

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

Oct 2016 Contents

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Quote of the Month:

War does not determine who is right.....
only who is left. *Unknown*

Fun Fact:

More people die in NZ every year while playing lawn bowls than scuba diving.

Editor's Message

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

Robyn & I have just returned from a wonderful four week long trip to the USA & Canada where we visited 21 states on our travels. Spent 4 days in New Orleans with our dear friend, John Baye but the weather there was a real shock for us. 101% humidity and 37 degrees so we started to sweat every time we moved ! John is a magnificent host and his knowledge of New Orleans and its' origins gave us a great insight into the history of a very interesting city. We had an eventful train trip to New York as our train was involved in a fatal accident in Alabama when a driver drove around the barrier arm in an attempt to beat the train...unfortunately the train won and we were stopped on the tracks for nearly 3 hours while the emergency services recovered the wreckage. Enjoyed all the sights in NY, Times Square, the 102nd floor of the Empire State Building, Staten Island, Statue of Liberty and the 9/11 memorial. The memorial ponds stand exactly where both towers were located and the names of every person who perished are beautifully inscribed into the surrounds of each pool, a very sombre & moving tribute. Travelled North to Boston and had a fantastic visit with my cousin & his family before we flew to Omaha, Nebraska via Chicago. Experienced a lightning & thunderstorm there on our first night which really took our breath away. Torrential rain and lightning that lit up the entire sky and it lasted for nearly 2 hours. This 4 day visit to Omaha was especially memorable due to our special friends who extended so much warmth & generosity towards us, we were humbled. Onwards to the Olympic Peninsula west of Seattle for the last week with family before we flew out of Vancouver, Canada. Only the storm in Omaha and every day was brilliantly sunny & warm...quite a shock to return home to the cooler temperatures in NZ but Spring is now upon us.



**Amputees
Federation
of New Zealand
Incorporated**

Affiliated with the Amputees Federation of New Zealand Inc.

Meet Brian Coker:

Brian was born in Oamaru in 1958 and attended primary school then moved on to attend Waitaki Boy's High School before leaving NZ in 1977 to travel overseas to the UK. Brian's father was employed as an Electrical Engineer for the Power Board and still resides in Oamaru, aged 91 years. He has fond memories of his childhood living in Oamaru and the numerous family camping holidays around the hydro lakes area. When Brian was 13 years



old, his mother sadly passed away and he said that this was a very hard time for his father in caring for him, his two older and one younger siblings.

He returned to Christchurch in 1979 where he obtained a clerical job with the Justice Department and worked there for around 5 years. It was at this time that Brian met and eventually married Helen and they have two children, Olivia (30) & Jonathon (27). Grandchildren are yet to appear!.

Brian and Helen then owned a food business for around 3 years before Brian worked as a legal executive for a law firm until 2001 when he became a financial advisor with The Perpetual Trust.

February 22nd, 2011 is a day that Brian and his family will never forget. Early that morning, he dropped his wife, Helen, at the airport for a flight to Palmerston North to visit with her sister. As he was leaving his workplace, the PGG building, to go for lunch, the devastating earthquake that has changed our city and his life forever, occurred. At the time, Brian was in the stairwell and was pinned by the collapsing debris which caused horrendous injuries. He recounts that he thought the whole city must have collapsed and he despaired at the prospect of ever being rescued. His thoughts were that, "This was it" but he somehow managed to get a text to his son, Johnathon to advise that he was trapped beneath debris in the stairwell. 7 ½ hours later, he was located by rescuers and luckily among these people were medical professionals who after sedating Brian, performed the amputation of his legs above knee so that he could be extricated from the debris that had him trapped. Brian had to be resuscitated in the ambulance and was moved to Hamilton the following day as the resources at ChCh Hospital were severely stretched in trying to cope with all the trauma related injuries from the earthquake. In total, Brian & Helen spent 3 months in Hamilton before returning to ChCh and by August, was taking his first steps on the prostheses made by our Limb Centre.

Brian was back at work and in touch with clients while in Hamilton and returned daily to the office in June, 2011, just over 3 months after the quake. His part of the company has been taken over but Brian remains as a financial advisor with (now) Saturn Portfolio working from new offices in Kilmore Street.

Due to ongoing problems with his new legs, Brian & Helen began to investigate other surgical procedures (Osseo integration) that may improve his comfort,

Brian Coker cont:

functionality and mobility. In July & September, 2012, Brian underwent surgery (ILP) and he said that had it not been for this, he feels he would be in a wheelchair today. Brian is very happy with the results and the care given by his medical & rehabilitation teams. He said that his most pressing physical challenges revolve around his general mobility and currently uses two walking sticks to aid him.

Subsequent to 2011, Brian & Helen sold their city property and have built a beautiful home on a ¾ acre section at West Melton where they enjoy working on their award winning garden. Cooking is also something that Brian really enjoys and said that him and Helen work well together in preparing meals for family and friends as they love to entertain in their home.

With a chuckle, Brian said the biggest risk he has ever taken was going to work on February 22nd, 2011! Although the last 5 years have been a struggle and tested their resolve to the upper most limits, Brian said that he attempts to have a positive outlook on life in general. His family remain the most important factor in his life as they have lived the highs & lows of this traumatic time alongside him and he is indebted for their ongoing support.

FAVOURITE FOOD: EVERYTHING!

FAVOURITE PLACE: Paris and he plans to return there sometime in the future.

ACTIVITIES: Gardening, travelling & singing in the St Albans Community Choir.

FAVOURITE MOVIE: Forest Gump.

FAVOURITE MUSIC: Any variety but especially fond of Frank Sinatra.

FAVOURITE SONG: "Always Look on the Bright Side of Life" from the Monty Python movie, "The Life of Brian"

BOOKS/AUTHOR: Historical novels. Robert Goddard/Ken Follett and crime fiction. Stieg Larsson/Jo Nesbo.

TRAVEL: UK, France, Italy, USA, Canada & Australia.

Brian & Helen. Many thanks for hosting me in your beautiful home and your garden is a wonderful testament to all your hard work. Kind regards, Mark.



Newsletters:

As you will be aware, NZ Post recently increased domestic postage to \$1 which has caused a significant increase on the posting of our bi-monthly newsletter. We would appeal to members that if at all possible, they could choose to receive their newsletters via email which is a huge saving to us. Please make contact with Mark Bruce (details on back page) if you are able to help us out with this request. Many thanks for your consideration.



Congratulations:

Congratulations to Matthias Blattner from The Christchurch Artificial Limb Centre at Burwood who has recently been announced as the new Southern Regional Manager for the Artificial Limb Service. Many of you will have had the pleasure to meet Matthias over the last couple of years on your visits to the Limb Centre and may recall the interesting profile on Matthias that was published in a newsletter last year. We appreciate that your new position will provide many challenges but we sincerely wish you well and much success in your new role.

Society News:

A reminder that The Amputee Society of Canterbury/Westland was successful in its' application to partner with The Warehouse, Riccarton on Blenheim Rd for the next six months as part of their "Bags For Good Neighbourhood" programme. This promotion runs from August through till the end of January, 2017 so every vote we receive with tokens, handed out upon making a purchase, will determine what level of grant we end up with. Please keep this in mind and encourage as many family & friends as you can to cast their tokens for our society. Many thanks.

On Sunday, September 18th, around 20 members of our society enjoyed a most pleasant & informative tour of Cracroft Winery in Shalamar Drive, Cashmere. Wilma & Alex Laryn were kind sponsors for our recent hosting of the national conference. It was rather a surprise that even though the visit was advertised in the August newsletter, that so few people expressed an interest in this event that was enjoyed by all those that did attend. We are doing our best to offer alternative things for members to be involved in but we NEED your support. If any of you have any constructive ideas about what we can offer, please DO NOT hesitate to contact any of the committee. Please remember, we as the committee, are here to serve amputees and welcome any suggestions you might have.

Thank you to all those members who have paid their subscriptions for the current year but there are still a small number outstanding. The \$10 yearly fee is very minimal but if you are having any difficulty, please make contact with us and rest assured that any approach would be treated in the strictest of confidence.

We were recently advised that our application to the Christchurch City Council for a grant under the Metropolitan Small Grants Fund was approved by Council. We are indebted to the CCC for their ongoing support which enables us to meet some of the expenses involved in recognising volunteers who give so freely of their time to support amputees in our area.

A warm greeting to all of our members in outlying areas such as Ashburton, Timaru, North Canterbury, Westland & Buller. If there is anything we can do to be of assistance, please feel free to make contact with us at any time.

CHRISTMAS FUNCTION:

We have set the date for our yearly Christmas function and it would be great to catch up with friends, new & old.

Margaret has negotiated a very fair price with the Club for what has traditionally been a great value for money meal.

Place: Hornby WMC. 17 Carmen Rd, Hornby.

Date: Sunday 20th November, 2016.

Time: 11.15am for a get together, buy your raffle tickets (GREAT PRIZES) and meal at midday.

Guest speaker: From the Canterbury Charity Hospital.

Cost: \$25 per person (**payable by November 11th**).

Please contact Margaret (349 7585) by November 11th.

Pay by cash: Ring Joanne 942-5320 or Margaret 349-7585.

Pay by cheque: To Amputee Society of Canterbury/ Westland Inc. P O Box 26-148, North Avon. Ch-Ch 8148.

Online: 0308 30 0264400 00.

Looking forward to what should be an interesting guest speaker and catching up



CREATIVE AMPUTEES !!!!!



GARDEN TOUR:



As you will have read earlier, Brian & Helen Coker reside on a large property at West Melton where they have spent an immense amount of time in establishing, planting & maintaining their award winning garden.

Brian & Helen have most kindly offered members of the Amputee Society the opportunity to visit their garden and will supply afternoon tea for us at a cost of \$5 per person. Details are set out below.

Date: Sunday 30th October @ 2pm.

Please arrive shortly before 2pm when Brian & Helen will give members a talk as they take us on a tour of the garden.

Price: Afternoon tea, \$5 per person and a gold coin donation for the tour would be greatly appreciated.

Directions: Travel West on **SH 73** and after passing the intersection with **Kirk/Miners Rd** (past the Prison), continue for approximately 5 kms then turn right into **Halkett Rd**. Head towards the township of West Melton and after passing **Rossington Drive** on the left, look for the **3rd house** on the left. Angle park on the grass verge and walk through the gate.



Please advise me by **Wednesday, 26th October** if you will be attending so I can let Brian & Helen know for catering purposes. Family & friends are most welcome so please consider enjoying a relaxing afternoon in beautiful surroundings.

Mark: 03 3375747/027 2381958 or email me at mark.bruce@xtra.co.nz

The images displayed in this notice are not of Brian & Helen's garden but are merely displayed to promote this event.

Rio Olympics:

Firstly, huge congratulations must go to the entire NZ Paralympic team for their outstanding achievements at the recent Olympics in Rio. For those with internet access, take time to have a look at the clip which relates to the promotional video for the games. A good watch and amazing what amputees can achieve.

<https://www.youtube.com/watch?v=vzjuQoNM534>

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

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

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03-732-8312

Life Members

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

Artificial Limb Service

330 Burwood Road, Christ-
church
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:

