doing more with less!

Amputee Society
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Amputees Federation of New Zealand Incorporated

Affiliated with the Amputees Federation of New Zealand

Quote of the Month:

A wise man gets more use from his enemies than a fool from his friends.

Baltasar Gracian.

May 2021 Contents

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Fun Fact:

A broken clock is correct twice every day.

The Guinness Book of Records holds the record as the book most often stolen from Public Libraries.

Editor's Message

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

The Amputees Federation of NZ Inc, along with most regional amputee societies, have agreed in principal to running an awareness week from October 4-11th later this year. These proposed dates sit along side our Australian peers and we will endeavour to collaborate as much as possible with them on this exciting venture. Limbs4Life have run many such campaigns and their knowledge & expertise will be hugely beneficial to us "getting out there" amongst the wider community. This will be an opportunity for our amputee community to help break down any barriers and perceptions held by the general public. More information about our programme will be released as we move forward but we may well be leaning on our membership base to participate and help spread the word. It is hoped that we will be able to give away pens and ribbons and have some of our more high-profile amputees joining in. Peke Waihanga-NZALS are looking to assist us with promotional posters as well as media involvement.

MEET BOB NEWBY:

Bob and his wife, Tricia, have lived at the Charles Upham Retirement Village in Rangiora since April, 2016. Bob was born in 1937 at the now defunct St Helens Maternity Hospital in Christchurch. He was the second child of four born to his parents who lived in Heathcote. He has an older sister and a younger brother and sister. Bob's father was originally a carpenter but took on a job as the Maintenance Engineer at the Maltworks Factory in Heathcote and the family used to live directly across the road at 55 Port Hills Rd on a ½ acre property that led up to what became the Tunnel Road. Bob recalls many fun times as a child growing up in Heathcote Valley and his early schooling was completed at Heathcote Primary. The family lived there until Bob was 14 and had already started at Ch-Ch Boys High School but they then moved closer to town in Opawa. From Heathcote, Bob used to catch a train to the city then a tram out to school but after the shift to Opawa, he rode a bicycle to school. Bob was heavily involved in cross country running and harriers and it was in 1954 whilst competing in the Takahe to Akaroa race that he first met Tricia and started going out with her a year later. Bob recalled that he ran over the top of a hill and there was Tricia "waiting for me". They married in 1959 and have 5 children, the oldest a daughter (born Greymouth) living in Australia then came identical twin daughters (born Westport) followed by identical twin sons (born Christchurch), all of whom live in New Zealand.

After leaving CBHS, he attended ChCh Teachers Training College for 2 years. His first posting was to Woodend then to Cobden (Greymouth) for 2 ½ years before moving north to Sergeants Hill School near Westport in 1961 where they stayed until 1963. Keen to follow promotions within the education sector, Bob then moved to Port Levy on Banks Peninsula for another 2 years before the family shifted north to Hukanui in the northern Wairarapa in 1965 where they spent 3 years until returning to ChCh to take up a position at Isleworth School. In 1973, Bob made the decision to leave teaching & take a position with Ashton Scholastic who specialised in educational publishing. A promotion to the role of Marketing Manager in 1977 saw the family move to Auckland where they lived in Half Moon Bay. In 1980, Bob made the move back to teaching where he had positions at Tamaki Intermediate and Flat Bush School, the latter as Deputy Principal until 1984. He then went back to educational publishing for a year before he and a colleague purchased a garage building company in Taupo which they operated until the partnership ceased to exist. Another stint of teaching in Taupo followed before they decided to buy a native plant nursery in Oamaru which they ran until 2004 followed by their last shift to Christchurch to retire. It was around this time that Bob contracted prostate cancer, had surgery to rectify the situation and fortunately the cancer is in remission to this day.

Being an avid outdoorsman, Bob has tramped extensively all over NZ and while on a tramp in the Travis Saddle (Nelson Lakes) in 1999, while guiding a group of young people for their Duke of Edinburgh Award requirements, he suffered a fall which seriously damaged cartilage in his knee which eventually led to a total knee replacement in 2007. He contracted an infection which caused issues and a further replacement was carried out in 2011.

BOB NEWBY CONT:

All was well through until 2017 when another infection of the knee caused massive issues and despite the valiant and fantastic efforts of Josh Kempthorne, surgeon, and Sarah Metcalf, Infectious Diseases Consultant, as well as the ChCh Public Hospital staff he ended up having a left AK amputation in May, 2019. Because of his passion for the outdoors, Bob said that he likes talking and being with people who are active…people who do things or have done things. Therefore, Bob has enjoyed his time at the Limb Centre talking with one of the prosthetists, Dion Freeman as they have many similar interests regarding outdoor pursuits. Sport of various kinds have always interested Bob and he has personally been involved with many different sports throughout his life.

FAVOURITE FOOD: What ever is on the table in front of him!

FAVOURITE PLACE: Blue Lake at the head of the Sabine Valley in Nelson Lakes…a 2-day tramp.

FAVOURITE ACTIVITIES/HOBBIES: Gardening, fishing, tramping, hiking, climbing, cross country, harriers, sailing, cricket, rugby, table tennis, badminton, volleyball and ANY other sport.

FAVOURITE MUSIC: Has an eclectic taste. Sang in a folk band for many years whilst in Taupo, & has also sung in a Barber Shop Quartet, Church Choirs, & leading roles in Stage Shows. Likes jazz artists Louis Armstrong & Duke Ellington.

FAVOURITE MOVIE: Five Pennies with Danny Kaye & Louis Armstrong. Les Misérables.

FAVOURITE BOOKS: Anything by Lee Child or Clive Cussler.

TRAVEL: Most places. Also holidayed in Australia, Fiji, Singapore & Vanuatu. A planned trip to Europe had to be cancelled due to the ill-health which eventually led to his amputation. Bob is still keen to travel to Europe, especially to La Rochelle in southwest France to trace his family ancestry.

Bob has very special memories of spending his childhood growing up in Heathcote Valley… lots of fun. He recalls his mother used to give him a return train fare (sixpence) from Heathcote to Lyttleton to pick up the weekly meat order from the closest butcher. Because Bob saw an opportunity to save money and explore nature on the Bridal Path, he would pocket the spare money and walk back over the hill carrying the meat pack. Growing up as a child living through WW2, Bob said he used to think about the plight of the soldiers fighting in Europe and the possibility of him being involved if the war continued on.

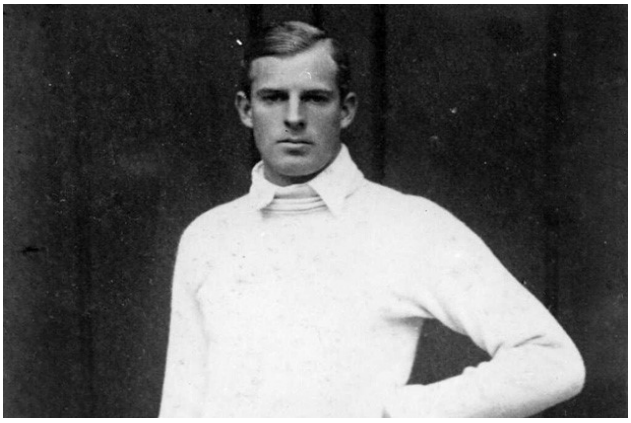
When asked to describe what his family meant to him, Bob replied, "Tricia and all the family have been brilliantly supportive of me, in good times and bad. I am a lucky man." The hard times he recalls were living in Westport as a young teacher with three infant children trying to make ends meet. Tricia had a difficult time with the birth of the twin girls and Bob said life was a constant struggle. In general, Bob said that he has had a great life with many steep hills to climb but gentle slopes on the way down all made easier with the wonderful support of Tricia and the family, both nuclear and extended. Bob admitted that he and Tricia have taken some risks in their lives but they both stated that the risks were all calculated and they lived their lives being prepared to accept adversity if things didn't go to plan.

Bob & Tricia have been caravanning since 1972 and a few years ago bought the motorhome which they absolutely love getting away in to explore new and far-flung, remote parts of NZ. Due to his physical challenges, Bob said he misses his gardening and "making things" in his garage and being able to walk New Zealand's magnificent high country. But that latter is now a new challenge that has to be conquered.

Bob, it was my pleasure and privilege to spend time with you and Tricia recently. Thank you for your friendly nature and warm hospitality. Editor.

KIWI WIMBLEDON WINNER KILLED IN BATTLE:

In recognition of the recently commemorated Anzac Day celebrations, it is timely to profile a treasured, high achieving Kiwi who attained world recognition in the sporting arena but who also paid the ultimate sacrifice whilst serving his country.



Canterbury-born Anthony Wilding was one of the stars of tennis in the decade before the First World War. The 'dashing New Zealander' had 'female spectators swooning' at the 'manly brand of tennis' which won him four successive men's singles titles at Wimbledon between 1910 and 1913.

When war broke out the British-based Wilding joined the Royal Marines, rising to the rank of captain in the Armoured Car Division. He was killed, aged 31 during the Battle of Aubers Ridge at Neuve Chapelle in northern France. He is buried in Rue-des-Berceaux military cemetery.

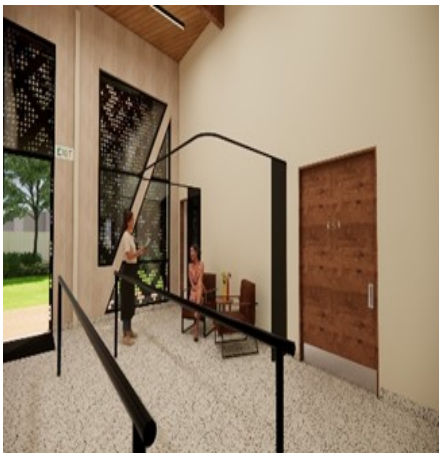
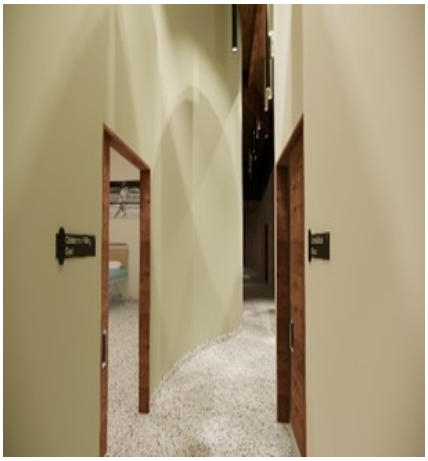
Wilding left Christchurch in 1902 to study law at Trinity College, Cambridge. But it was on the tennis court, rather than in the law courts, that he was to make his mark. In addition to four Wimbledon singles titles, Wilding also won the doubles on four occasions, as well as national titles in his home country, Australia and South Africa. At the 1912 Stockholm Olympics, in which New Zealanders competed as part of an Australasian team, Wilding won the bronze medal in the men's singles. He was also a member of the Australasian team that won the Davis Cup in 1907, 1908, 1909 and 1914. At his peak in 1913 he won all three elite singles titles: Wimbledon, the hard-court at Paris and the covered-court at Stockholm. Tennis had previously seen as a pursuit for 'wealthy gentlemen'. Wilding helped it gain greater respect as a sport through his dedication to training and fitness. Unlike many of his fellow players, he neither smoked nor drank alcohol. Wilding's obituary in the Christchurch *Press* stated that he had 'carried the name of the Dominion into regions of the earth where it was probably unknown until it became associated with his fame'. His home town honoured him with the naming of Wilding Park - the home of Canterbury tennis. He is a member of the International Tennis Hall of Fame and the New Zealand Sports Hall of Fame.

SOCIETY AGM MARCH 14TH:

Our AGM was held at the Hornby Club on March 14th and thank you to those members who turned out to support the society and enjoy the morning tea provided. Office holders remain the same with Mark Bruce as President, Alesha Kelly, Vice-President and Justine Mangan-Woods as Secretary/Treasurer. A very warm welcome is extended to Bob Newby from Rangiora who has graciously offered his support as a new committee member. Ed Jones, Joanne Boereboom, Lisa Gray and Vaughan Mangan-Woods were re-elected on to the committee and we welcome back Janice Frost who took a leave of absence due to ill-health. Many thanks for your service to our amputee community and family.

NEW BURWOOD LIMB CENTRE UPDATE:

Peke Waihanga – Artificial Limb Service have been extremely busy working diligently with the contracted design and management team to come up with the latest images of the proposed new Centre at Burwood. Significant safety and accessibility by design work has been carried out with perspectives offered and advised by many stakeholders and these have been incorporated in getting the project to this exciting stage. The developed design has gained final approval and Peke Waihanga are now proceeding to Stage One consent which includes the engineer's calculations from the roof down to the foundation. We will keep you updated on further development progression as it comes to hand.

CLIMATE CHANGE PROTEST..COMMENT:

On Friday, April 9th, we witnessed another round of students protesting about climate change. Their brief was to **DEMAND** action from our Government due to the effects greenhouse gas emissions are having on our planet. While I commend their passion and efforts to actually "do" something, it was very disappointing that in Christchurch, reports disclosed only 500 students made the effort to attend whereas the 2019 Christchurch event attracted thousands of students which raises some huge red flags for me about their veracity in turning out for the event. What is also concerning for me is the factual "big picture". Between 1990 & 2011, NZ's contribution to greenhouse global emissions was a "staggering" 0.1%. I feel our Government & local bodies have made a significant contribution to acknowledging the problem and attempting to right the wrongs of the past with innovative and creative solutions to remedy CO2 emissions-but much more could be done, especially from the ineffectual and hypocritical Green Party simply because of what they stand for. Take the much-heralded banning of single use plastic bags. What a wrought-they were **NEVER EVER** single use bags but one can still go to the supermarket and purchase SINGLE USE plastic bin liner bags straight off the shelf!!!!!!! And what is the Green Party doing to advocate for and bring about practical solutions for recycling all the plastic (that is not numbered 1,2 or 5) that currently goes in to landfill? Answer…. diddly squat! They seem more focussed on Cannabis Reform, giving millions of dollars to alternative schools and saving snails.

Back to the protest marches. Because of NZ's infinitesimal contribution to global greenhouse levels, would it not make more sense for these students to demand our Government lobby the countries, like manufacturing giants China, USA, India and Russia who contribute so massively to the problem? Figures produced by the Union of Concerned Scientists in August, 2020 reveal these 4 countries alone contribute 55% of **all** greenhouse gas emissions worldwide. The irony of the protests was borne out to me when I watched news footage of students marching in all the main centres with many of them carrying and using cell phones. Fact-only 1% of all smartphones worldwide are recycled. It is estimated that by 2040, cell phone/computer manufacturing and usage will account for 14% of all global greenhouse emissions. Manufacturing of such requires mining of irreplaceable minerals such as gold, lithium and cobalt, not to mention the horrific human rights violations committed to mine Cobalt in the Congo. Can you see the irony and hypocrisy that exists with their protest given the fact that they march shouting their demands with smartphones in their hands while NZ's miniscule contribution to global warming is like a pimple on an elephant's bottom and all the while they seem to forget that cell phone manufacturing, ownership and usage is and will be a major factor towards adding to greenhouse emissions in the years ahead? Still, just like Greta Thunberg, they got on TV for family and friends to see although I doubt any of our NZ students have reached the millionaire status like young Greta due to her***……."crusade".***

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
17 E Bishopdale Courts, Bishopdale Mall CHCH
Website: www.aspirecanterbury.org.nz

Total Mobility. Contact Julie (03) 3669093

julie@aspirecanterbury.org.nz

Kipp's Patch www.kipps-patch.com

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. Thomas Callanan.

03 3655661/0800 2272255.

Email: canterbury@ccsdisabilityaction.org.nz

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wsturk@xtra.co.nz

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
Rachel White Rod Boyce
Liz Rogers Heather Plows
Ava Thomas Margaret Hunter

.

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

Office administrator

Pauline Afitu
www.nzalb.govt.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

Joanne Boereboom
Jo Bee
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