were in a disgusting state of disrepair making it almost impossible for me to negotiate. Just a little of the \$3.4 million our council has **overspent** on consultants just to fill vacancies would have provided me with a more accessible & enjoyable "walk". Wake up Mayor Dalziel.

MEET KATE MAY:

In early March, due to Debbie Hockley taking a period of extended leave, Kate May started as the new full-time physiotherapist at the Burwood Limb Centre on a one year contract. Meet her below and do make her welcome when you next visit the centre.

Kate was born at Ashburton Maternity Hospital in 1987 and has 2 brothers, both of whom still live in Methven and her parents still work and live on the family farm. Kate is the daughter of prominent harness racing driver and inductee into the Addington Raceway Hall Of Fame, Ricky May.

Kate attended all her schooling in Methven and completed her secondary schooling at Mt Hutt College before moving to Dunedin for four years to undertake her physiotherapy training. Upon graduation, she worked at Greymouth Hospital for 18 months



before coming to ChCh Public for another 18 months. Kate then decided to embark upon her OE and worked as a physiotherapist in the UK for around 2 years. During this time, Kate said she was lucky to be able to travel extensively around Europe and her accomplishments are detailed further on in this article. She has been working at Burwood Hospital for around 2 years and starts her one fixed term position at the Burwood Limb Centre on March 5th where she will be employed on a full time basis. Kate is enthusiastic about this opportunity to broaden her skills and knowledge around people suffering from limb loss and can't wait to start in her new role.

Kate has a long term partner and they both enjoy the outdoors lifestyle. Accordingly, she likes people who are into this lifestyle, are active and appreciate the wonderful opportunities that lie at our "back door".

As a child, Kate remembers many happy times at the family farm and was a keen horse rider. Although she admits that she does not ride much these days, she recalls her and her brothers being active helpers with her father's involvement with horses. Kate stressed that they were very happy times and she counts herself as lucky to have grown up in the wonderful rural community around Methven. Her family are very important to her and she said that her hard working parents have been exceptionally supportive of her throughout her life. When only a teenager, she found it hard to deal with the sudden & unexpected loss of her grandmother, who had been living on the family farm. Her grandfather still lives on the property and she loves "going home" to see all the family. Growing up, she thought Christchurch was a HUGE city and it was a real treat to drive to the city to buy McDonalds as there was no outlet in Ashburton at the time !!!!!

Kate admitted that the greatest risk she ever took was to leave NZ in 2013 on her OE but the experiences she gained whilst away have confirmed to her that it was the right decision.

FAVOURITE FOOD: Pasta & cheesecake

FAVOURITE PLACE: Central Otago but also enjoyed many of the countries visited.

FAVOURITE ACTIVITIES/HOBBIES: Tramping/watching sport/time with friends and has just started playing golf (badly she says).

KATE MAY CONTINUED:

FAVOURITE MUSIC: Likes old and new. She is going to the Ed Sheeran concert in Dunedin in March.

FAVOURITE MOVIE: Admits to being a romantic comedy fan.

FAVOURITE AUTHOR/BOOK: Kate says she is an avid reader, likes all sorts of genres but especially likes books based around a series.

TRAVEL EXPERIENCE: Kate's list of countries visited makes impressive reading for someone so young...to the point that they are listed here. UK, France, Spain, Portugal, Belgium, Germany, Austria, Italy, Greece, Latvia, Lithuania, Russia, Hungary, Poland, Slovakia, Slovenia, Bosnia, Croatia, Montenegro, Albania, Turkey, Czech Republic (where she worked as a physiotherapist in Prague for a circus group), Denmark, Switzerland, Sri Lanka, India, Nepal, Vietnam, Thailand, Laos, Malaysia, Jordan, Israel, Egypt, Morocco, Tanzania, Kenya, South Africa, Namibia, Botswana, Zambia, Zimbabwe, Malawi, Uganda, Rwanda and last year she and her partner visited the USA. *What an achievement Kate.*

Kate admits to not being that comfortable around large crowds and her friends say she is rather shy.

Kate, it was my very real pleasure to interview you for the newsletter and on behalf of the Canterbury/Westland Amputee Society, we genuinely wish you all the very best in your new role and being able to see your smiling face at the Limb Centre.

SOCIETY NEWS:

It is with much sadness that we have been advised of the sudden & unexpected passing of one of our members, Bruce Mote, at Christchurch Hospital on Sunday, April 22nd. Bruce was a regular attendee at our functions and a most interesting profile was published on his extraordinary life in the February, 2017 newsletter. To his wife, Dot and the extended family, we offer our most sincere condolences at his passing. RIP Bruce.

We would like to advise and promote a mid-winter Quiz function that the committee hopes you will be available to participate in. This is both a fundraiser and an opportunity to have an enjoyable get together with fellow amputees, friends & family.

PLEASE SEE THE SEPARATE FLYER ENCLOSED WITH YOUR NEWSLETTER FOR FULL DETAILS ON HOW TO ORDER YOUR TICKETS.

A most successful AGM was held on March 18th at the Hornby Club. A huge thank you to all who made the effort to attend and provide their ongoing support. Congratulations and many thanks to the new members of our committee, Erin Ryan, Doug Johnson, Alesha Kelly & Margaret Scott. We have a large & hard working committee which is most heartening given some societies around the country are struggling to attract volunteers. To all the other committee members who have continued to show their dedication and passion for serving others, I offer my sincere & grateful thanks.



Through the kind generosity of one of our members, we have been provided some good quality mixed daffodil bulbs for sale as a fundraiser. There are six bulbs in a bag and we are selling them for \$10. Please make contact with either Chrissy, 352-0540 or Margaret Scott, 942-0220 if you wanted to place an order and we will do our best to assist with delivery.



SOCIETY NEWS CONTINUED:

It is pleasing to note how many members have paid their subs for the current year but there still remains many who have not paid as yet. It would be greatly appreciated if you could attend to this matter at your earliest convenience. If you have any query about your subs, feel free to contact Justine on 021 1055189 or justinemw@me.com

We have set a tentative date for our Christmas function which is, **Sunday, November 25th**. Further details will be included in the August newsletter.

Margaret is on the lookout for donations for raffles so if you were in a position to donate any items that would make good raffle prizes, we would be extremely grateful if you could make contact with Margaret on 349-7585. Many thanks for your support

Due to the ever increasing costs of printing & distributing our bi-monthly newsletter, the committee has decided that issues will now be produced on a quarterly basis, February, May, August & October. This initiative will save the society over \$1000 in printing & postage at a time when funding is becoming harder & harder to attain. Once again, I would ask that if you wished to receive your newsletters via email rather than post, please contact me to arrange this.

AMPUTEE FEDERATION ANNUAL CONFERENCE WELLINGTON:

I was given an opportunity by our Society to attend the annual conference in Wellington. With a bumpy flight & a 2nd attempt at landing we arrived in Wellington & met up with others. The conference began with the AGM & official business by delegates from around NZ. Supper & mingling was a great time to meet others & their supporters. Next morning we took the bus to Te Papa & a visit to the Gallipoli exhibition, a priority for me & something that I highly recommend. The detail & stories were harrowing made more poignant as ANZAC day was a few days later. After lunch we had Melissa Noonan, Limbs4Life Australia, a network of 100s of amputees of varying ages and amputations, who match amputees for peer support ensuring new amputees & families get support. Take My Hand, an initiative by a lady who thought of a way to stop old prosthetics going to landfill. Sean Gray, CEO of NZ Limb Service, was interesting & his passion for a patient/client centred approach was paramount. The evening was an Island theme dinner party & a great opportunity to mingle and dance. Highlight for me was dancing with Morgan, a member of our society & an amazing dancer, but I am not!! Next morning we had the sponsors slot with both Ossur & Otto Bock advising new developments. Paula Tesoriero talked about her role as the Disability Rights Commissioner & spoke with passion of the things we (as a country) need to change & develop to make NZ a better place for disabled people. For me the weekend reaffirmed that you don't have to be a power house athlete to be a successful amputee, getting out & about, making a difference to yours or someone else's life by what you do is being successful. The conference was an amazing opportunity to meet other people & share stories & ideas about living life as an amputee. Many thanks to Wellington Amputee Society for putting on such an amazing conference. Next year is Dunedin & if you have the opportunity, do take it up and travel for the weekend. **Many thanks Andrea McLay**. In photo back row: Will, Andrea, Vaughan, Lisa, Ed. Front row: Justine, Chrissy, Margaret.



Smile Awhile

What do
you say to
a one
legged
hitchhiker?

HOP
ON
IN!



I don't know how to say this, but...

you don't have a hamster anymore



Web Sites

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

www.amputeeinfo.co.nz

The Amputees Federation of NZ

www.af.org.nz

NZ Artificial Limb Service

www.nzals.govt.nz

Amputee Information

www.mossresourcenet.org

Parafed Canterbury

www.parafedcanterbury.co.nz

Disability Awareness in Action

www.daa.org.uk

Amputee News

www.amputeenews.com

Disability Rights Commissioner

www.hrc.co.nz

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

**Aspire Canterbury,
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

Kipp's Patch www.kipps-patch.com

International Diabetes Federation

www.idf.org



**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

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

PO Box 26-148
North Avon CHCH 8148

President

Mark Bruce 03 337-5747
mark.bruce@xtra.co.nz

Vice President

Margaret Hunter 03 349-7585
shortyhunter2017@gmail.com

Secretary

Eileen Popplewell 03 349-9415
ceallaigh4@xtra.co.nz

Treasurer

Justine Mangan-Woods
021 1055189
justinemw@me.com

Funding/Newsletter Editor

Mark Bruce 03 337-5747
mark.bruce@xtra.co.nz

Events Co-ordinator

Margaret Hunter 03 349-7585
shortyhunter2017@gmail.com

Web Site

Manager

Jo Boereboom 03 942-5320
farmtree58@gmail.com

Marketing Coordinator

Ed Jones 03 347-4942
ed@jungletoyz.co.nz

Visiting Coordinator

Lisa Gray 027 339 2678
lisagrey1@xtra.co.nz

Total Mobility Scheme

Environment Canterbury
0800 324636

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

**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:

