

doing more
with less!



Amputee Society

Canterbury & Westland Inc

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Web site: www.amputeeinfo.co.nz

Feb 2016 Contents

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Quote of the Month:

I can resist everything except temptation.

Oscar Wilde

Fun Fact:

No part of New Zealand is more than 128 kms or 79 miles from the sea.

Editor's Message

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

It is just over a week before the Canterbury/Westland Amputee Society hosts the annual conference & AGM of the Amputees Federation of NZ for the first time in over 10 years and we are looking forward to the occasion with much anticipation. The committee has put in a lot of hard work in preparation for the event and can we thank those of you who have indicated your intention to attend some or all of the sessions. I am positive that you will not only enjoy your time and get to meet many fellow amputees from all over the country but will learn much from the many and varied guest speakers who are set to give addresses to the attendees. We are indebted to the many members and sponsors who have donated both money and products to assist our society in making this a successful event.

I try and watch the nightly news almost every evening but I despair at the plight of many people from around the world facing various challenges from conflicts in their regions, especially those poor souls who are caught in the crossfire between factions in the Middle East and Syria etc. My first thoughts are just how lucky and privileged we are to be living in NZ, free from what can only be described as a hopeless situation with very little hope of a safe and contented life. To this end, I am heartened to see NZ accepting Syrian refugees who are being assimilated into our society. As one Syrian man, who has been living in Wellington for the last six months said, "I am no longer a refugee, I am now a New Zealander". Maybe we should accept more refugees in an effort to assist our fellow human beings ?



**Amputees
Federation
of New Zealand
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Affiliated with the Amputees Federation of New Zealand Inc.

Article:

Jami Marseilles Becomes World's First Bilateral Amputee Woman to Complete Full Marathon.

On October 11, 2015, Jami Marseilles became the first bilateral amputee woman in the world to complete a full marathon. Marseilles ran the 26.2-mile Bank of America Chicago Marathon with a time of 6 hours, 27 minutes. Her average pace time was 14:47 minutes per mile.

"Setting this goal was intense, mentally and physically, but finishing wasn't a choice, it was a necessity," Marseilles said. "I appreciate everyone who cheered me on, from close and afar, and am grateful for all of the support I've received from Össur and the Challenged Athletes Foundation throughout my journey as an athlete. The race was everything I imagined and more."

Marseilles, 46, became an amputee in 1988 due to gangrene, which was the result of severe frostbite she suffered after she and a friend were trapped in a car in a snowbank for 11 days. While she says she wasn't very physically active in her younger years, she embraced physical fitness following her amputation, setting records first as a sprinter and now as a distance runner with her latest accomplishment.

"This journey of life is short and before you blink, it goes," she says. "My philosophy is: just because you've lost a limb doesn't mean your life is over. There's a whole lot of living that we get to experience and staying physically healthy will support my mobility to live my life to the fullest."

Article courtesy of Amplitude e-newsletter

Thank You

Our sincere appreciation is extended to both Whittakers and Profile Foods (Mother Earth) for their most generous donation of products.

A couple of extra `s :)

Last year I joined a group for procrastinators..we haven't met yet.

If God wanted me to touch my toes he would have put them on my knees.

Meet Andrea McLay:

Andrea was born in Cardiff, Wales in 1986 where her parents and older sister still reside. Her resounding memory is of growing up within a loving & caring family and she still remembers with fondness sharing Christmas festivities with her family. Andrea says that she grew up thinking she could do whatever she set out to do to fulfil her dreams and admitted to being proud of what she has achieved to date but there are many things she would still like to do. She is indebted to her family for providing her with what she describes as a thorough grounding in life.



Andrea lived a normal childhood but at the age of 16, she unfortunately contracted meningitis in October, 2002 and throughout her prolonged illness, experienced around 20 operations to try and save her limbs. By May, 2003, a decision was made by all involved to amputate both her lower limbs but at this time, she also suffered from kidney failure which necessitated her being placed on dialysis. She remained on dialysis until December, 2003 when she was lucky enough to be the recipient of a kidney transplant. Andrea has made contact with the donors' family and has conveyed to them her heartfelt thanks for this wonderful gift which has transformed how she leads her life. At the time of writing, Andrea says that her health is good and the transplant has been a huge factor in her ability to enjoy life.

After amputation, Andrea returned to her schooling to complete her "A" levels and a 3 year bachelor of nursing degree then she worked as a nurse in Llantrisant at Royal Glamorgan Hospital for 2 years. Around this time, Andrea knew of her husband to be, Mike, via email as her older sister had met Mike in Malaysia in 2000. Mike came on to the UK in 2006 as part of his OE and their relationship blossomed. The couple made a decision to return to NZ to live and they arrived one month after the February, 2011 earthquake which she says was very challenging. Mike & Andrea married in 2013 and she became pregnant in early 2015. Baby Rebecca was born prematurely in July last year but is now one very happy & healthy little girl who is providing the couple with much joy.

Andrea states that when she became pregnant, she was "thirsting" to learn of other amputee mothers first hand experiences of pregnancy but found it hard to

Andrea McLay continued:

obtain their personal views on pregnancy/motherhood. She has taken a year out from her career as a nurse at Ch-Ch Public in the AMAU ward but hopes to return in the near future. Andrea is also heavily involved as a volunteer youth leader with St Johns but is also taking time out from this role while she cares for Rebecca. She says that she loves doing things for other people and respects people involved with the Amputee Society for their commitment to serve others for no personal gain.

She says that dealing with her prolonged illness was a challenge but was astounded by the wonderful love, care and support she received from her family throughout this time as she acknowledges her task was easy compared to the journey her family had to endure. Andrea finds it hard being so far away from her family but was lucky enough to travel back to Wales late last year to "show off baby Rebecca" to her Welsh parents & family. She is counting the days till her parents make a return visit to NZ in April. Andrea said that she is happiest when the sun is shining, catching up with family and friends and simply spending time with Mike & Rebecca. Achieving physical challenges that her prostheses restrict is one of the hardest things for her to deal with. Andrea has been able to travel extensively and apart from the UK, she has spent time in Australia, Fiji, Singapore, the USA & Canada.

Favourite food: Bangers and mash.

Favourite place: The Bay of Islands.

Favourite activities/hobbies: St Johns & Cross Stitch.

Favourite music: Pop genre but pretty much all types of music.

Favourite movie: "Forgetting Sarah Marshall"

Andrea became involved with Adaptive Rowing in the UK representing Wales in this sport and actually rowed with 2 people who went on to represent Great Britain at the Beijing Paralympics. She says the two greatest risks she has taken in her life was to skydive over the Remarkables and to actually become pregnant given all the unknowns associated with pregnancy & motherhood as an amputee.

Andrea, Mike & Rebecca currently reside in their own home in Redwood.

Thank you Andrea for allowing us to meet up. The pleasure was all mine. You & Mike are the parents of a gorgeous little baby girl.

Society AGM

Our AGM was held on March 13th and although the turn-out was down, the meeting went well and afterwards, those present enjoyed a meal from the Bistro. We warmly welcome on to the committee, Nick Pratley, Chrissy Williamson & Lisa Gray and look forward to working together over the coming year.

Smile Awhile

A mechanic noticed his co-worker drinking brake fluid at lunch.
"What are you doing, man? You can't drink that stuff!"
"Relax, this stuff tastes pretty good, and I don't drink it all the time."
"Seriously," the mechanic exclaimed, "that brake fluid is poison!"
"Hey, man" yelled the co-worker, "back off! I can stop any time I want."



Web Sites

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

www.amputeeinfo.co.nz

The Amputees Federation of NZ

www.af.org

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

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Fax 03-383-3566
Hours: 8.00am - 4.30pm

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Graham Flanagan

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

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