



Amputee  
Society  
of Canterbury &  
Westland Inc.

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## Quote of the Month:

The secret of staying young is to live honestly,  
eat slowly, and lie about your age.

— Lucille Ball

## Fun Fact:

No part of the NZ is more than 128km (79 miles) from the sea.

New Zealand has more Scottish pipe bands per capita than any other country in the world.

## Editor's Message

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

***Viewpoint from a long time member who wishes to remain anonymous.***

One travels through life meeting and engaging with many people from all walks of life. Some will be through family connections, workplaces, social interactions and a myriad of other avenues. Many of these interactions fall in to the category of "acquaintances" but others take a more serious turn depending on the successful marrying of shared values, support, love, trust and respect. A wise, sage old man once told me, "You will meet and engage with thousands of people throughout your life but your true friends will be able to be counted on one hand" How true that comment has been as I have negotiated my own way through life's rich and often "bumpy" tapestry. The one overarching trait that I have tried to live my life by is to regularly contact, engage, help, support and enjoy the company of the hundreds of those acquaintances, friends and family that I have been able to connect with but ..... I have unfortunately reached a point in my life whereby my continued input to maintaining such relationships has reached a critical point. Without wishing to sound like a grumpy and crotchety old woman, I have run out of petrol, and patience, to be the one that continually has to "reach out" in order to sustain such relationships as it all seems to be a one way street. I seem to have been the only party to keep investing in ensuring the ongoing level of contact and have asked myself many times of late, "Why is it me that has to initiate contact?" Recently, a "friend" made the comment to me when I rung him, "Hello stranger" The comment was tinged with a fair degree of sarcasm and I was hurt. Friendships are most definitely a two way street so assess your own moral compass and don't be afraid to reach out to others. **RECIPROCATION** is a wonderful word.

## MEET ROBERT "GLEN" THREADWELL:

Robert "Glen" was the 3<sup>rd</sup> born to his parents, Don & Bev Threadwell in Christchurch in 1962 at ChCh Women's Hospital. He had 2 older brothers, Mark James (dec) and Donald "Paul" who currently resides in Mapua. Glen's father was a truck driver but when Glen was 2 years old, his parents took on the job of running the Little River Hotel and they stayed in the hospitality trade as hoteliers for many decades. The new vocation led them all over the South Island in the ensuing years, Timaru, Invercargill, back to ChCh then to Blenheim.

Glen completed his primary schooling at Timaru Main School and his secondary education was split between Timaru Boys High, Kingswell High (Inv) and Hagley High locally. Upon leaving school at 17 in Invercargill, with School Certificate & UE, Glen took a job as a storeman in an electrical warehouse where he worked for around a year and when the family moved back to ChCh. where his parents managed the Lancaster Park Hotel, Glen continued working for the same firm but then moved on to a new job as a storeman for a steel company called "Gilbert Lodge". At this time, it was legal for a person under 20 to be employed in a hotel if their parents were the hoteliers so Glen worked nights and Saturdays at the Lancaster Park premises. He recalls standing on the roof of the hotel watching the riot squad fighting with protesters of the infamous Springbok tour.

At 20 years old, Glen met his first wife, Kathy, whom he married in 1983 and they lived in a rented flat in Chester St East. Glen left the steel firm and ran his own carpet cleaning business for around 2 years before he took the riskiest decision of his life. Their first born, Emma, was only 6 months old in 1986 when his parents, Glen & Kathy and his brother Paul & his partner took over the lease of the Criterion Hotel in Blenheim where they would eventually live for the next 20 years. Daughter Shay arrived in 1989 followed by twins, Matthew & Sarah in 1984. All Glen's children still live locally in the Christchurch area and Glen has 5 grandchildren ranging in age from 18 down to the youngest at 3. In 1996, Glen was working as the bar manager of the Blenheim WMC and was on his motorcycle coming home from work around 6.45pm when his life changed forever. A car in front of him pulled over then proceeded to do a U-turn whereupon a serious collision occurred and he sustained a major injury to his left shoulder when the brachial plexus nerve was severely torn. Glen's left arm was "lifeless" from this point on but he took the medical advice to wait 3 years to see if the nerve repaired itself. Unfortunately, this did not happen so the decision was made in 1999 to amputate his left arm above elbow and fuse his shoulder. After surgery, he returned to work at the Club and tried wearing a prosthesis but this in itself caused problems with his right shoulder necessitating further surgery.



## GLEN THREADWELL CONT:

Glen's marriage had ended but he married Peony in 1999 but that relationship was brief. In 2006, after 10 years working at the Blenheim Club, Glen made the move back to ChCh whereupon he met Chris and they married in 2009. They live happily in North Beach and lead what Glen describes as a "happy and contented life". Living with them for the last 9 years is Chris's Mum, Jeanie (93) who manages the stairs and the entire garden for Glen & Chris!!!

Glen is a trained Peer Support volunteer for Peke Waihanga and enjoys supporting fellow arm amputees. He helped set up the Nelson/Marlborough Amputee Society and has also served as a committee member of our local society. Since 2022, Glen has also been a committee member of the Lions Club of New Brighton where he is fully committed to giving back to his community and says his club does "good things" for others. As a result, Glen says he is drawn to people like himself who enjoys giving back to others.

FAVOURITE FOOD: Lamb roast followed by sherry trifle.

FAVOURITE PLACE: San Francisco.

FAVOURITE ACTIVITIES: Helping Chris in her craft studio. Tinkering in my "man cave" and playing pool with my friend, Gus, a fellow arm amputee.

FAVOURITE TV SHOW: The Big Bang Theory.

FAVOURITE BOOKS: J R R Tolken, Lord of the Rings and reading poetry.

Around 2014, Glen lost his balance while out walking, fell on his left shoulder and seriously damaged his left arm. In 2022, after 7 years of complaining to the Dr's about the constant pain he was enduring, a decision was made to amputate the left arm at the shoulder. Despite this, Glen retains a positive attitude and is enjoying his life alongside Chris.



Chris has a son Paul living in Ohio, USA so they have travelled to the States 5 times to visit and Chris has just returned from visiting her daughter Anna in Germany. Glen claims to be most happy when at home with Chris and helping her out with her craft work.

*In November, 2024, our President was invited to address the Lion's Club of New Brighton at their monthly meeting to raise awareness of amputees in the community and also talk about the Peer Support Programme. As a result, Glen's Lions Club made a most generous donation of \$500 to our local society and for that, we are not only humbled but also extremely appreciative of their wonderful gesture. The Lions Clubs of NZ do **great** work in our local communities.*

## 2025 AMPUTEES FEDERATION ANNUAL CONFERENCE:

This exciting and important event will be held at the Crowne Plaza Hotel (same venue as 2023) over the weekend of April 4th-6th, 2025. The Federation have worked tirelessly to put this event together and have planned an exciting and revised format for the benefit of all. The following is an announcement from the Federation executive.

**REGISTRATION OPEN**

**APRIL 4-6, 2025**

NATIONAL AMPUTEES CONFERENCE  
CROWNE PLAZA HOTEL, CHRISTCHURCH

**AMPower NZ!**

**INSPIRE – INFORM – LIBERATE**

Please click on the link below to fill out your registration form asap to not only secure your spot at AMPower NZ 2025 but to choose the activity you most want to partake in. Registration closes 5pm 14 February 2025.

<https://forms.gle/RKvxfzPwEQwGPyMK8>



**Amputees  
Federation  
of New Zealand  
Incorporated**

**Amputees Federation of New Zealand Inc.(AFNZ) is excited to announce that they are hosting AMPower NZ 2025 in Christchurch, 4-6 April. The Crown Plaza will be the venue for AMPower NZ over this amazing weekend.**

The Crown Plaza is an amazing hotel that has been built as an accessible facility in the center of the Garden City, Christchurch. For those who attended conference in 2023 you will remember how good the accommodation is. Every room was designed with great layout, even the standard rooms were accessible.

AFNZ is extremely grateful to all of our amazing sponsors and can confirm that at this AMPower NZ we will have exhibitor rooms and we are proud to be welcoming both returning and new exhibitors.

### **Registration**

Registration is now open and will close at 5pm on 14 February 2025. Please note, activities on Saturday afternoon are open to all participants this year but you must rank the activities in order of preference before submitting your form.

Just click on the link either below or on the flyer above.

<https://forms.gle/RKvxfzPwEQwGPyMK8>



**Amputees  
Federation  
of New Zealand  
Incorporated**

If you are experiencing any issues with the links above, please go to the website ([amputee.co.nz](http://amputee.co.nz)) Upcoming Events page and complete your registration.

## OSSUR MOBILITY CLINIC:

**The Össur Mobility Clinic will take place in Christchurch, in March 2025.**

This is a specialised event dedicated to enhancing mobility for individuals with amputations and limb differences, open to people of all ages and abilities. This event offers a comprehensive program covering various mobility techniques, sports, and activities including Taekwondo, Yoga, Soccer, Lawn Bowls, and more, catering to a wide spectrum of interests and preferences.

Led by expert Amputee Coaches and supported by Össur Ambassadors, this clinic provides valuable guidance and inspiration. It's not just a training opportunity, it's a community where amputees connect, challenge themselves, and strive for a life without limitations.

**WHEN: Sunday, 9 March 9am-2pm(Lunch provided)**

**WHERE: Pioneer Recreation and Sport Centre, Christchurch.**

**75 Lyttelton Street Spreydon, Christchurch 8024.**

**REGISTER NOW** at <https://events.humanitix.com/mobility-clinic-chris>

**Or contact the Limb Centre on 03 3830501**

## 2025 ANNUAL GENERAL MEETING:

**Sunday March 16th, 2025 @ The Hornby Club. AGM @ 10.30am and morning tea @ 11.00am.**

The society will cover the cost of the morning tea for those attending. It would be great to see a good turnout to not only support your society but also to mingle/chat with your fellow members. We would especially welcome anyone wishing to put their name forward to serve on the committee for the coming year. Please advise your attendance to Justine 021 1055189 or Mark 027 2381958 (email details back page) by **March 9TH.**

**AGM**  
**ANNUAL GENERAL MEETING**



### **Subscriptions Due:**

A reminder that subscriptions (\$10) are now due and it would be appreciated if payment could be made at your earliest convenience. Payment can be made online by using internet banking or at any Westpac Branch (details on back page). If you wish to pay by

cash, please contact Justine to arrange this. If making payment at the AGM or on your next visit to the Limb Centre, please put it in an envelope with your name as a reference. A receipt will be issued at a later date. We greatly appreciate your continued support of the society and your early attendance of this matter saves us a great deal of time in having to "chase" payment at a later date. THANK YOU.

## MARK HILLS INDEPENDENT ADVICE FOR AMPUTEES

*For some "long in the tooth" amputees, you may remember Mark Hills as a prosthetist working at the Artificial Limb Centre at Burwood in the 1980's. Recently, Mark made an approach to me outlining his desire to "give back" to the local amputee community. To background who Mark is, this is from his business website, TLCU, a prosthetic company based in Perth, WA.*

With over 40 years experience, Mark has been working in the Prosthetic & Orthotic industry travelling the world mastering skills in high-end prosthetic components such as the microprocessor & Myoelectrics. Mark brings to TLCU expertise in both clinical practice and business management as owner of the business and his international reputation puts him in high demand for training and assisting prosthetists in other countries with their manufacturing and clinical techniques.

Mark remains an owner of the business but has since retired from the TLCU clinic full-time. Mark is still involved with the operations of the business and works in a consultant capacity sharing with the team his extensive knowledge and experience within the prosthetics industry.

*From Mark himself,*

Since leaving Christchurch in 1996, I took up a position working in Sydney for Otto Bock where I was their technical/clinical specialist. After training at Otto Bock, Germany, I returned to Sydney but spent up to 6 months of each year travelling and teaching in other countries. These were mainly in the Asia/Pacific region but also in Europe. I have worked in over 15 countries and been to so many clinics I have lost count. This has enabled me to absorb a huge amount of prosthetic experiences. This included managing the Otto Bock Service Centre at the Sydney 2000 Paralympic's where we had 70 prosthetist's working from around the world.

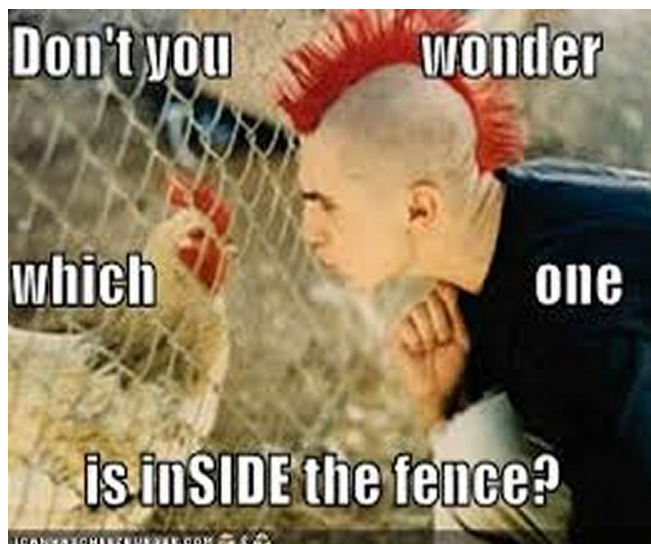
Eventually after almost 9 years of travel I became weary of spending so much time away from home. The solution was to buy a clinic in Perth, Western Australia. It was old and run down with the owners retiring and was one of 2 private clinics in WA at the time. It gave me a fantastic opportunity to utilise my experience through all my travels and training to build the faculty into the modern clinic (TLCU) that it is today. Please view our website [www.tlcu.com.au](http://www.tlcu.com.au)

I retired back to Christchurch 3 years ago although I still own TLCU and have a management team running it for me. Since retiring I would like to give back to the local amputee community by offering my services to any amputee who would like some help, through the way of **advice**. I see this as a **free** support service in helping amputees achieve their best version of themselves. I would like to stress that my service is not to criticise the work of another prosthetist but to offer my expertise in the hope that any such advice given may assist the amputee going forward.

Best wishes to you all.....Mark Hills.

*Sean Gray, CEO of PW has been fully informed of this service and has given his support on the grounds that it adds another tool to the amputee toolbox in their desire, as Mark quotes, "to become the best version of themselves".*

## Smile Awhile



## Web Sites

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

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

**The Amputees Federation of NZ**

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

**NZ Artificial Limb Service**

[www.nzals.govt.nz](http://www.nzals.govt.nz)

**Peer Support**

[www.peersupport.nz](http://www.peersupport.nz)

**Parafed Canterbury**

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

**International Diabetes Federation**

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

**Amputee News**

[www.amputeenews.com](http://www.amputeenews.com)

**Disability Rights Commissioner**

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

**UN Programme on Disability**

[www.un.org/issues/m-disabl.asp](http://www.un.org/issues/m-disabl.asp)

**Paraloan 03 3795983**

[www.paraloan.org.nz](http://www.paraloan.org.nz)

Email: [paraloan@xtra.co.nz](mailto:paraloan@xtra.co.nz)

**Nation Wide H&D Advocacy**

**Service – 0800 555050**

**Aspire Canterbury, Disabilities Information Service**

Braintree Wellness Centre. 70 Langdons Rd. CHCH

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

Total Mobility. Contact Julie (03) 3669093

[julie@aspirecanterbury.org.nz](mailto:julie@aspirecanterbury.org.nz)

**LifeLinks.** 0800 866 877

Web: [lifelinks.co.nz](http://lifelinks.co.nz) Email: [office@lifelinks.co.nz](mailto:office@lifelinks.co.nz)



**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](mailto:canterbury@ccsdisabilityaction.org.nz)

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

1/127 Petrie Street,  
Richmond, Christchurch 8013

**President/Newsletter**

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[mark.bruce@xtra.co.nz](mailto:mark.bruce@xtra.co.nz)

**Vice President/Marketing**

Alesha Kelly 021 708863  
[alesha.kelly1618@gmail.com](mailto:alesha.kelly1618@gmail.com)

**Secretary/Treasurer/  
Funding**

Justine Mangan-Woods  
021 1055189  
[amputee.cw@gmail.com](mailto:amputee.cw@gmail.com)

**Web Site Manager**

Jo Boereboom 03 942-5320  
[farmtree58@gmail.com](mailto:farmtree58@gmail.com)

**Other Committee Members**

Vaughan Mangan-Woods  
Janice Frost, Lisa Gray,  
Andrea Thompson, Ralph  
McGuigan.

**West Coast Contact**

Will Sturkenboom  
027 7328312  
[wsturk@xtra.co.nz](mailto:wsturk@xtra.co.nz)

**Prosthetic Advisor**

Mark Hills  
021 222 0663  
[markhillsy@icloud.com](mailto:markhillsy@icloud.com)

**Total Mobility Scheme**

Agent: Aspire Canterbury  
03 3666189  
[julie@aspirecanterbury.org.nz](mailto:julie@aspirecanterbury.org.nz)

**Mobility Parking Permit**

CCS Disability Action  
03 365-5661/0800 2272255

**Life Members**

Liz Rogers Heather Plows  
Ava Thomas Margaret Hunter  
Mark Bruce

**Peke Waihanga/Artificial Limb Service**

330 Burwood Road, Ch-Ch  
Phone 03-383-0501  
Fax 03-383-3566  
Hours: 8.00am - 4.30pm  
**Office administrators**

Lynleigh Ashcroft  
Caroline Leaper  
[christchurch@nzals.co.nz](mailto:christchurch@nzals.co.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

**Disability Golf NZ**

For any enquiries about becoming involved, anywhere in NZ, please contact Andrew Woo, 021 885678  
[disabilitygolfnz@gmail.com](mailto:disabilitygolfnz@gmail.com)



**Need Computer Help ?**

Contact Joanne for advice at very affordable rates.

[www.computertutor.nz](http://www.computertutor.nz)

Mobile 027 2909246

Home 942-5320

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