



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

Coordinator

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Newsletter November 2019 No. 203

Hi Everyone,

Welcome to the end of Spring, hopefully fires and heaters will no longer be necessary, however in this time of climate change and uncertainty who knows what surprises nature has in store for us. I hope this newsletter finds you in good health and that the limbs you have been issued with are working well and are serving you as expected. Below notice the two dinners coming up, maybe we will see you there. (Some people use these gatherings as a sneaky chance to pay their subs. Lorraine usually has her receipt book hiding in her handbag.)

SOUTHLAND MEETING & DINNER – Saturday 23 NOVEMBER

Our annual **Meeting and Dinner** will be held on Saturday 23rd November at the Working Men's Club at 154 Esk Street, (corner of Esk and Ythan Streets). Time of the meeting is 4.15 pm, to be followed by a buffet meal which will be available from 5 pm (cost \$28) and the Society will provide a subsidy of \$10.00 which you can put towards your meal or drinks.

Ring David and Vonnie on 214-1548 before Wednesday 20th November and let them know you'll be there. We look forward to seeing our regular attendees, as well as some new faces.

Pre-CHRISTMAS DINNER – Saturday 7 DECEMBER

Here's something as a lead-up to your Christmas celebrations – a Christmas Banquet Dinner on Saturday 7th December at 6 pm at the Equinox (formerly Wobbly's), 146 Victoria Rd, Dunedin. The cost to members and partners will be \$25 pp – the rest of the cost of a delicious 3 course menu (check this out on their website www.equinoxdunedin.nz) will be subsidised by the Society. This recently refurbished restaurant is a must to experience and the ample parking and wheelchair access is a bonus. Please ring Lorraine on 455-6347 before Wednesday 4th December to confirm you'll be there – we look forward to seeing you!

ARTIFICIAL LIMB CENTRE CHRISTMAS DATES

This year NZALS has decided to close all Limb Centres from 12:00 noon on Wednesday 24 December until reopening on Monday 6 January 2020. If a client rings a Centre, they will get a voice message saying the Centre is closed and to ring a mobile number if they need any urgent assistance.

MEMBERSHIP

Deceased - We have recorded with regret the sudden passing of Karen Malcolm of Invercargill. Karen recently joined the Otago Southland Amputee Society Committee and we had the pleasure of her company at 2 meetings. Our condolences go to Stuart and Karen's family and friends.

New Member – No new members to be welcomed in this newsletter.

GRANTS

Thank you to the Otago Community Trust for the recent grant of \$500.

Introducing Leighton Smith.

(Leighton is on our Committee)



I am a 55 year old born and bred Southlander residing in Invercargill with my wife Vicki and cat Ziggy.

I excelled at sport in school becoming a Southland Champion at 12yrs old winning the 100m Sprint Final. I also became the Intermediate School Form 2 Cross Country Champion.

All throughout secondary school I won Athletics & Cross Country Championships and broke records. I completed my first Marathon with a friend at the age of 15.

I joined the Invercargill Rowing Club in 1981 and achieved success provincially and won a title at the South Island Rowing Championships.

At age 22, after transitioning from rowing to road cycling, I won the Gore to Invercargill Classic. In 1986 I won the Southland Senior Road Cycling Championship. I also won 2 Stages in The Tour Of Southland and 3rd in another. I won numerous local biathlons & triathlons and was very fit.

In 1990 at the age of 26 I had my near-death motorcycle accident. My life changed forever. I became a trauma hemipelvectomy amputee (entire left leg plus hip, and left side of my pelvis was amputated)

I returned to sport in 1993 winning 5 golds, 1 silver and 1 bronze medal plus broke 5 NZ records in swimming at the New Zealand Disabled Sporting Championships.

From 1991 to 1998 I completed 6 half and 6 full marathons on crutches on my good right leg. In 1994 I became the World's Fastest A.K.A. over the Christchurch Marathon using crutches on one leg. My time of 5 hours 58 minutes 13 seconds remained unbeaten for 19 years.

In 2009 I graduated from The Southern Institute Of Technology with a Bachelor in Sport & Recreation. I also gained several coaching qualifications and have coached various successful cyclists in Road Cycling and several crews in Rowing.

In 2010 I had my right hip joint replaced. Due to complex injuries sustained from my accident, it is impossible for me to wear a prosthesis full time. However I love wearing it whenever possible. *(Well done on your many sporting achievements Leighton – to think what could have been! A few All Black supporters would relate to that!)*



OUR GRANTS

Applications are invited for grants from the following funds:

Meffan and Pankhurst Funds - Welfare grants up to a maximum of \$300 in any one year are available to members to help improve independence and quality of life. Some examples of purposes for which grants can be made are: health and medical services; subsidising of travel over and above taxi vouchers; home comforts, e.g. wood, coal etc; equipment which will assist independence and/or mobility.

Coyle Young Achievers' Fund - Grants up to \$500 in any one year are available to young people up to the age of 30 to help with cultural and sporting interests and hobbies. Young people are encouraged to get in touch with the Coordinator or a Committee member to discuss possibilities.

Application Forms for all grants are available from the Coordinator and will be considered by the Finance Sub Committee after the closing date of 30 November. Applicants must have been a financial member of the Society for at least two years and, if successful, grants will be paid only upon the supply of a quote or invoice, with payment made to the service provider. **Note** that it is our policy that grants will not exceed the interest earned on our investments in any one year.

Amputees Federation of New Zealand Inc.

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

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

Newsletters by email:?

Maybe you could help the Society finances by getting your Newsletter by that modern thingy called email. Another recent increase in postage (\$1.30) means that more than half of your \$10 sub goes towards the cost of posting a newsletter and it would be a considerable saving to the Society if we could add your name to our emailing list. Contact Lorraine at lorrstan@xtra.co.nz

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

• VISITORS •



SUBSCRIPTIONS - There are still a few outstanding subs (\$10 per year) owing from 2018. If you are one of these, there'll be a red dot on your newsletter and this will be your last unless your subs are brought up to date. Currently there are 30 members who haven't yet paid for this year (2019), we have highlighted this [HERE](#) on your newsletter if you are one of these and payment would be appreciated before the end of this year - either to Sue at the Limb Centre, by post to Lorraine, or by direct credit to our bank account 031355 0277644 00 (please identify with your name).

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Patron: Mr C L Birks, MB, ChB, FRACS
Affiliated to the Amputees Federation of New Zealand Inc.