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*with less!*



**Amputee Society**  
Canterbury & Westland Inc

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November/December/2013

## Quote of the Month:

We need men who can dream  
of things that never were.  
**John F. Kennedy (1917 - 1963)**,  
*speech in Dublin, Ireland, June 28, 1963*

## Editor's Message

Greetings everyone and hope this finds you well and coping with the weather and just everyday things.

In October some of the Executive went over to the West Coast to meet up with a few of our members there. We had a lovely lunch and a great catch up, even tho many didn't attend who we expected to see. It was great finally putting faces to members who have been with us for many years, and to hear their stories and how they are coping. The weather was great the entire weekend and we all had a good time. It would be nice to see them again and perhaps in the future some of them may come over to this Coast and visit. Thanks to Sarah Horner for sending me the pictures.

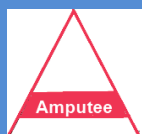
I'm sorry there weren't more pictures from the Convention, but they had strict rules as to what photos could be taken so I was limited as to what I could post. However I will tell you more about it all in the next issue as my space has been limited here.

A big thank you to all who attended our Christmas function and what a meal it was! It was so nice to see some of our new members there and to talk with them, as well as to our "regulars" who I always enjoy catching up with.

I can't believe it is almost Christmas already and don't know where the year went. In February we have the annual AGM and then in March the National Conference is being held in Nelson. Our membership is growing each year and hopefully in 2014 we can have some more outings and events so let us know what you would like. The website is doing well and is growing as well thanks to Jo and all those who contribute to it.

Please remember if you have any pictures or interesting things to say, we are always eager to publish them.

On behalf of all the Executive Committee, I would like to wish you all a very Merry Christmas, Happy Hannukah, Meri Kirihimete, and a Happy, Healthy, and Prosperous New Year. See you all back here in January 2014.



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Affiliated with Amputees Federation of NZ Inc.

Hi Everyone,

What a shock having temperatures in the high twenties and now mid teens- no wonder so much colds and flu about.

For those that went to the Christmas Lunch, I hope you all enjoyed it. It was most successful paying before the Function so will be that way from now on. I was sorry we did not have more attending but will keep away from Show weekend in the future. When we made the date we did not realize it was Show Weekend.

I would like to thank all of those who donated to the raffles, but especially Fran Woods and Melody Screen who have hand made and donated many items for the raffles recently. I do appreciate all your work.

I would like to take this opportunity to wish you all a very happy and safe Christmas and may you all have health and happiness in 2014.

Best Wishes, Margaret Hunter

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### **ANNUAL AGM MEETING AND LUNCHEON**

Our annual AGM is being held at the Hornby Working Men's club on February 16<sup>th</sup>/2014. The same method of payment as this last function will apply and Margaret will be calling members in the New Year to see who wishes to attend. As we are not sure yet if there is any change in the cost --- that will be in the next Newsletter in January. Please plan to attend, as this is YOUR Society and is an opportunity to ask questions and vote for the upcoming Executive Committee. Hope to see many of you there!

#### Pictures from West Coast Luncheon



Will Diana Rex Kathy



Paul Mark Rod Jeff Shazz



Sarah Ian Sue( 2 Canucks)

#### Pictures From Christmas Luncheon



To sum up this Conference only takes one word and that is WOW! From the time we arrived on Wednesday, and left Sunday, it was Amputees rule. Over 957 amputees from five different countries, all in one place, was overwhelming at times but also inspiring. From the New Technology displays in the exhibit hall to the educational programs, to the Adaptive Sport and Recreation Exposition, to the First Clinics, there were many opportunities to learn and experience ways to live with Limb Loss.

The clinics ran each day from 8:30am to 5:30pm and were on a great many subjects. To name just a few--Current topics in Prosthetic and amputee research---Living with your level of limb loss--Limb transplantation --Advances in socket fit Technology-- The travelling amputee--Tackling everyday challenges with modern Technology--Gait analysis--Pain management--and many more for every level of amputation.

The exhibit hall was packed full of every kind of product imaginable and each was giving away samples and information. Walter Reed National Military Med. Center, (where researchers are seeking to identify genetic differences between amputees who have phantom pain and those who do not by comparing DNA). This entailed filling out a survey and giving blood which both Mark and I did.—Hanger Clinic—Mayo Clinic—O&P Edge-Ossur—Ottobock—and numerous other companies all offering help for everyday life.

Speaking with some of these folks, I had the opportunity to present our little talk, which I had prepared (with the help of Mervyn Monk) to many of them and they were all very impressed with our Federation and have offered any help they can. Many of them took a copy of the talk back to their main offices and will show it to other members in order for them to see what we do here in NZ. I will list the websites to some of them and also we will be receiving a couple of magazines online for our members, free of charge. Ottobock was extremely helpful in this way and will continue to sponsor us with material, as will the Amputee Coalition.

All in all it was a memorable experience. We met some great people and heard many stories of how people are coping with their loss. A Dr. From New Orleans who works with veterans will remain a life long friend, as will a young female paramedic from New Jersey, who lost her leg in a job related accident and is trying to get back to work.



facebook group

Kia Ora and greetings to you all in New Zealand, from the United States of America.

My name is Wallis Wiremu Toataua-Farraday, and I have been living and working in the United States as a prosthetist for the past 20 years. I had the pleasure of meeting Mark and Sue this summer at the Amputee Coalition of America's Convention, hosted in my home town, Orlando Florida. Orlando is a wonderful city, and is one of the world's most popular tourist destinations. It is where Walt Disney created his 2<sup>nd</sup> theme park, know today as Walt Disney World.

I have been offered the privilege to write a small bio on myself and my experiences as a prosthetist working overseas treating amputees.

My journey began after qualifying as a prosthetist from CIT in Wellington New Zealand in 1983. Interestingly enough, my Dad had been through a program in Auckland back in 1955, which trained personnel for Orthotics, Prosthetics and surgical footwear. He was the first Maori to qualify in New Zealand at that time. Some 30 years later I was one of 2 Maori Clinicians to qualify under the new qualifying program.

After spending 2 years practicing at the Auckland Artificial limb centre, I was offered a promotion at the University of Toronto as a practicing prosthetist. It was a wonderful experience, as I was selected to participate in a CAD CAM study, making limbs by computer. Today CAD is widely used throughout the profession, in fact we employ a system that was designed and developed by a New Zealand based company, Aranz. I spent 8 wonderful years in Canada. I was an examiner for the Canadian Board for certification, while also creating the first Canadian Orthotic & Prosthetic review program for residents. One of the highlights in Canada was fitting a young boy with elephant man's disease. His right arm weighed as much as his entire body. His arm was amputated, and I fit him with a Myo electric prosthesis. It was a great experience and one I will never forget. I am also proud to say that I coordinated a number of student exchanges between New Zealand, Canada and the USA. This I felt was important, as I wanted to give back to my country-NZ- that had provided me with a wonderful opportunity and career.

In 1992, I was contacted by a gentleman from California, who had been following my career. He in fact had met me in New Zealand back in 1982 at the Auckland Artificial Limb centre. He was a director for a company known as Nova Care. He offered me a position to manage a clinic in San Francisco, CA. I accepted and within 2 years I was over seeing 25 clinics in the San Francisco Bay Area.

I can certainly attest to the fact that the USA, is a breeding ground for opportunity.

One of my highlights in California was fitting the first bilateral upper extremity amputee in the US to be recertified as a pilot. His certification took place in a simulator using the arms I made for him, and he still flies to this day. Prior to the accident he was a fighter pilot in Vietnam and then American Airlines. He lost both arms racing, across the Salt Lake flats at over 200 miles an hour, when he crashed.

In 2009 and 2011 I was recognized and awarded the JE Hanger excellence award for contributing to 2 innovative clinical procedures. One was a post operative procedure entitled the Kiwi. This procedure was used to provide new amputees with a protective shell over their amputated limb post surgically, reducing trauma to the limb should the patient sustain a fall. It also incorporated a gel liner that provided light compression over the wound promoting total contact, while also enhancing wound healing. A number of top Physicians in the USA conducted a study in the Kiwi with favorable results. The other procedure I was responsible for creating was the lock- it socket, for Hip disarticulation. This procedure has now been incorporated into Hangers Comfort flex line up of sockets for amputees. It is known as the Hanger comfort flex hip. It is a total contact surface bearing procedure that allows hip and hemi pelvectomy amputees to conserve energy when walking, while also providing improved comfort. The best part is that you can diagnostically fit a patient in 4 hours.

In summary I am currently the Zone Vice President for Hanger Clinic, based out of Orlando Florida, and I oversee 18 states on the Eastern United States seaboard. I really enjoy my job as I get to help many people accomplish their dreams through the use of technology and exceptional customer service.

I will be forever great full to the New Zealand Artificial Limb Board for my initial training and support they gave me.

Thank you for allowing me the opportunity to write this small column.

All the best for 2014.

Nga Manaakitangi  
Wallis Wiremu Toataua-Farraday LP,CP(C)  
Vice President- Eastern Zone

<http://www.empoweringamputees.org/>

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

Alan Dearden

I would first like to outline a few reasons why I became interested in promoting Amputee golf. I read an article about the physically disabled population having an increased risk of secondary diseases through the lack of physical exercise or sport above their everyday activity. As well as the reduced risk of secondary disease there are numerous social and psychological benefits of being involved in sport.

I was born with Bi-literal club feet. I had several operations during the 1950's and early 60's and spent many of these years in and out of hospital and wearing splints. I was and still am a very good swimmer, as I found that this was a sport I could compete in as walking and running was difficult. Then in my teenage years I discovered golf, and I soon became a good competitor at club level in this sport, even though I sometimes struggled to walk the 18 holes. I continued playing golf throughout my life until my right foot became so arthritic that even standing was difficult. It was at this time 9 years ago at the age of 53 that I decided to have my right foot amputated- the best decision of my life. My daughter even commented after my amputation that I had also had a personality transplant as well.( When you are living in pain all the time you don't realise how much it effects your moods).

It was soon after my amputation that I was at the Burwood limb centre and saw a notice for a Golf tournament for Amputees being organized at Waiheke Island. I played in this tournament with about 20 other amputees from other parts of NZ and Australia. It was great to see others with the same disability as myself getting on with life and playing sport and not complaining about their situation. The Tournament was held the following year again at Waiheke Island, and it was then decided to try and organize an annual tournament alternating between the South Is and the North.. So I organized it the following year at Cromwell, where I was living at the time. We have since had tournaments in Whangarei, Nelson, Auckland, Christchurch and Wellington. Next year is Dunedin and then back to Waiheke Island for our 10th anniversary in 2015. I have played in all the tournaments as well as a few of the Australian Amputee tournaments.

Four years ago we formed Amputee Golf NZ Inc. so that we could apply for some funding to help players with travel and costs of tournaments. I am the second President of the Association and have been now for past three years. Golf is a sport that can be played by people of all ages and abilities. It is great for co-ordination and balance, great exercise and with the golf handicapping system all players can compete on a level playing field, no matter what their disability. We have players on single figure handicaps (7) and players on high handicaps 36 plus, and it's often these one who are having more fun than the serious competitors. We cater for everyone. It doesn't matter even if you only play once a year. It's about giving it a go, having fun and a laugh. New members are welcome and if anyone wishes to have further information or to contact me that's fine. Kind regards and Merry Christmas.

Alan Dearden

<http://www.amputeegolfnz.co.nz/>

President

<mailto:amputeegolfnz@xtra.co.nz>

Amputee Golf NZ Inc

03 383 3766

027 217 8227.

## New Year's Punch

Take yourself. Peel off layers of egotism and self-pity. Cut out seeds of unkind thoughts and unhappy emotions. Remove all prejudices and worries. To this add: one firm belief that life's worth living. Mix well with one practical idea that you are somebody.

Season with a sense of humour and optimism. Sweeten with love. Then add one strong determination to love at your highest, every hour of the day, come what may.

Let effervesce for 365 days. Garnish with smiles and pleasant words.

Serve with gentleness and courage.



Note the effect!!!!!!!

## Web Sites

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

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

### **The Amputee Federation of NZ**

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

### **Amputee Information**

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

### **International Diabetes Federation**

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

**NZ Limb Service** <http://nzals.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](mailto:admin@aspirecanterbury.org.nz)

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

### **Amputee Coalition (USA)**

[www.amputee-coalition.org](http://www.amputee-coalition.org)

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

### **Amputee Golf NZ Inc**

<http://www.amputeegolfnz.co.nz/>

### **NEW FREE MAGAZINES AND WEBSITES**

[www.ottobockus.com/StayInTouch](http://www.ottobockus.com/StayInTouch) ( Dialog Magazine)

[newsletter@oandp.com](mailto:newsletter@oandp.com) ( Edge Magazine)

[YouTube Instructional Videos](#)

[Facebook Community & Content](#)

[Momentum Blog](#)

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Liz Rogers        Ray Boundy  
Heather Plows  
Ray Newton



**War Veterans**

S C Common  
Ron Tiney

**Artificial Limb Service**

330 Burwood Road,  
Christchurch Phone 03-383-  
0501 Fax 03-383-  
3566 Hours: 8.00am -  
4.30pm

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Graham Flanagan

**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**



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

See you there for a  
Relaxing session!  
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(closed until further notice)

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