



Amputee Society of Otago & Southland Inc.

Coordinator

Mrs Lorraine Peacock QSM
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Newsletter August 2023 No. 218

Greetings everyone.

Well here we are in August hopefully with the worst of winter behind us, although saying that winter has been pretty good so far. There are plenty of people out there with a cold or the flu, I hope this does not include you and that you are well and feeling eager to get into the joys of spring.

I have family and friends overseas at the moment (USA and Europe) they have escaped part of our winter but boy if they wanted heat they are sure getting it. With all this climate change happening I think we still live on the best part of our planet. We will wait and see how our summer shapes up. Heat and artificial limbs don't always mix that well.



COORDINATOR'S Contact Details

Please note that Lorraine has dropped her landline and can now be contacted on her mobile 027 422 1298.

INVERCARGILL MEETING AND DINNER

This year we will be meeting and eating on the 11th November. Full details will be in the November newsletter.

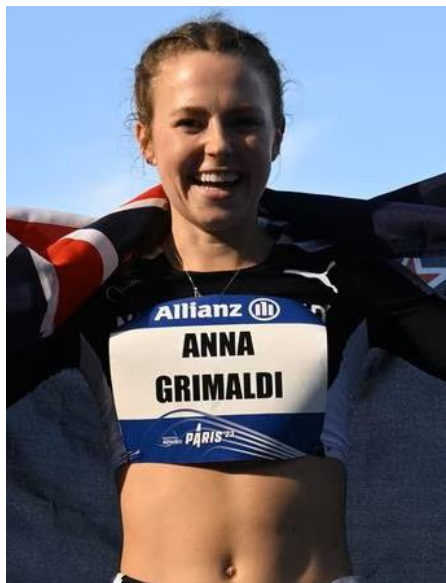
MEMBERSHIP

New Member - We have one new member this quarter - a warm welcome to Johann Potgieter of Invercargill.

Deaths - Sadly, we record the passing of Ian Beckett of Otautau and Avis Cayford of Oamaru.

The 2023 Paris Para World Athletics Championships.

Anna Grimaldi our double Paralympic long jump champion has won a Bronze Medal as a 100 metre sprinter. Congratulations Anna on a well deserved medal in the women's. 100m T47. That was not enough though and she decided to smash her national record in the T47 long jump by winning silver.



Holly Robinson MNZM (Also a Paralympian Silver medal winner and many other successes) won a silver medal in the F46 shotput. Holly's specialty is the Javelin so it is nice to see both women have increased their repertoire and have come back with success. Congratulations Holly.

It is also nice to note that this was an Oceania record throw of 11.59m. Holly underwent elbow surgery in January and was understandably not quite at her best in her specialist event, finishing fourth.



GRANT RECEIVED

Our thanks go to the Invercargill Licensing Trust for the grant they gave us of \$750.00.

BOCCIA

Parafed Otago have weekly boccia sessions at the Sargood Centre from 5:30 - 7pm on Wednesdays, which is highly recommended for any of our Dunedin-based people.

Boccia is a precision ball sport similar to petanque and bowls whereby athletes throw, kick or use a ramp to propel a ball onto court aiming to get close to a target ball (Jack). Played indoors from a seated position using soft leather balls on a



smooth rectangular court, boccia can be played as individuals, in pairs or teams of three. Boccia is a game of skill and strategy and is a truly inclusive sport in which men and women of all ages and abilities can play together. Boccia is a Paralympic sport with no Olympic counterpart and is designed specifically for athletes with a disability affecting locomotor function. Contact Connor Dan on 022 043 3768 for more information

sdo@parafedotago.co.nz, <https://www.parafedotago.com>.

NEWSLETTERS BY EMAIL (Postage Stamp increase)

Postage of a standard letter increased to \$2 on 1st July and if you have access to email we would love to include you on the large list of members who receive their newsletters this way, thus saving the Society \$8 per year. Please email Lorraine at lrrstan@xtra.co.nz

WAS IT YOU WHO YOU PAID?

We seem to have a generous benefactor who regularly pays \$20 into our bank account without any identification – the last time was on the 5th May. We would love to know who you are so that we can keep our records correct and issue a receipt. Please get in touch with Lorraine.

SUBSCRIPTION FORM

Use this form if you haven't yet paid this year's sub or haven't paid for last year (there will be a red dot on the front of your newsletter).

Membership subscription (\$10)	\$
Associate Membership for partner/spouse (\$10)	\$
Donation (Donations over \$5 are tax deductible)	\$
Total	\$

Name
(Include name of partner/spouse if subscribing as an Associate Member)
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(Please tick the box if you would like to receive your newsletters by email) ☐

You can pay by direct credit to our bank account 031355 0277644 00 (please identify with your name), or pay at the Limb Centre, or Lorraine at one of our gatherings.

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

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

OUR CONTACTS

Dunedin and Districts	Lorraine Peacock 027 422 1298 Graeme Sayer 021 168 9221
Invercargill	David Johnston 214-1548 or 027 454 8483
Gore	George Gaudion 027 437 9865
Oamaru	A volunteer is needed (please get in touch!)
Lakes District	Tetli Carey 409-0484

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Affiliated to the Amputees Federation of New Zealand Inc.