

doing more
with less!



Amputee Society
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Affiliated with the Amputees Federation of New Zealand

August 2021 Contents

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Quote of the Month:

May health & happiness follow you always and may any pain you have be 'Champagne'..*Quote supplied by society member, Lyn Hawke.*

Service to others is the rent you pay for your room here on earth. Muhammad Ali. *Quote supplied by society member, Marg O'Connell.*

Fun Fact:

Taumatawhakatangihangakoauauotamateaturipukakapikimaungahoronukupokaiwhenuakitanatahu. Near Porangahau, the longest place name in the world.

Editor's Message

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

In this month's editorial, I would like to make mention of all the wonderful Peer Support volunteers that give so freely of their time to support both pre-op and post-op amputees in our community and nationwide. For decades, amputees have been very generous in offering their support to people experiencing limb loss but that was in a regional setting by a diverse group of volunteers. The nationwide Peer Support programme was launched in August, 2019 after 18 months of thorough investigation and was founded on both evidence based research as well as a huge input from Melissa Noonan, Limbs4life Australia who runs a most successful programme in Australia, based in Melbourne. With the generosity and enthusiasm of Sean Gray and his team at Peke Waihangā (NZALS), the programme is run and administered by them in collaboration with The Amputees Federation of NZ. There was a tremendous uptake from amputees around NZ to offer their support and to date, there are 80 trained volunteers from The Far North to Invercargill who are only too willing to support our peers through the journey of limb loss/difference. In the past 2 years, volunteers have supported over 360 recipients ranging in age from 14-101 from 16 different ethnicities which proves the scope, reach and need for such a service. As one of those trained volunteers, I am extremely proud of what each and every one of the "team" has achieved over the last couple of years and humbled to be part of an extraordinary group of people. Kudos to you all but also to those unsung heroes that have assisted our peers over many decades previously. **THANK YOU ALL.**



MEET IVAN KIPPENBERGER:

Ivan's parents had moved to Gisborne during The Depression where they met and later married. In 1944, he became the 3rd born son (both older brothers are now deceased) after which the family then moved to the King Country for 4 years where his father was involved in the sawmilling industry as a trained saw doctor. His father's involvement with the "wood" industry saw the family make many different moves over the coming years and also played a part in Ivan's (and later Caryl's) many moves associated with his vocation in Forestry. After their stint in the King Country, the family moved to Te Puke for 18 months, Te Urewera for 6 years and in 1961 to Murupara where his Dad managed a sawmill and Ivan left Murupara/Rangitahi DHS at the age of 18. During his formative years, Ivan gained a passion for the outdoors, especially pig hunting and would often go hunting on his own. This interest would ultimately lead to his disability which will be disclosed later.



Straight out of school, Ivan joined the Forest Service as a ranger trainee which included both practical and theoretical training at many different locations around NZ. It was while being based in Reefton in 1964 that he first met Caryl, a local Reefton girl and even though their vocations took them away from Reefton, they remained in contact over the next few years. By 1966 in his 4th year of training, Ivan was transferred to Tapanui where he was in charge of a pruning/planting gang. During this year, Ivan also completed his National Service training at Burnham Military Camp before returning to Tapanui. He returned to Reefton where Ivan became a Junior Instructor at the NZ Forest Service Ranger Training School but Caryl had moved on to Nelson then Hawera as a teacher although they were still in touch. They became engaged while Caryl was still in Hawera and Ivan in Reefton but another move beckoned so they could be together. In early 1968 Caryl obtained a transfer to teach at Lower Moutere and Ivan to Golden Downs Forest. Ivan's continued passion for outdoor pursuits saw him go pig hunting with a colleague in February 1968 but an accidental discharge from his partner's rifle hit Ivan in the lower left calf causing major damage. While his partner went for help, Ivan was very resourceful and used his belt as a tourniquet to restrict blood loss whilst resting his damaged leg placed up in the air against a tree trunk. He finally got to Nelson Hospital for treatment but after 5 days, the surgeon decided that amputation was necessary due to there being very poor circulation in the damaged lower leg. With Caryl's wonderful support, Ivan recovered well and, in the October, they were married in Reefton whereupon they moved back to Golden Downs to start their married life together.

In 1969, Ivan obtained a position in Wellington as an indigenous forestry valuer which necessitated travelling all around the country but they lived in Pukerua Bay for the next 4 years before he attained the role of 2IC of the Eastern Southland Ranger District. In 1975, Ivan was given sole charge of the Hokonui Forest before being promoted to the position of Log Sales Marketing Manager for the Auckland region where the family lived until 1981. A return to Head Office at Wellington

IVAN KIPPENBERGER CONT:

that year saw Ivan take a senior position with NZ Forestry. In 1985, as part of the NZ aid programme to the Pacific Islands, Ivan accepted the role of Chief Forest Officer in Tonga on secondment to NZ Foreign Affairs. There was a small but close-knit community of ex-pat workers in Tonga at the time and they did enjoy this company. After 2 ½ years in Tonga, they returned to NZ but as a lot of the Government Departments had been privatised around that time, Ivan found himself without a job and out of work. In late 1987, Ivan was offered a role with NZ Foreign Affairs in Samoa as a forest advisor and in February, 1988, he and Caryl moved to Samoa where they spent the next 2 years. At this time, their 2 children were being schooled in Nelson but they had the best of both worlds being transported to Samoa every school holidays and enjoyed "island life".

In May, 1990, the role finished so he and Caryl headed off on a 3-month holiday travelling all around Europe and the UK. In February, 1991, they purchased a market garden property in Walters Rd, Marshland where for the next 29 years, they grew capsicums & micro-greens using the NFT (Nutrient Film Technique) hydroponic method. After the Covid pandemic struck, Ivan & Caryl made the decision to retire and after selling the Walters Rd property, they moved in to a new build at Silverstream, Kaiapoi in March, 2021. They are enjoying their new life and Ivan is attending the gym, swimming, playing golf and making superb coffee on his "pet" coffee maker.

FAVOURITE FOOD: Seafood and good wild pork.

FAVOURITE PLACE: Central Otago and the West Coast.

FAVOURITE ACTIVITIES/HOBBIES: Golf, swimming, gym & watching sport.

FAVOURITE MUSIC: The 70's and 80's.

FAVOURITE MOVIE: Lawrence of Arabia.

FAVOURITE BOOKS: An avid reader, especially historical novels. Authors, Robert Harris, Bernard Cornwall, John le Carre and Witi Ihimaera.

TRAVEL: Tonga, Samoa, UK, France, Italy, Switzerland, Austria, Germany, Holland, Belgium, Russia, Denmark, Norway, Sweden and cruises to Alaska and The Baltic.

Ivan said the greatest risk/s he took in his life was to go hunting on his own. In a strange twist, he said that if he had been on his own, the rifle discharge would not have happened but without a partner to go for help, he could well have died from blood loss. Ivan said Caryl has been a wonderful support throughout his life as have his 2 children, Andree & Roger who both live locally and they adore their 4 grandchildren. Ivan said that his amputation was a hard time but it taught him to re-set his life goals and make the most of things.



Thank you for hosting me in your beautiful new home and all the very best for the future Ivan & Caryl. It was a pleasure to be able to profile you in the newsletter.

FUNDRAISER...WE NEED YOUR SUPPORT:

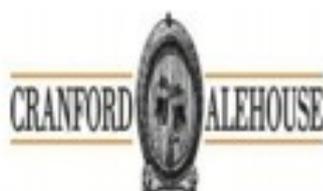
*doing more
with less!*



Amputee Society
Canterbury & Westland Inc

QUIZ! QUIZ! QUIZ!

SUNDAY 29TH AUGUST
4.00PM FOR A 4.30PM START



305 CRANFORD STREET, ST ALBANS

\$10 A TICKET

GET A TEAM OF 4 OR MORE TOGETHER

(BY YOURSELF? LET US KNOW IF IT'S JUST YOU AND WE'LL FIND A TEAM YOU CAN JOIN)

COME EARLY FOR A BITE OR STAY AFTER THE QUIZ FOR DINNER.

RAFFLES! LUCKY TICKETS!

SPOT PRIZES!

Contact: Justine on 021 105 5189 or justinemw@me.com
or Mark on 03 337 5747 or 027 238 1958



FLORIDA AMPUTEE WALKS THE CAMINO de SANTIAGO:

In late 2017, Adam Galicki, who is an above knee amputee from Florida, completed a 6 1/2 week trek of the famed Camino walk, The French Way, crossing The Pyrenees. This is his story reproduced courtesy of the "Living With Amplitude" publication.

Although I am a recently retired 60-year-old above-knee amputee living in flat Florida, I walked from May 20 to July 3 on terrain that was mostly up and down and only occasionally flat. The walk was in response to a recommendation that I tackle a challenging endeavour upon my retirement. After two shorter walks in Spain, I could not imagine a more difficult, yet potentially satisfying, vacation. My family and friends were amused but not surprised. My prosthetist was sceptical. I started to prepare six months before the trip. That meant walking every other day, gradually increasing the distance and adding weight to my backpack. Also, I built a convertible walker/walking cane unit to allow me to safely shower, etc., without wearing my prosthesis.



Crossing the Pyrenees is considered the most difficult part of the journey for able-bodied hikers. Many skip this section and begin the walk in Pamplona, Spain. It took me two days to conquer the mountains. As an amputee, I found some steeper downhill sections much more challenging and dangerous than some uphill sections. The Camino is not designed for people with physical disabilities. A lot of pilgrims quit the walk due to foot problems, injuries, wrong equipment, or inadequate preparation. Some walk it in short segments that they can complete during a week or two each year. Also, the weather is unpredictable: I encountered hail and temperatures from 50 degrees to over 90 degrees.

The over 1,000-year-old Camino Francés leads to Santiago, the third most significant Christian pilgrimage site after Jerusalem and Rome. With many accommodations and a developed infrastructure, it has become a magnet for walkers from around the world. The history, scenery, tradition, food, hospitality, and camaraderie create a background for a unique vacation experience. Walking (or biking) a road built by Romans 2,000 years ago; visiting Pamplona, Burgos, and León; sampling great Spanish food and wine; and staying with pilgrims from a variety of countries in 700-year-old hostels are some of the fantastic experiences not found anywhere else.

What else? Besides blisters, some lost weight, and some aches and pains, there is the triumphant entry into Santiago to attend Mass in the monumental cathedral. Next, I plan to walk the Camino Portuguese from Porto, Portugal, to Santiago and then continue to Muxía, Spain. It's only 200 miles or so, a walk in the park for me now.



A BIT OF THIS...A BIT OF THAT:

If you're reading this on page 6, I'm hoping that you will have read on page 4 that the society is having their major fundraiser for the year, **A QUIZ FUNCTION**, on August 29th at The Cranford Ale House. A lot of work goes in to making this event a successful one with a fun afternoon/evening on offer and great raffles available. The key ingredient is support and attendance from members/family and friends if it is to be a successful event so I am urging you to make the effort to put a team together and come along to support the work we are doing for our amputee community. Now, go back to page 4 to get the details on how to buy your tickets...hope to see you there.

PHANTOM LIMB PAIN AND PSILOCYBIN:

Reproduced courtesy of the "Living With Amplitude" publication.

In May/June, globe-trotting explorer Albert Lin, was featured in an article which focused on Lin's novel cure for phantom limb pain via a combination of mirror therapy and **psilocybin**, the active chemical in hallucinogenic mushrooms. As described in the article (and documented in a 2018 scientific paper), Lin ended months of debilitating PLP—10 on a scale of 10, by his description—in a single session with psilocybin. His case is one of the first to get mainstream attention, but it almost surely won't be the last. Psilocybin appears to be on the cusp of a medical-marijuana moment. Last fall Oregon became the first state to legalize the therapeutic use of psilocybin, and a smattering of major cities (including Denver, Oakland, and Washington DC) have decriminalized the drug. Psilocybin start-ups are beginning to attract venture capital. It's not very hard to see where this is headed. But where do things stand right now? Here's a crash-course on what's known about psilocybin's potential as a PLP treatment, what remains to be learned, and how things might unfold over the next five years.

Are you saying that if I just eat some magic mushrooms, my PLP will disappear? No no no no no . . . let's quash that idea right off the bat. This is not about self-medicating. As the article describes, Lin went through a guided process with expert supervision. His experience was carefully controlled and documented. This is science, not magic.

So where's the scientific proof that psilocybin can curb PLP? At present, all the evidence is anecdotal and circumstantial. Scientific investigation of psilocybin dates back to the 1930s, but it ceased in 1970, when the US Drug Enforcement Agency deemed it a controlled substance. Research resumed after 2000, but the drug's potential as a PLP treatment has never been studied systematically. Lin's institution, the University of California at San Diego, received funding earlier this year for the first-ever randomized clinical trial to test psilocybin's effectiveness and safety in treating phantom limb pain. Similar studies are in the funding queue and may be launched before the end of the year. We're probably a couple of years out from having a starter set of data.

How is this supposed to work, anyway? What's the biological mechanism? Short answer: Nobody knows. The theory is that psilocybin facilitates the reorganization of neural networks, helping the brain overwrite connections to limbs that are no longer there. **WATCH THIS SPACE !!!!!!!!**

Smile Awhile



**Get some roosters
for eggs...&
Raise some bulls
for milk...
Then you'll see that
gender matters.
Especially at
milking time.**



Web Sites

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

www.amputeeinfo.co.nz

The Amputees Federation of NZ

www.amputee.co.nz

NZ Artificial Limb Service

www.nzals.govt.nz

Peer Support

www.peersupport.nz

Parafed Canterbury

www.parafedcanterbury.co.nz

International Diabetes Federation

www.idf.org

Amputee News

www.amputeenews.com

Disability Rights Commissioner

www.hrc.co.nz

UN Programme on Disability

www.un.org/issues/m-disabl.asp

Paraloan 03 3795983

www.paraloan.org.nz

[Email: paraloan@xtra.co.nz](mailto:paraloan@xtra.co.nz)

**Nation Wide H&D Advocacy
Service – 0800 555050**

**Aspire Canterbury,
Disabilities Information Service**

17 E Bishopdale Courts, Bishopdale Mall CHCH
Website: www.aspirecanterbury.org.nz

Total Mobility. Contact Julie (03) 3669093

julie@aspirecanterbury.org.nz

LifeLinks. 0800 866 877

Web: lifelinks.co.nz Email: office@lifelinks.co.nz



**CCS
disability action**

Including all people

TE HUNGA HAUĀ MAURI MŌ NGĀ TĀNGATA KĀTOA
CCS Disability Action

224 Lichfield St, Ch-Ch. Thomas Callanan.

03 3655661/0800 2272255.

Email: canterbury@ccsdisabilityaction.org.nz

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Agent: Aspire Canterbury
03 3666189
julie@aspirecanterbury.org.nz

Mobility Parking Permit

CCS Disability Action
03 365-5661/0800 2272255

Life Members

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Liz Rogers Heather Plows
Ava Thomas Margaret Hunter

Artificial Limb Service

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

Office administrator

Pauline Afitu
www.nzalb.govt.nz

Amputee Society of Canterbury/Westland Inc

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.



Christchurch City Council

Disability Golf NZ

For any enquiries about becoming involved, anywhere in NZ, please contact Andrew Woo, 021 885678



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