



## AMPUTEE SOCIETY OF AUCKLAND & NORTHLAND (INC.)

Affiliated to the Amputees Federation of New Zealand Incorporated

P O Box 71171  
Rosebank  
Auckland

**Patron** Mr. Geoff Lamb ONZM, FRCS, FRACS

**President**

Mrs. Mali Liupuhi  
Phone (09) 828 5276

**Vice President**

Ms. Lois Mackenzie  
Phone (09) 828 6722

**Secretary/ Treasurer**

Mrs. Janis Bourne  
Phone (09) 833 8057  
Email janisbourne@xtra.co.nz

### June/July 2013

Hi all

Winter is with us. It is raining outside as I type this letter. What a dull dreary day. No gardening today, that is for sure.

We all enjoyed a "Coffee, Cake and Chat" Social Sunday Afternoon on Sunday 19 May 2013. A small, but intimate number turned up, and enjoyed lots of cake and chatter. The support of others in a social gathering is important. New amputees and regular visitors are all always welcome.

The Calendar for 2013 includes, Sunday 7 July 2013, Ian Winson, above knee double amputee from an Onehunga blast two years ago, who has a story to tell. Ian was on the Attitude program, TV One, 9am Sunday morning a couple of weeks ago. We all have our own stories which are life changing. Come and hear Ian's story.

This will be followed by a "Mid-Winter Christmas Afternoon Tea". Christmas mince pies, shortbread, Christmas cake and all the yummy treats of Christmas in an afternoon tea.

The next Sunday Social afternoon will be held on Sunday 1 September 2013, with Paul Bargh, Manager of

the Auckland Artificial Limb Centre has agreed to speak mainly on the approach of component selection for individual amputees and the rationale behind this. Paul will be speaking from 1pm to about 2pm, followed by coffee and chat, and support for all amputees.

The year will conclude with an early Christmas barbecue on Sunday 3 November 2013. The later in the year we leave this event, the less likelihood of having a good turnout.

Mark your calendars for 7 July 2013, 1 September 2013 and 3 November 2013.

If there is something of interest which you would like to hear about or discuss at our Sunday Social Afternoons, please let a committee member know and we will endeavor to source a speaker, and/or information.

As a committee we are unsure what is of interest to members. These do not necessarily need to be amputation orientated. Gardening, preserving, aromatherapy, whatever is of interest.

The society has been heartened by the subscriptions and donations which have been paid directly into our bank account. This certainly is

the way forward. Anne and Tracey at the Auckland Artificial Limb Centre are still able to collect Subscriptions and Donations if this is an easier option, or post to the above Post Office box.

Remember subscriptions are \$5.00 per year. With a number of newsletters being sent via email, it is difficult to include receipts. If a receipt is required for tax purposes or whatever, please feel free to contact the Secretary/Treasurer who will forward a receipt for your requirements.

Our Field Officer, Kerry Wilfred-Riley, is available to offer support and guidance where necessary. Kerry attends most of our Sunday Social Afternoons on her way to visits amputees in Whangarei once a month. Amputees and families are welcome to contact Kerry direct if necessary. Ongoing support is important for all amputees and families.

Jason Semple is leaving the Auckland Artificial Limb Centre after more than 12 years' service with the NZALS. We wish Jason the very best in whatever the future brings his way. He will be missed.

Our newsletter is not complete without at least one photo.



An artificial foot, glass red wine, marshmallows and an eye patch. All in one weekend at conference in Wellington. I love the combination.

This is essentially the Serenity Prayer, as used in other organizations. I found this in an unusual source, which thought was worth sharing and hope it gives some food for thought to some.

### Acceptance

God, grant us the.....

**Serenity** to accept the things we cannot change,

**Courage** to change the things we can, and the

**Wisdom** to know the difference

**Patience** for the things that take time,

**Appreciation** for all that we have, and

**Tolerance** for those with different struggles

**Freedom** to live beyond the limitations of our past ways, the **Ability** to feel your love for us and our love for

Each other and the

**Strength** to get up and try again even when we feel it is hopeless.

Remember Sunday 7 July 2013 at the Auckland Artificial Limb Centre, 2pm start to hear Ian Winson, and his live changes, followed by a Mid-Winter Christmas Afternoon tea.

Winter is a time to keep, warm and dry.

Regards

Janis Bourne  
Secretary/Treasurer

### **Telephone numbers:-**

**Field Officer:** - Kerry Wilfred-Riley telephone 027 376 1270 or (07) 849 6362

**Total Mobility Officer:** - Nic Hewton telephone (09) 833 4470

### **Committee Members: -**

Marlene Bennett – telephone 815 6566

Carol Whiting – telephone 832 6311

Vaianu "Manu" Napara – telephone 376 3967

Auckland Artificial Limb Centre

7 Horopito Street

Mt Eden

Auckland 1024

Telephone numbers (09) 630 0644 or Toll Free 0508 630

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