



Te Kāhui Mutumutu o Te Upoko o te ika-a-Māui
Amputee Society of the Greater Wellington Region Inc
"Providing support for amputees and their families."
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Kia ora koutou katoa ngā mihi o te wā Hōtoke = Winter greetings to you all

Reception at Government House, Wellington



Co-Vice President Mary Humphreys and I were asked to attend the Patronage Reception on behalf of the Amputee Federation of New Zealand on July 5th at Government House, Wellington.

The Governor General Sir Jerry Mateparae took the opportunity to acknowledge the institutions and organisations that hold Vice-regal patronage, to thank the people involved in them for the service they give for New Zealanders and to celebrate our endeavours and leadership – individually and collectively – to make a difference.

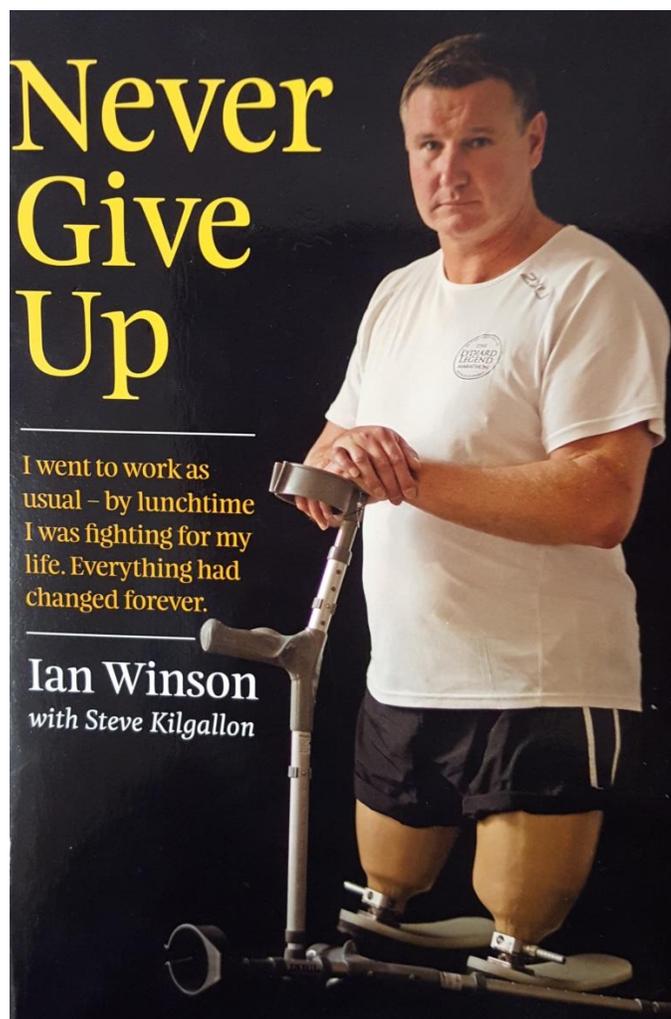
Sir Jerry concluded his speech saying "While varied in scope, what your groups share is a willingness to make a difference, the desire to contribute to their communities and a commitment to serve and support others. None of that would be possible without the support of individuals. People are the engine room of any organisation, and many of our patronages are reliant on large numbers of people working in a purely voluntary capacity. Estimates of the value of voluntary work to the economy is in the billions of dollars – which makes a truism of volunteers being worth their weight in gold!"

Mary and I were afforded the time to chat candidly with Sir Jerry and thanked him for accepting the invitation to open our National Amputee Federation Conference here in Wellington back in 2015.

**I must apologise for my dishevelled looking tie... I need more practice, and what about the guy glugging his glass of wine in the background, photo-bombing our moment with Sir Jerry - Ken.*

We are grateful for the support from:





'Never Give Up' Ian Winson with Steve Kilgallon.

This is an amazing story about Watercare Engineer, Ian Winson. A man who was right into his sport, married with two son's when his life was turned around dramatically in a serious gas explosion while at work in Auckland, June 2011. Ian lost both his legs, damaged both his arms (including having a finger amputated) as well as suffering a brain injury. The story looks at his long rehabilitation and how despite being let down by various Government agencies has learnt to live with his disability. Ian went on to take up sporting interest again including competitive swimming with an eye on Rio as well as taking part in the New York Marathon on a recumbent foot-crank bike. His attitude is the same as the title he has given the book and is well worth the read. He also includes a chapter on 'History of Amputation'. **Book Reviewed by Jo Maling:**

** The book also shares the personal insights of Ian's wife, friends and healthcare providers as they collectively set about the mammoth task of repairing Ian's broken body, mind and spirit and family. - Ken.*



Talking about Rio have you been watching the fantastic Olympic coverage. Team NZ is competing well on the world stage and has won a record breaking medal tally for our small Island nation. With a few days to go let's hope more medals come our way.

Our Kate and the NZ team are inching ever closer to the start of the Paralympics. Kate says "My individual pursuit is on Sep 8th (9th NZ time) with qualification and finals the same day. My 500m Time Trial is on Sep 10th (11th NZ time). I'm also in the road time trial, but this is an extra event that is not ranked for me".



I know I will be cheering her on from the comfort of my lounge chair I hope you can too - Ken.

We are grateful for the support from:



Te Araroa: Pukerua Bay to Paekakariki Escarpment Trail (Stairway to Heaven)

[Ken is planning to walk the 'Stairway to Heaven' trail this labour weekend, Sat 22nd October]



This is something that I have been thinking about for a little while now. I have been working hard at the gym for over a year building my fitness and had set myself the goal of completing the trail. It's a twofold journey; firstly to celebrate life, health and wellbeing as an amputee and secondly a spiritual journey of remembrance for those who have passed away, friends and whānau in the previous year.

This walkway is not for the faint hearted the Porirua City Council says there are significant risks and challenges due to the steep terrain, this track is narrow and has steep slopes dropping off below the track formation. The track is unsuitable for people with a fear of heights (vertigo) or who are unsteady on their feet. The track is constantly climbing and falling along the escarpment face. There are very few flat sections, and there are long sections of steep stairs without handrails. Altogether there is close to 1500 stairs to be negotiated. A high level of fitness is essential.

This is an open invitation to all amputees, friends and families to join my family and me if you think you have what it takes to make the 10km, 3 - 5 hour crossing. Please feel free to contact me if you would like to talk about this event. You can also check out the Porirua City Council website for full details about the track - Ken

<http://www.pcc.govt.nz/Leisure/Walkways-and-Pathways/Te-Araroa>

Users: *Walkers only.* Not suitable for bikes or wheelchairs. **Dogs and Horses:** Not Permitted.

Toilets: Only located at each end. Situated at Pukerua Bay shops and Paekakariki shops. ..

No toilets for the 10 kilometres in between.

Seats: There are limited seats along the route, these are mainly on the Kapiti side of the summit.

Swing Bridges: there are two swing bridges over deep gorges along the route.

Transport: Walk either way and catch the train back to your starting point.

- Protect plants and wildlife - - - Remove rubbish - - - Keep to the track - - - Consider other people

We are grateful for the support from:



Printable Prosthetics



In our April newsletter, I gave you a glimpse of the swim leg prototype trial that Rob has been involved in. Victoria University student, Stuart Baynes has released a short video report on the project which you can view at:

<https://vimeo.com/175189987>

*[copy and paste into your web browser]

The advancements in prosthetic design are forging ahead with great strides even here at home with passionate students like Stuart pushing the boundaries of printable prosthetics thus creating a future of limitless potential for all amputees.

**The prototype that Rob is holding has been upgraded since this photo. Rob has been unable to*

wear his leg lately but is bouncing back and looking forward to trialling the newer version.

Giselle - The Dress Rehearsal



Kathy Stone, Jo Maling and I went to the final dress rehearsal of the Ballet 'Giselle', a story of forbidden love. This was my very first induction to this form of entertainment, and I thoroughly enjoyed myself. Kathy gave Jo and I a written synopsis of the Ballet the day before so that we would have an appreciation of the story line and also schooled us in what a Fouetté turn is. Thank you, Kathy, for inviting us to enjoy the Ballet and listen to the fantastic live orchestra, Bravo!



We are grateful for the support from:



NZALS

New Zealand Artificial Limb Service

Peke Waihangā, Aotearoa

In my role as NZALS Peer Support Volunteer, I was invited to attend the recent NZALS Conference hosted at Te Papa Museum. All the staff from the 5 Artificial Limb Centres converged on Wellington to celebrate the launch of the new 'Organisational Structure', be introduced to the new leadership team and hear what they are responsible for in their new roles. It was an excellent time for all the staff to get to know one another, exchange thoughts and ideas about the current state of the limb service and work together to build a better service and future for all amputees. There were some great speakers; CEO of ACC - Scott Pickering and Privacy Act Law Expert - Wendy Beverley [Claro Law].

*Key themes from the Conference:

1. Amputees are at the centre of everything that we do
2. Do it once and do it right
3. Rehabilitation

Vision: Independent and productive lives for amputees

Mission: To enable amputees to achieve independence by delivering prosthetic and rehabilitation services.



Sean Gray - CEO of NZALS Outlining the 2020 Strategy



Lou Garrido

New Central Regional Manager

Sean Gray also announced at the conference that the new Central Regional Manager [Wellington] is Maria de Lourdes Garrido aka **Lou Garrido** who is of Argentinean descent. Lou is a Disability and Rehabilitation Specialist with a Physiotherapy background and will take up the appointment on Sept 5th. I'm sure you will all make her feel welcome when you next visit the limb centre.

Ray Binet who has been the Wellington Centre Manager for some years has taken a position as Senior Clinical Prosthetist.

We are grateful for the support from:





The Hurricanes Investec Super Rugby Champions 2016

Hurricanes 20 - Lions 3



It was a perfect end to the season for our local boys. Raewyn and I ventured out into what was a cold, wet dismal night at the Westpac Stadium as did the other 34,000+ fans. What a great game and a great outcome! As the photo indicates appropriate winter clothing was an absolute must.

The cold, wet windy southerly was hardly noticeable for the hardy local 'Canes' fans amid the excitement and enjoyment of the game. Well done Hurricanes!



Movie Night

We are planning to have another movie night. The next offering from the Star Wars camp is due for release December 15th. I'm a big fan and hope that we can see it as a collective force. I have watched the trailer and read some interesting reviews. Watch this space to see if we can go 'Outer Space' this December.



Amputee
Society
of Taranaki Inc.

Amputee Federation of NZ Annual Conference April 7 - 9 2017

Following the last Amputee Federation's Executive meeting it was decided that Taranaki would host next year's Annual Conference in New Plymouth. Put the date in your diary now and consider making the journey north to enjoy the sights and sounds of this beautiful region. Our Annual Conference is an excellent opportunity to meet old friends, make new ones, as well as listen to keynote speakers expound on topics relevant and meaningful to our amputee journey.

As more details become available, I will keep you updated.

We are grateful for the support from:

