

doing more
with less!



Amputee Society

Canterbury & Westland Inc

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Web site: www.amputeeinfo.co.nz

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Quote of the Month:

A woman's mind is cleaner than a man's: She changes it more often.!! **Oliver Herford**

Fun Fact:

50% of the worlds' population has never made or received a phone call.

Editor's Message

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

Greetings everyone and I do hope you are starting to enjoy warmer temperatures.

As we approach the Flag referendum, I wanted to pass on my personal thoughts about this interesting debate. Firstly, I question the timing and \$26 million dollars expended to carry this out. Would it not have been more sensible to include a simple question, "Do you favour changing our flag", at our next general election?.

It seems to me that we may well get to the second referendum and receive the same result making all that has transpired beforehand totally worthless !!

On the flag changes itself, I don't think that our current flag reflects modern day New Zealand, rather it speaks of our historical ties to colonial NZ. Remembering that our current flag is in fact our third official flag after the United Tribes of NZ flag from 1834-1840 then the Union Jack from 1840-1902 whereupon our current flag was adopted. I am not particularly enamoured with the (5) choices before us although the blue/black fern with the Southern Cross would be my first choice.

We often hear of debate about our men who have died while "fighting for the flag". I reject that argument but feel that all our brave and courageous men who have fought and died in many overseas conflicts over the last 100 years, would more than likely have given/lost so much while fighting "under" our flag. For that reason, I totally respect their sacrifice and would be comfortable if NZ voted "NO" to any change. The one positive is that democracy will decide the future of our flag.



**Amputees
Federation
of New Zealand
Incorporated**

Affiliated with the Amputees Federation of New Zealand Inc.

Profile: Ed Nichols

Ed was born in Knutsford, Cheshire, about 30 miles from Manchester, in 1923. He had an older sister and his mother was a butcher but Ed stated that he never knew his father. Ed has been married to his wife Shirley for what he describes as, 65 fantastic years and they had one girl then four boys. As a young boy Ed remembers having to help his mother by selling eggs outside the butchers shop on market day in Eccles near Manchester, a job he did not like.

His mothers' shop supplied meat to ships sailing to Scandinavia and Ed clearly recalls making the round trips to Norway with a Captain Everson when he was only 8-9 years old. It was on one of these trips that he saw a yacht in a Norwegian Fjord and made a promise to himself that one day, he would have his own yacht.

Ed left school at 14 and although he wanted to become a joiner, his mother decreed that he had to assist in the butchers' shop where he worked until he was around 22 years old. When he was 17, he was involved in a serious motorcycle accident and when he "came to" after almost a week, he was told that his left leg had been amputated below the knee. Ed's first thought was, "I will never be able to skate again." While he lay there, he realised that people skate on stilts so he must be able to skate on a fixed ankle. He went on to enjoy skating throughout his life and considers this as his greatest achievement.

He was able to buy his own butchers shop which he ran for 3-4 years when one day he saw a poster advertising Canterbury lamb and he thought NZ would be a great place to live. Around this time, Ed had his drivers' licence suspended due to speeding on his motorcycle and the thought of not being able to drive was very disconcerting so he applied to NZ House to become a "10 pound pom" when he saw an advert seeking butchers to emigrate to NZ. Due to his amputation, he was declined but made a decision to pay his own way to NZ and in the time before he left the UK, he spent three months cycling around Scandinavia.

He boarded a ship from Liverpool to Halifax, Nova Scotia, train to Montreal, Chicago then San Francisco before boarding a plane, which had to land twice on coral atolls to refuel, to Auckland landing in 1949. Ed had planned to visit the 4 main centres to see which city he liked the best. "I didn't like Auckland and after travelling to Wellington by train, I found it very small and pokey so made my way to Lyttelton by ship. I liked Christchurch so much, I have never left". Ed rented a small house opposite the main gates to Lancaster Park for 15 shillings a week and obtained work in a butchers' shop close by in Ferry Rd. Three months after arriving, his worldly possessions, motorcycle, bicycle, spare legs and tools arrived by ship.



Ed Nichols cont.

In 1950, Ed and Shirley met for the first time and although Ed was away working as the caretaker at Lake Ida for the winter, they continued their relationship and in December 1950, they were married when Ed's mother was here in NZ visiting them. Ed & Shirley owned their own butchers shop in Papanui and stayed in the profession all their lives owning seven shops as well as working for CFM (Canterbury Frozen Meat) managing stores as far south as Timaru. Ed is indebted to Shirley & the children for assisting in the shops throughout this time.

When Ed arrived in NZ in 1949, he joined the Mt Cheeseman Ski Club and remains a member to this day. His passion for winter sports led him to being selected to represent NZ in skiing at the second World Handicap Games in Norway in 1980, an achievement which he is extremely proud of. He also continued to pursue his passion for ice-skating throughout his life and lived his life by the motto "Anything I wanted to do, I would do it and not let the loss of my limb stop me"

In 1974, Ed achieved his lifelong dream of owning an ocean going yacht when "Solveig", a 43 foot kauri cutter (with 6 ton of lead in the keel) was built & launched. Countless hours have been spent sailing this yacht to places near & far including a 12 month long trip where Ed & Shirley attempted to sail around Cape Horn (but turned back), Australia, Chatham Islands, Bay of Islands, New Caledonia, Tonga, Fiji and Vanuatu. This yacht remains in family ownership to this day. When Ed was 75, he and Shirley crewed a yacht which sailed from St Lucia in the Caribbean, down the Panama Canal to Tahiti.

Favourite place: Wainui.

Favourite music: Classical

Favourite food: "I am butcher..MEAT and I love bacon & eggs"

Favourite activities: Ice-skating, skiing, sailing, canoeing, smoking salmon and making things from scratch in his workshop.

Ed says that his hardest challenge is to once and for all empty his garage and getting older! He says the best thing that has ever happened to him was meeting Shirley, to which Shirley replied she felt the same way about meeting Ed. Shirley added that Ed's greatest love was for his family and sharing all his activities with them. "He is so very proud of them "

Ed & Shirley have lived at Wainui since 2000 when they built a house there and only travel back to their ChCh property when the need arises. They both thoroughly enjoy their lifestyle on the Peninsula and living close to the water fulfils their lifelong love of the sea.

Editor: What a fantastic & interesting life Ed & Shirley have lived. It was an absolute pleasure spending the afternoon with the two of you.

Boy Scouts Bike over 4,000 Miles to Battle Cancer

On June 15, 2015, seven Boy Scouts embarked on an epic bike journey from the Pacific seaside town of Florence, Oregon. Their destination planned to take 66 days and 4,000 miles over the horizon, is Wrightsville Beach, North Carolina—their mission, to honour a schoolmate they lost to cancer and to raise awareness and funds for teen cancer programs.

The extreme cyclists, high school students in Chapel Hill, travelled 4,023 miles along the Trans-America Trail, successfully navigating the Cascades and Rockies, crossing the Continental Divide, descending into the Great Plains, then the Appalachian Mountains rolling into North Carolina's Piedmont and the coast, the entire trip without vehicle support.



The trip, labelled "Bike Loud", ended 70 days later on August 24th with a ceremony and a celebration at Blockade Runner Beach Resort in Wrightsville Beach. The trip closed in the same manner that it began in Oregon, with a synchronized dip of bicycle wheels into the ocean.

"I'm excited to bike across the country because it's a once-in-a-lifetime opportunity to challenge myself in a unique way," said biker Max Morgan. "I'm also really glad that we will be raising awareness across the country for the "Be Loud Sophie Foundation."

Sophie Steiner, who was diagnosed with germ-cell cancer in November 2012, died nine months later at age 15. Before her passing, Sophie expressed a strong desire to help other teens facing an overwhelming cancer diagnosis with non-clinical needs. Sophie's wish led to the creation of the "Be Loud Sophie Foundation," which supports teen cancer programs at University of North Carolina (UNC) Hospitals.

The Boy Scouts have seen many acts of kindness and generosity on their journey, including meals, overnight accommodations, refreshing swimming pools and contributions to the "Be Loud Sophie Foundation." "This is the generosity we continuously encountered along the way," said biker Andrew de Figueiredo.

Article courtesy of "The Edge"

Society News:

CHRISTMAS LUNCHEON

Place: Hornby Working Men's Club' 17 Carmen Road, Hornby.

Date: Sunday 29th November.

Time: 11.15 am for social drinks and get together

Meal: 12 Midday.

Cost; \$25 per person (payable prior to the event)

To save Margaret having to make so many phone calls, could members please ring Margaret on 03 349-7585 to express your intention to attend by the 21st November. Margaret will call the balance of the membership.

Pay by cash: Ring Ava on 03 382 1873 or Margaret on 03 349 7585

Pay by Cheque: To Amputee Society P.O. Box 26 148 North Avon, Ch-Ch 8148.

Pay on Line: 0308 30 026 4400 000. Looking forward to seeing a good crowd attend.



Health Warning:

"Legionellosis" is a respiratory infection caused by Legionella bacteria. Many such infections are without symptoms - up to 20% of healthy adults have antibodies showing previous exposure to the bacteria, but only a small number of these will have had an illness with symptoms of legionellosis. How severe is the illness? The severity of legionellosis can range from a mild respiratory illness (Pontiac fever) to pneumonia (Legionnaires' disease). Persons with Pontiac fever generally recover within 2-5 days without treatment. Legionnaires' disease can cause serious illness and requires treatment. Legionella can be found in any type of water system and in soil. They have been found in the environment in creeks, ponds and potting soil. The bacteria are prevalent in warm stagnant water such as can occur in plumbing systems, hot water tanks, water in cooling towers, evaporative condensers of large air conditioning systems and spa pools. Home and vehicle air conditioners are NOT a source of Legionella bacteria. Take care when dealing with **compost, potting mix and any form of soil or dirt**. Read the warning labels on commercially available bags of compost and potting mix. To minimise risk you can: avoid stirring up dust, avoid inhaling dust, dampen the soil/compost before use, wear a dust mask that fits tightly over nose and mouth.

Thank you:

Plans are coming together well for the Amputees Federation conference in Christchurch next April. As stated previously, it is to be held at The Sudima Hotel in Memorial Ave and the major refurbishments at the hotel are almost complete. We anticipate that this will be a tremendous venue and early next year, we will advise you of the programme for the weekend of April 15-17th. At this point, we would like to express our gratitude to sponsors who have given generously to the event. We are indebted to them for their assistance.

- ◆ Villa Maria Wines
- ◆ Giesen Wines
- ◆ Lone Goat Wines
- ◆ Couplands Bakery
- ◆ Air NZ
- ◆ Cracroft Chase Wines
- ◆ Thomas Wines (Greystone & Muddy Water brands)
- ◆ Progressive Enterprises (Countdown)
- ◆ The Food Factory (Baker Boys)



Welfare Message:



Members are reminded that although our finances & resources are limited, we do have funds set aside to assist those people who are suffering genuine financial hardship or simply require **ANY** of the issues disclosed in the picture. The society can not act unless an approach is made so if you do require some help, **PLEASE** make contact with us...matters will be treated in the strictest confidence.

Society News:

- ◆ Does anyone have photographs or news they would like put on our website? If so, contact Joanne at 942-5320. Makes for a more interesting website if we have items and photos updated regularly. Joanne does a great job of looking after our website & Facebook page. Don't be shy about giving her material that could be posted online. Have a look at our website www.amputeeinfo.co.nz
- ◆ Reminder. Joanne is available to help with any computer issues/problems/ tutoring. See back page for her advertisement.

Smile Awhile



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
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Manager

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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

Thanks to Our Sponsors:

