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Amputee Society

Canterbury & Westland Inc

PO Box 26-148 North Avon

Christchurch 8148

E-mail: info@amputeeinfo.co.nz

Web site: www.amputeeinfo.co.nz

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December 2014

Quote of the Month:

Never explain--your friends do
not need it and your enemies will
not believe you anyway.

[Elbert Hubbard](#) (1856 - 1915)

Editor's Message

December? Christmas? My goodness where has 2014 gotten to? The time has gone by so quickly it seems to have left our warm weather behind. Today being the first day of summer is funny, seeing as I have my pellet fire going and the cats are all curled up in front of it.

Yesterday was our Annual Christmas Dinner and many of you attended to enjoy the fabulous food, good company and nice entertainment. Congratulations to those of you who won the raffles and my goodness, there were some great prizes. Even Santa was there! Our next function will be the AGM in March so please try to attend.

The National Conference is being held in Wellington on April 17-19, and there are still a couple of spots available. This is all expenses paid with the exception of a couple of meals. This is a good chance to see how the Federation works and is usually a very enjoyable weekend with good company and interesting guest speakers. Please let Mark know soon if you are interested in attending.

As this is the time of year that many of us are planting in our gardens PLEASE remember to wear a mask when handling compost and bags of potting soil. Last year a couple of our members had Legionnaires Disease traced back to these products. Better to be safe than sorry.

We have had a number of new members since the last issue so a big welcome to you all and please remember that we are all here for you and help and advice is always available. We have all been there so understand your feelings and problems.

I would just like to wish you all a very Merry Christmas, Happy Hannukah, Meri Kirihimete and a Happy Healthy and Prosperous New Year. Enjoy your holidays and will see you back here in February. Would love to hear how you spent your Holidays so let me know.

Sue



On behalf of the executive of the Society, I would like to take this opportunity of extending to you all a Christmas greeting. Christmas brings family & friends together and helps us to appreciate the love in our lives that we often take for granted. May the true meaning of the holiday season fill your heart & home with many blessings.

Wishing you all peace, joy, good health and all the very best the season has to offer and that it lasts throughout the New Year.

Kind regards,

Mark Bruce President

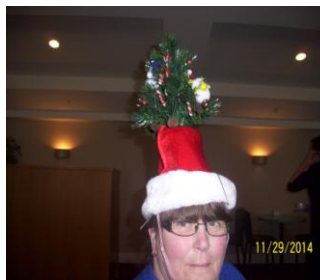
The Artificial Limb Centre Christmas closure is:

Wednesday 24th December to Monday 5th January.

For emergency repairs contact: Graham Flanagan on (03) 352 2523

Parafed Offices will be closed from noon Dec 19th- Jan 5th 2015

Our AGM will be held on March 29th 2015. Further details will be in the next issue but please plan to attend and mark the date on your calendars now. This is your opportunity to meet the Executive, hear how our Society is doing, and to have your say in the election of new officers and new business coming up. All comments are more than welcome.



The Tradition of the Christmas Pudding

Christmas (or Plum) Pudding is the traditional end to the British Christmas dinner. But what we think of as Christmas Pudding, is not what it was originally like! Christmas pudding originated as a 14th century porridge called 'frumenty' that was made of beef and mutton with raisins, currants, prunes, wines and spices. This would often be more like soup and was eaten as a fasting meal in preparation for the Christmas festivities.

By 1595, frumenty was slowly changing into a plum pudding, having been thickened with eggs, breadcrumbs, dried fruit and given more flavour with the addition of beer and spirits. It became the customary Christmas dessert around 1650, but in 1664 the Puritans banned it as a bad custom.

In 1714, King George I re-established it as part of the Christmas meal, having tasted and enjoyed Plum Pudding. By Victorian times, Christmas Puddings had changed into something similar to the ones that are eaten today.

Over the years, many superstitions have surrounded Christmas Puddings. One superstition says that the pudding should be made with 13 ingredients to represent Jesus and His Disciples and that every member of the family should take turns to stir the pudding with a wooden spoon from east to west, in honour of the Wise Men.

The Sunday before Advent Sunday (which is also the last Sunday in the Church Year), is sometimes known as 'Stir-up Sunday'. This is because opening words of the Collect for the day (the main prayer) in the Book of Common Prayer of 1549 (used in Anglican Churches) says: "Stir-up, we beseech thee, O Lord, the wills of thy faithful people; that they, plenteously bringing forth the fruit of good works, may of thee be plenteously rewarded; through Jesus Christ our Lord. Amen."

During Victorian times, puddings in big and rich houses were often cooked in fancy moulds (like jelly ones). These were often in the shapes of towers or castles. Normal people just had puddings in the shape of balls. If the pudding was a bit heavy, they were called cannonballs! Putting a silver coin in the pudding is another age-old custom that is said to bring luck to the person that finds it. In the UK the coin traditionally used was a silver 'six pence'. The tradition seems to date back to the Twelfth Night Cake which was eaten during the festivities on the 'Twelfth Night' of Christmas (the official end of the Christmas celebrations). Originally a dried pea or bean was baked in the cake and whoever got it, was 'king or queen' for the night. There are records of this practice going back to the court of Edward II (early 1300s). The bean was also sometimes a silver ring or small crown. The first coins used were a Silver Farthing or penny. After WW1 it became a threepenny bit and then a sixpence.

Ever heard the joke that there are just a few fruit cakes out in the whole world? Many believe that fruit cakes are just recycled gifts given over and over until it reaches the original owner. Well, there is actually some truth to it. Not many like fruit cakes. But actually these used to be so popular centuries ago Christmas fruit cakes actually trace back its history from being some humble bread popular during the holiday seasons. Originally it is called a plum porridge, which was once eaten as a food that ends fasting to mark the beginning of the holiday season. There is also a historical and symbolical meaning that is actually associated with fruit cakes. This goes well beyond the symbols of Christmas but also the political and economic structure of the society then. Back then, only wealthy families with oven are able to cook and eat fruit cakes. These were made from oatmeal back then, however, during later year, most of the ingredients were replaced with more common ones today. Fruit cakes were not called such back then, they were also called Christmas pudding, which were mixed with different spices. Later, it was called Christmas cake. Sometime in the 18th century these were only served during occasions that serving such on ordinary days are prohibited.

These Christmas cakes were called such since most value the spices that were added in it. These spices were reminders of what the traditionally known gifts of the three Kings to the baby born in the manger of Bethlehem. This symbolical feature of fruit cakes are actually unknown to most of those who receive and give such as presents. The next time you may have received Christmas fruit cake, you might want to think of the symbol it connotes. Besides, you might yet to discover that fruit cake are not as bad as everyone thinks.

DIABETIC CHRISTMAS FRUIT CAKE

1kg Fruit Mix 1/2c chopped walnuts 1/2c chopped almonds 2c hot tea
2c self rising flour 1tsp vanilla essence 1tsp almond essence 1tsp of brandy or rum
essence 1tsp caramel essence.

In a bowl place fruit mix, walnuts and almonds, and pour over hot tea. Leave to soak for 12-24 hours. Then add self-rising flour and essences. Mix well. Put into a lined greased tin. Bake at 160cC for about an hour or until cooked. While this is called a Diabetic Fruit Cake, it tastes delicious and finds favour with everyone

Fruit Cake with NO eggs or milk--800 gm fruit mix, 2 cups orange juice, 2 cups self raising flour.

Mix fruit and orange juice and leave to soak overnight

- Next day add the flour
- Put in greased or lined tin and bake 1-2 hours at 140-150 degrees. Can also add some spices, lemon zest and nuts, and soak the fruit in half brandy and orange juice.



According to the Alaska Department of Fish and Game, while both male and female reindeer grow antlers in the summer each year, male reindeer drop their antlers at the beginning of winter, usually late November to mid-December.

Female reindeer retain their antlers till after they give birth in the spring. Therefore, according to EVERY historical rendition depicting Santa's reindeer, EVERY single one of them, from Rudolph to Blitzen, had to be a girl.

We should have known... ONLY women would be able to drag a fat man in a red velvet suit all around the world in one night and not get lost.

Web Sites

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

www.amputeeinfo.co.nz

The Amputee 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-qb.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 <http://nzals.govt.nz/>

Kipp's Patch www.kipps-patch.com

Nation Wide H&D Advocacy Service – 0800 555050

Motivation Design www.motivationdesign.co.nz

Jobee's Art www.jobeesart.co.nz

Amputee Golf NZ Inc amputeegolfnz.co.nz

newsletter@oandp.com (Edge Magazine)

www.ottobockus.com/StayinginTouch (Dialog Magazine)

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

PO Box 26-148
North Avon CHCH 8148

President

Mark Bruce 03-337-5747
mark.bruce@xtra.co.nz

Vice President

Margaret Hunter 03- 349-7585
jim.marg.hunter@clear.net.nz

Secretary

Eileen Popplewell 03 3499415
ceallaigh4@xtra.co.nz

Treasurer

Taxi Co-ordinator
Ava Thomas 03-382-1873
avat@clear.net.nz

Funding Co-ordinator

Mark Bruce 03-376-4436
mark.bruce@xtra.co.nz

Visiting Co-ordinator

Events Co-ordinator
Margaret Hunter 03- 349-7585
jim.marg.hunter@clear.net.nz

Newsletter Editor

Sue Lemieux 03-385-7727
suelmx@hotmail.com

Web Site Manager

Jo Boereboom 03-942-5320
farmtree@prardise.net.nz

Marketing Coordinator

Sue Lemieux 03-385-7727
suelmx@hotmail.com

West Coast Contact

Will Sturkenboom 03-732-8312

Life Members

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

Artificial Limb Service

330 Burwood Road,
Christchurch Phone 03-383-
0501 Fax 03-383-
3566 Hours: 8.00am -
4.30pm

Manager

Graham Flanagan

Office administrator

Pauline Afitu
www.nzalb.govt.nz

Association Bank Info

Westpac 03 0830 026 4400 00

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Mobil 027 2909 246

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