

doing more
with less!



Amputee Society
Canterbury & Westland Inc

Contents

Society News
History of Otto Bock
USA Trip- Mark Bruce
Person of Interest
Chuckle Corner
Web Sites

July/August/2013

Quote of the Month:

You can't wait for inspiration.
You have to go after it with a
club.

Jack London

Editor's Message

Hi Folks and hope this finds you all safe, warm, and well. It has been a whirlwind time since the last Edition and I am back in NZ and settling in for my repairs to start and I imagine that will be another whirlwind time.

The convention Mark and I attended was absolutely fabulous and so very informative. To see that many different levels of Amputees of all ages, in one place, was truly inspiring. I made many great contacts and have a list of new websites which will be in future issues and also the website. I also have 7 copies of In Motion magazine so if anyone would like one give me a call For those of you who have computers, I will post some great sites that I was given on various topics. Other details on things I accomplished for our Society and the Federation on the whole, will be in future issues, once the details have been worked out.

We are now on Facebook, thanks to Jo's hard work, so drop in and comment, contribute, ask a question, or just enjoy the posts. Just go into Facebook and type in Amputee Society Canterbury/Westland. It would be nice to see some questions asked and answered and perhaps it might help some of you out.

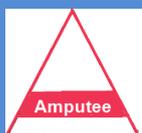
Please remember to let us know if you change your address or phone number as some of you haven't done that and therefore you have not been receiving your Newsletter. If anyone else doesn't receive the Newsletter, please let me know so I can send you one and make sure you are on the mailing list.

In reference to the message below from the Treasurer, if you can't pay your subs due to financial hardship, please let us know and we will work with you.

Well folks that is about it for this issue. I'm still going through jet lag—hahaha so hope this one was informative and a good read.

Take care all! Remember- if you would like a visit by one of our members please let Margaret know and she will arrange it.

Be well, stay safe, and see your prosthetist if you have any problems.



Address: PO Box 26-148 North Avon
Christchurch 8148

E-mail: info@amputee.info.co.nz
Web site: www.amputeeinfo.co.nz

Affiliated with Amputees Federation of NZ Inc.

Hi Everyone,

How wonderful to see the Sun and especially a lovely Blue Sky, one does feel more motivate to do extras.

I hope for all those who did attend the Mid Winter Christmas Lunch you did enjoy it . It was wonderful to see so many New Members. It is disappointing we do struggle to get 50 members to attend. Better next time.

Our Christmas Lunch will be on Sunday the 17th Of November. This time we will be asking you to pay before the day but will let you know more when I ring you.

Mark is making good progress but has a way to go..

All for now Take care.

Margaret Hunter (Vice President) (Visiting Co-ordinator & Events Co-ordinator)

A gift basket was sent to Mark and Robin from the Association to help them at this time. Also, a gift was sent to Mark from the Amputee Coalition of America and they were in touch with him re his unfortunate accident at the conference.

A note from the Treasurer

Hello everyone I hope you are all well.

We are going to start a new tactic for our functions which will involve prepayment. This has come about due to recent times when people have registered to attend but not turned up. In the past it wasn't such an issue but now we have to pay for those who don't attend after Margaret has booked for a certain number.

You have options of how to pay. When Margaret phones you or you phone her to register then you can advise the method of payment you would like to use: either by cheque in the mail to me at P O Box 26148, North Avon, Christchurch 8148, by banking online to our account number on the back of this newsletter or if you prefer or need to pay by cash you can ring me (3821873) and we can arrange for a drop off or pick up point for your payment. Thanks, Ava

A short time ago, we needed help cleaning out our garage and yard of EQ debris in order to prepare for our repairs in Sept. I contacted the Student Army in the hope they could help us out. Even tho it was during exam time, a group of 6 students turned up and really worked getting things done. I was informed by Tristan Braybrooke the co-ordinator, that the SVA are still out in the community helping people. If you need any work done you can contact them at 027 823 6446

Web - <http://www.sva.org.nz/>
willing to help where needed.

They are a great group of young people and are

History of Ottobock

— For more than 90 years, the name Ottobock has stood for innovation and entrepreneurial success, combined with the calling to provide handicapped people with the best possible quality of life through freedom of movement and independence. Driven by a pioneering spirit, courage and decisiveness, Otto Bock founded the company Orthopädische Industrie GmbH in Berlin in 1919 – the starting point of an unprecedented success story. ..Otto Bock realised his idea to produce prosthetic components in series and deliver them directly to prosthetists on site. That laid the foundation for the orthopaedic industry. Soon after its founding, the company moved from Berlin to Königsee in Thuringia, the home of Otto Bock, because of the uncertain political situation during the postwar era. In addition to the further development of prosthesis components, the company founder kept on having new materials tested to determine their suitability for production. He was using aluminium components in prosthetics even in the early 1930s. Later up to 600 people were employed in the steadily growing operation.

Three years after World War II the company suffered a cruel blow. The entire private assets of the family and the factory in Königsee were expropriated without compensation. A difficult new beginning in postwar Germany found its basis in Duderstadt, Lower Saxony. This is where Dr. Ing. Max Näder E.h., the son-in-law of Otto Bock, had established a new sales location since 1946 to supply what was then the western zone, and where he becomes the general partner and managing director of the newly founded Otto Bock Orthopädische Industrie KG in 1947. The lack of skilled workers, money inventiveness were in demand here. As an alternative to wood which was in short supply as a raw material, polyurethane synthetic materials for example were used in lower limb prosthetics for the first time and some of these are still used today. Otto Bock Kunststoff, an important technology partner for Ottobock to this day, is subsequently founded in 1963. Max Näder also pursued the international angle very early on. The internationalisation of the company begins with the founding of the first Ottobock foreign branch in Minneapolis, USA in 1958. Another 45 foreign branches have been added around the world today, so that the family company has advanced to become a global player in the industry.

The modular lower limb prosthesis set a technology standard worldwide starting in 1969, and its patent made a major contribution to the company's current market position. Another milestone in the 1960s was the development of the myoelectric arm prosthesis, which is controlled by muscle signals. With the application of such complex technologies, Ottobock transformed from a manufacturer of single components into a provider of complete prosthesis systems. Finally in 1997, Ottobock presented the C-Leg as the first fully microprocessor-controlled leg prosthesis system in the world, opening up a new dimension of walking. Innovation remains the company's main growth driver. The latest product developments such as the Genium leg prosthesis system, the Michelangelo Hand and the mechatronic C-Brace orthotronic mobility system continue to set standards in fittings for handicapped people. Other Ottobock business areas are successfully undergoing the transformation from suppliers of single products to providers of integrated fitting concepts as well.

In March of last year, I made a decision to travel back to the USA in June, July and August of 2013. I had been in the States in 2008 and had managed to visit 30 states during that trip. The reasons for my trip were threefold; firstly I wanted to check off the remaining 20 states that I needed to complete all 50 in honour of my late brother who had expressed the desire to finish the adventure with me. Secondly, I wished to attend the Amputee Coalition of America's annual conference in Orlando, Florida and thirdly, I planned to attend a memorial service in Washington State for my American cousin who passed away after a long battle with cancer.

A lot of planning went into this venture and all was in place for me to leave NZ on June 15th. I flew to Los Angeles and after spending a night there, I made my way to Union Station on Sunday the next day to board an Amtrak train at 6pm bound for Albuquerque, New Mexico. This was an 18 hour leg travelling overnight through California, Arizona and into New Mexico at sunrise. The scenery through the desert, although barren & stark, was simply stunning with amazing rock formations jutting out the ground and with the sunlight reflecting upon these wonders of nature, it made for a truly memorable experience. Upon arrival into Albuquerque, which is nearly 5,000 feet above sea level, at around noon, I stepped off my air conditioned train to be met by a gusty warm wind and 43 degrees. My hosts were there to greet me and gave me a tour of the city before allowing me to freshen up at their house. The famous Rio Grande River runs through the city and provides most interesting scenery. I left the city the next day also on Amtrak bound for Kansas City, another 18 hour journey that took me high up into the mountains of Colorado to nearly 8,000 feet above sea level. At times, the train moved so slowly on steep inclines that I felt I could have got off the train and walked faster, even with an artificial leg! Once again, stunning scenery and as day broke the next morning, the train was well East across the Kansas plains heading for Kansas City. Arriving at 7.30am, I was met by my hosts who took me to the "greasiest spoon" café in Kansas for a wonderful cooked breakfast in an authentic American diner before giving me a brief tour of the city. I offered to mow their lawns to which they gratefully accepted with a warning to watch out for garter snakes! Even though they are harmless, I very carefully pushed the mower around those lawns. After two wonderful days in Kansas City, I left on a Greyhound bus bound for Oklahoma City 8 hours away and arrived around 8pm at night. Unfortunately, my hotel was somewhat off the public transport route and taxis were very expensive so I was unable to get much of a look around whilst there. From Oklahoma, I boarded another Amtrak train bound for Fort Worth, Texas, a short 6 hour trip. My hosts met me around lunchtime and showed me the most wonderful hospitality in my 2 days in "cowtown". The highlight was to see cowboys on horseback driving Texas longhorn cattle down the road at the Fort Worth stockyards..a great experience.

I flew out of Fort Worth on Monday 24th June for Orlando, Florida and was met by Sue at around midnight whereupon we had a 2 hour drive south to her home in Port St Lucie. We stayed there until Wednesday when Sue & I headed north to Orlando for the conference. Many torrential downpours on the Freeway meant we took a little longer than expected to arrive but we checked in to the hotel which was a ten storey complex with superb facilities for the upcoming event. Thursday morning saw the opening of the conference and we were told that a record number of registrations (950) had been made for the event.

Over the next three days, we attended many interesting, informative & varied clinics and workshops which were all well run by knowledgeable facilitators. The exhibits hall, which was open for 2 ½ days was something to behold. There were approximately 50 different stalls and the "giveaways" from each & everyone was incredible. Of great interest was meeting the East Coast CEO of Hangar, a large player in the North American market for prosthetics. His name was Wiremu Faraday, a Maori boy from New Zealand who greeted me with "Kia ora bro" and had one of his staff take a photo of us together.

The unfortunate downside for me personally was that right at the end of a "Gait Mobility Clinic" that I was attending on the Saturday afternoon; I sustained a serious knee injury to my "good" leg when my patella tendon ruptured as I went to manoeuvre around a cone on the floor. I knew I was in difficulty when I looked down to see my knee almost unrecognisable in its shape and just like something out of the movies, paramedics arrived, carted me off to hospital in an ambulance and x-rays carried out. The attending Dr supplied the news that I did not want to hear...surgery was required to repair the damage. It didn't take me long to make the decision to cancel my plans for the next seven weeks and start to make arrangements for my evacuation back to NZ which I carried out whilst staying at Sue's place in Port St Lucie over the next two days. By Tuesday morning, all was in place for me to start my return and Sue drove me to Fort Lauderdale for the first leg of my trip home. It took 32 hours to arrive back in Christchurch but within 5 hours of touching down, I was in Ward 19 at ChCh Public awaiting my surgery. This took place the next day and as of writing, I am now 3 weeks post-op and making gains each day. Days are rather long sitting in my wheelchair but I am keeping myself well occupied and I am hopeful for a full recovery from this unfortunate incident. If all goes well, I will hopefully return to the USA next year to finish off my adventure of visiting all 50 states as originally planned.

Both Sue & I met some wonderful people during our time at this well organised and most interesting event and I am sure that the contacts & friendships made will last well into the future. In particular, Sue made many contacts that I am hopeful will provide most interesting information for the Society in the future. Sue will be able to elaborate upon these leads when she returns from the USA in August.



Kevin S. Garrison Sheds Light on Challenges Facing People with Prosthetics

Kevin S. Garrison was an athletic, artistic and intelligent 16-year-old when he received unexpected news—he had cancer and would lose his right foot. Now 40 years later, he's sharing his life's journey in his unique memoir, "[It's Just a Matter of Balance: You Can't Put a Straight Leg on a Crooked Man](#)" (published by I Universe), which is getting a revived marketing push in 2013. The book details his personal journey of illness that led to a successful career in prosthetics.

He hopes to offer guidance to those struggling with similar hardships and show that life can be lived to the fullest by sincerely accepting fate's course. Garrison also aims to help educate people on the challenges those with prosthetics face on a daily basis. "I hope that in reading my story, I will help others embrace life's challenges and learn to move on," Garrison says. "By getting over their anger and sadness about permanent disability, they will be able to have an actual healthy recovery.

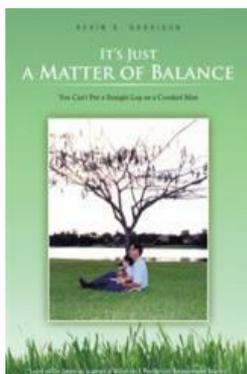
With a forward written by the President for the American Academy of Orthotists & Prosthetists, "It's Just a Matter of Balance" is a landmark book in the field of prosthetic lifestyles, and it is listed as recommended reading by the American Academy of Orthotists & Prosthetists.

About the Author:

After having his right foot amputated due to a battle with cancer as a teenager, [Kevin S. Garrison](#) has dedicated his life to becoming an advocate for prosthetics awareness and advancement. He works with the Miami Veterans Administration, to provide prosthetic care for veterans with service-related injuries. He graduated from the UCLA and Northwestern University prosthetics programs, and his works on prosthetics have been published in the scientific field. His private prosthetic practice, in two locations, has successfully provided prosthetic care for the south Florida region for 26 years. He lives with his wife, Catheline, and has five children and four grandchildren. More information can be found at <http://www.GarrisonsProsthetics.com>.

I had the privilege of meeting and talking to Mr. Garrison at the Amputee Coalition Convention and he is a most interesting and inspiring man. He is deeply committed to his work and was very interested to hear about our Federation and Societies. He is one contact of many that I will stay in touch with in the future.

<http://kevinsgarrison.authorsxpress.com/>



The Blond Joke to end all Blond Jokes

A blonde woman was speeding down the road in her little red sports car when she was pulled over by a woman Police Officer who was also a blonde. The blonde Officer asked to see the blonde's drivers license. She dug through her purse and was getting progressively more agitated.

"What does it look like", she finally asked. The Officer replied It's square and has your picture on it."

The driver finally found a square mirror in her purse, looked at it and handed it to the Policewoman. Here it is", she said.

The blonde Officer looked in the mirror, then handed it back saying, "OK you can go. I didn't realize you were a fellow cop".

Web Sites

Amputee Society of Canterbury & Westland Inc.

www.amputeeinfo.co.nz

The Amputee 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 <http://nzals.govt.nz/>

Kipp's Patch www.kipps-patch.com

Nation Wide H&D Advocacy Service – 0800 555050

**Amputee Society of
Canterbury & Westland Inc.**

PO Box 26-148
North Avon CHCH 8148

President

Mark Bruce 03-376-4436
mark.bruce@xtra.co.nz

Vice President

Margaret Hunter 03- 349-7585
jim.marg.hunter@clear.net.nz

Secretary

Shazz Hanrahan 03-385-7727
sharronhanrahan@gmail.com

Treasurer

Taxi Co-ordinator
Ava Thomas 03-382-1873
avat@clear.net.nz

Funding Co-ordinator

Mark Bruce 03-376-4436
mark.bruce@xtra.co.nz

Visiting Co-ordinator

Events Co-ordinator
Margaret Hunter 03- 349-7585
jim.marg.hunter@clear.net.nz

Newsletter Editor

Sue Lemieux 03-385-7727
suelmx@hotmail.com

Web Site Manager

Jo Boereboom 03-942-5320
farmtree@prardise.net.nz

Marketing Coordinator

Sue Lemieux 03-385-7727
suelmx@hotmail.com

West Coast Contact

Will Sturkenboom 03-732-8312

Life Members

Rachel White Rod Boyce
Liz Rogers Ray Boundy
Heather Plows
Ray Newton



War Veterans

S C Common
Ron Tiney

Artificial Limb Service

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

Manager

Graham Flanagan

Office administrator

Pauline Afitu
www.nzalb.govt.nz

Association Bank Info

Westpac 03 0830 026 4400 00

**Burwood Hospital
Hydro Pool**



**6:00-6:45 pm
Every Monday**

See you there for a
Relaxing session!
Funded by Lottery Board.

(closed until further notice)

Thanks to Our Sponsors:

