



Amputee
Society
of Canterbury &
Westland Inc.

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Nov 2025 Contents

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Quote of the Month:

The future belongs to those who believe in the beauty of their dreams. -*Eleanor Roosevelt*

Do one thing every day that scares you. -*Eleanor Roosevelt*

Fun Fact:

Crows often hold grudges against specific people.

Squirrels cause approximately 10-20% of US power outages.

Editor's Message

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

For 2 years, we have witnessed the appalling situation in Gaza with the ongoing conflict between Israel & the Palestinians and I join the multitude of people who are hoping for some form of lasting peace in the Middle East. It is a confusing, difficult and fragile environment which has been ongoing for a very long time. After the atrocities perpetuated by the terrorist group Hamas upon the innocent Israelis & foreign nationals on October 7th, 2023 where 1,195 innocent civilians were raped, mutilated and murdered, Israel took action. The conflict escalated when Hamas refused to hand over the 251 hostages that they kidnapped and we all know the extent of the terrible suffering that the people of Gaza have had to endure since. But, this has been driven entirely by Hamas given their refusal to release the hostages and "they" have used the people of Gaza as their cannon fodder because of their continued refusals. Every day for the last 2 years, Hamas have had the opportunity to end the killing. The Palestinian people are the ones I have the most sympathy for but I do not easily forget the Israeli victims of the Hamas terrorist attack who lost their lives in 2023, the world media certainly have and rarely ever make any mention of the murdered Israelis and the families so affected by that heinous act of brutality...shame on them for their display of so called impartial reporting. Every night we see repeated clips of the undoubted devastation inflicted upon the Palestinian people and as shocking as it is, the media contingent in their collective response, seem more focused on "shock tactics" than giving an across the board impartial coverage of the BIG PICTURE. At the end of the day, a conflict that has been prevalent for around 2000 years is something that normal people, like myself, have no idea of what the real answer is for a lasting peace in the Middle East. ????? Let us hope for peace.....but don't hold your breath.

MEET MARK A'COURT:

Mark A'Court was the first-born child to his parents in early 1956 in Milton, South Otago where his father worked as a linesman for the Otago Electric Power Board. His mother had previously been a nurse working at Burwood Hospital in Christchurch. When Mark was only 6 months old, his father accepted a new position with the company and the young family moved south to be based in Balclutha. Three younger brothers followed while the family lived in Balclutha and his brothers now live in Ranfurly, Dunedin and Christchurch.

Mark attended Rosebank Primary School before moving on to his secondary schooling at South Otago High School.

Mark recalls his childhood as a fun time and doing all the "normal" things that young boys did in the 60's & 70's. Riding bikes, swimming, playing sport and generally making their own fun..all without anything electronic! Mark admitted that he was not overly academic and at the age of 16, he left school to take up a diesel mechanic's apprenticeship with a tractor dealership in Balclutha which took 4 1/2 years and 9000 hours to complete. He said that he has thoroughly enjoyed the only vocation he has been involved with and being in and around tractors all his life is the reason why he has had a lifelong passion for anything "tractor". After completing his apprenticeship, he had year-long stints with another tractor company then South Otago Transport in Balclutha before moving on to work for a local garage at Tuapeka Mouth, some 20 miles from Balclutha. During this time, Mark had met Andrenna, whose brothers were at High School with him, in 1976 through social gatherings and they married in 1980. Together they have one son, (living overseas) and 2 daughters, both of whom live close to Rangiora. Mark & Andrenna enjoy looking after their 3 grandchildren, 2 boys and a girl.

They then moved to Alexandra where Mark continued in the tractor field but due to hard economic times in the agricultural sector, Mark decided a move was necessary and he took up a position on the Clyde Dam project for over 4 years. Due to that project nearing completion, the decision was made to re-locate and they moved to Rangiora in 1989, where they still reside today. He continued in the tractor repair field until 2005 when he decided to start his own business and adapted an old barn in to his new business at Ohoka, a business that continued right through until 2022 before disaster struck. Mark closed down his business for the 2022 Christmas break and went home not having any idea that that day would be the last time he ever worked in the workshop. He caught Covid on Boxing Day and by the morning of New Year's Eve, he had a very sore ankle which he could not walk on. His GP rung to check on how he was doing re the Covid and suggested a trip to hospital. Andrenna took him to the After-Hours Surgery around 5pm but was discharged home. By the early hours of New Year's Day, Andrenna had to call an ambulance but after initial testing, he was once



MARK A'COURT CONT:

again sent home. Later that day, things were so bad that Andrenna had no option but to call another ambulance and "luckily", a switched-on Doctor realised that Mark had somehow contracted necrotising fasciitis and he was taken in to surgery immediately where surgeons cut away most of the skin and muscle on his left leg but sadly, they had to further amputate at mid-knee level the next morning. Unfortunately, Mark had to go back to surgery two days later to have his leg amputated higher up, above the knee. During his recovery and rehabilitation, Mark was simply unable to be involved fully with winding up the business & it was far too much for Andrenna and the family to tackle so they opted to employ a contractor who attended to clearing out the workshop and it's 17 years of accumulation!

Last year Mark had Osseointegration surgery, which involves having a titanium rod inserted permanently into his femur and later having a fitting attached to the rod which enables his prosthetic leg to attach directly to the implant. He's found life a lot easier after this surgery.

Mark said that he pretty much gets along with everyone but that he's actually quite reserved although, since his mishap, he has found it easier to strike up conversations with strangers, especially while sitting with fellow amputees in the waiting room at the Burwood Limb Centre.

FAVOURITE FOOD: Steak/Chinese/Roast/Pineapple lumps

FAVOURITE PLACE: Golden Bay.

FAVOURITE ACTIVITIES: Tractors/Fishing/Reading/caravanning/motor sport and wheelchair basketball which he has taken up since attending the "open day" organised by Peke Waihanga back in June this year.

FAVOURITE MUSIC: Fleetwood Mac and all the 70's/80's music.

FAVOURITE MOVIE: Jaws & The Great Texas Chainsaw Massacre.

FAVOURITE AUTHOR/BOOKS: Lee Child/Thriller & Detective books.

Mark & Andrenna had their first overseas trip in 2004 and have travelled to Bali, Thailand & Australia but plane travel nowadays is not viable as Mark's high amputation means it's very uncomfortable sitting for long periods of time.

(Thank you for your wonderful hospitality when I visited and Andrenna....your blueberry muffins were superb)



BORN TO ADAPT-CHRISTCHURCH EVENT:

Born to Adapt Arrives in Christchurch!

Challenge yourself this summer with a run, jog or walk through the trails of Bottle Lake Forest on Saturday, 21 February 2026. Born to Adapt is coming to Christchurch for the first time! Open to people of all fitness levels, the event especially welcomes anyone with a limb difference or a disability. Born to Adapt is designed with you in mind.

It's a fantastic opportunity for locals to connect, enjoy the outdoors and test their limits. The Born to Adapt team will be there to support and encourage adaptive athletes to join in and have fun.

Where It Began

Born to Adapt first came to New Zealand in 2021 through the collaboration of Matthew Bryson (Matt) and Zachary Friedley (Zach). US-based race director Zach, who was born missing his right leg above the knee and fingers on one hand, noticed few adaptive runners at events. After raising the issue with Luis Escobar at the 2019 Born to Run race, they launched Born to Adapt in 2021 to make trail running more inclusive. Zach later connected with Matt, Peke Waihanga's Event and Peer Support Service Coordinator, to trial the event in Rotorua – and Born to Adapt NZ was born. (See the story here: <https://tinyurl.com/Born2Adapt>.)

Register Today

Born to Adapt welcomes all people from all walks of life to experience the thrill of trail running. Join us at Bottle Lake Forest, Christchurch, from 10 am – 1 pm, Saturday 21 February 2026. Register here: www.tinyurl.com/B2AChr. Or contact Matthew Bryson matthew.bryson@nzals.co.nz. 022 1025697



Participants preparing for the 2025 Born To Adapt event at Redwoods.

Zach & Matt addressing participants.

2025 CHRISTMAS FUNCTION:

Our Christmas dinner will once again be held at The Cranford Alehouse this year. We would like to thank Andrew Norton and his manager, Jane, for the wonderful support he has extended to the Society over the past few years. We would love to see a good turnout from members/friends and look forward to catching up with you all on the day. There will be great raffles on offer so bring your spare cash.

PLACE: The Cranford Alehouse. 305 Cranford St, St Albans.

DATE: Sunday, November 30th.

TIME: From 11.30am and lunch around 12-12.30.

The Society will supply **ONE** free drink to all those attending, as well as tea & coffee, Christmas Cake, chocolates and "other" goodies.

COST: The format for the meal will be as follows;

Meals can be ordered off the main menu which is attached. This will allow members to order what they choose but as per last year, we have a request from the chef. So as to "speed things up" on the day without any undue delay of having to wait too long for your preferred meal choice, they have asked that people attending pre-order their choice of food and you can simply pay on the day for what you order.

Can I ask that you confirm with me your intention to attend and your preferred choice of food from the menu by **Sunday, November 23rd** via the contact details below.

Mark on 027 2381958 or mark.bruce@xtra.co.nz by Nov 23rd.



2025 QUIZ FUNCTION:

Sunday October 5th saw our annual quiz function held at The Cranford Alehouse and we enjoyed a great turnout of members and friends (around 65 people) to support our major fundraiser of the year.

With their wonderful support, we were able to raise close to \$1,060, a **FANTASTIC** effort. A huge thank you to all that turned out for the evening. First prize went to team "Jedi" who collected a \$100 voucher, 2nd place went to Ivan & Caryl Kippenberger's team (for the 2nd year running) and 3rd place went to Jac Winterbourn's team. The society want to acknowledge the terrific support shown by attendees to come out on such a wet and miserable evening.



Smile Awhile



Web Sites

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

www.amputeeinfo.co.nz

The Amputees Federation of NZ

www.amputee.co.nz

NZ Artificial Limb Service

www.nzals.govt.nz

Peer Support

www.peersupport.nz

Parafed Canterbury

www.parafedcanterbury.co.nz

International Diabetes Federation

www.idf.org

Amputee News

www.amputeenews.com

Disability Rights Commissioner

www.hrc.co.nz

UN Programme on Disability

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

Paraloan 03 3795983

www.paraloan.org.nz

Email: 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

Total Mobility. Contact (03) 3669093

Email: admin@aspirecanterbury.org.nz

LifeLinks. 0800 866 877

Web: lifelinks.co.nz Email: 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.

03 3655661/0800 2272255.

Email: canterbury@ccsdisabilityaction.org.nz

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Other Committee Members

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Mike Stead
022 0890926
mcstead1973@gmail.com

Prosthetic Advisor

Mark Hills
021 222 0663
markhillsy@icloud.com

Total Mobility Scheme

Agent: Aspire Canterbury
03 3666189
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
Freephone 0508 383 383
Hours: 8.00am - 4.30pm
Office administrators

Lynleigh Ashcroft
Caroline Leaper
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



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