



**Amputee
Society**
of Otago &
Southland Inc.

Coordinator

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Hi Everyone,

Our June & July in the city of Invercargill have not been as cold as I would expect but the wet has been a little annoying. Grey day followed by grey day, when the sun does shine it is rather weak. Don't let the northerners know this though as it strengthens their stereotypes of our region. Last year I showed a picture of daffodils in our garden, well they were back this year in early June. Strange climate, the snow fields would agree with me as they pray for the snow to come to give them a worthwhile season. I have a friend in Europe at the moment trying to cope with temperatures in the 40s, apparently Air con in Athens is usually broken or non existent. I think I quite like winter here where I can light a fire or turn on a heater to keep warm.

Picture is of Adaptive ski-racer Patrick Halgren, of Queenstown, who dreams of winning a gold medal at the 2022 Winter Paralympics in China. If this is how you



would prefer to fill in Winter days just contact the ski fields and they will sort you out. I have tried the skiing experience and it was well worth the fun, I have no aspirations for medals though.

INVERCARGILL MEETING & DINNER

Our usual get-together will take place on Saturday 16 November. Further details in the next newsletter.

PEER SUPPORT

A Peer Support training day was held in Christchurch on 25th July. Three of our members attended, and their feedback has been very positive. We will hear more of this as The Peer Support Programme rolls out.

LIMB CENTRE INVERCARGILL CLINIC:

Tentative date Thursday 26 September at Kew Hospital, first appointment time 9am and last appointment 12:30. This is an opportunity for you to consult a limb-fitter if you have minor problems or repairs, without having to travel to Dunedin. If you wish to attend, ring Sue at the Limb Centre on 0508-474-474.

INTRODUCING COREY SYMON

AT first glance, Corey Symon's fencing record is pretty impressive. He has represented New Zealand several times, won national titles and regularly performs well against older competitors.



But what if we added he has done all that with one hand? Corey has been one of our youth members since 2005. The 17-year-old year 13 King's High School pupil was born with amniotic band syndrome, leaving him without a right hand. He is not one to use that as an excuse — on the contrary he said it was “not really a disadvantage”. It certainly has not stopped him achieving in his sport. Last holidays he claimed two New Zealand University Games titles, He then represented New Zealand in the under-17 Oceania Championships in Wellington.

There he made the top 16 in the individual foil and was picked for the New Zealand A team, which finished second to Australia.

He said having fun was important in getting better — something he had a lot of in the sport. “Co-ordination, grit is really important. Sticking with it even when it's not going well,” he said of the keys to doing well in fencing.

“You have to enjoy it. It's not really good if you don't enjoy it because you don't really want to improve.” Corey began fencing about seven years ago, following his mother into the sport alongside his brother, Riley.

In September, he will compete at the national secondary school championships. He hopes to keep fencing after leaving school and plans to study health science at the University of Otago.

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HOLLY Robinson has added another medal to her collection. Holly has won gold in the women's parajavelin at the Oceania athletics championships in Townsville. She threw 40.78m to claim victory on the third day of the meeting. Congratulations Holly.



MEMBERSHIP

Committee – At the last AGM we only had a minimum number elected onto the committee so we have co-opted 4 more members Vonnie Crawford, Karen Malcolm and Leighton Smith all of Invercargill and Gavin Wilson of Dunedin Thank you for your willingness to be part of the team. The other members are David Johnston, Lorraine Peacock, Graeme Sayer, Simon McMillan, and Anna Grimaldi.

Deceased - We have recorded with regret the passing of Bill Smith of Gore, Marie McGrath of Dunedin, and Carl Schrama of Invercargill (his partner sent us a donation of \$150 in his memory, thank you). Our condolences go to their families and friends.

New Member - Welcome to our new member, Murray Black of Bluff. Welcome aboard, maybe we will see you at some of our get-togethers.

I'VE BEEN BANNED FROM PAK'NSAVE

Yesterday I was at my local PaknSave store buying a large bag of Tux dog food for my loyal pet and was in the checkout queue when a woman behind me asked if I had a dog.

What did she think I had an elephant? So, since I'm retired and have little to do, on impulse I told her that no, I didn't have a dog, I was starting the Dog Diet again. I added that I probably shouldn't, because I ended up in hospital last time, but I'd lost 10 kilograms before I woke up in intensive care with tubes coming out of most of my orifices and IVs in both arms.

I told her that it was essentially a perfect diet and that the way that it works is to load your pockets with dog biscuits and simply eat one or two every time you feel hungry. The food is nutritionally complete so it works well and I was going to try it again. (I have to mention here that practically everyone in the queue was now enthralled with my story.)

Horrified, she asked me if I ended up in intensive care because the dog food poisoned me. I told her no, I stepped off the kerb to sniff an Irish Setter's back side and a car hit me.

I thought the guy behind her was going to have a heart attack he was laughing so hard. I'm now banned from Pak'nSave.

Better watch what you ask retired people. They have all the time in the world to think of daft things to say.

Amputees Federation of New Zealand Inc.

Website: <http://www.amputee.co.nz/>

Facebook: <https://www.facebook.com/Amputees-New-Zealand-171106899632566/>

OUR VISITORS –

Get in touch if you would like a visit or just a chat.

Dunedin and Districts - Lorraine Peacock 455-6347 and Graeme Sayer 021 168 9221

Invercargill - David Johnston 214-1548 and Alice Smith 216-4271

Gore - Bill Lee 203-8263

Oamaru - Jan Browne 439-5543

Lakes District - Tetli Carey 409-0484



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If paying by cheque, return with form to Lorraine at 213a Bay View Road, St Clair, Dunedin 9012. Or you can pay by direct credit to our bank account 031355 0277644 00 (please identify with your name), or pay Sue at the Limb Centre.

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