



## **NEWSLETTER**

**January/ February  
2018**

As usual at this time of the year, our AGM is just around the corner. This year all four of our officers and four of our committee members are standing down for a variety of reasons. This leaves positions to be filled on the committee as well as the society needing a president, vice president, secretary and a treasurer. In the near future we will be needing a field officer or perhaps two if a job share is more attractive.

I have enjoyed my time in my various positions but as indicated by me at the last AGM and throughout the year, the time has come to move on and give someone else a turn. Being a member of the committee is not a huge task and the officer's roles can be adapted by each new appointee to fit in with their own timetable. There is one meeting per month which requires approximately an hour of your time. As always, many hands make light work.

We are at a point where we desperately need help and if no one steps up, we could find ourselves with a healthy, functioning society, forced into recess by lack of support.

The article below has been written by Mark Bruce from Canterbury and with his permission I have reproduced it here.

I look forward to seeing you at the AGM and ask that if you possibly can, you seriously consider assisting your society by giving some time on the committee or in one of the roles about to be vacant.

Diane Walsh

By Mark Bruce

Canterbury & Westland

At our AGM in February, the society will be looking to recruit some new faces on to the committee to carry on the work of supporting amputees in the communities we serve. I ask you to consider becoming a volunteer for the following reasons;

**WHY-**People choose to volunteer for a variety of reasons. For some it offers the chance to give something back to the community or make a difference to the people around them. For others it provides an opportunity to develop new skills or build on existing experience and knowledge.

**WHY IT IS IMPORTANT-**Volunteers are the most important resource community organisations have. The ability of people to work willingly together for the betterment of their communities and the organisations they represent is a most valuable resource.

**WHY IS IT GOOD TO VOLUNTEER-**Volunteering can provide a healthy boost to selfconfidence, self-esteem, and life satisfaction. You are doing good for others and the community which provides a natural sense of accomplishment. The role of a volunteer can also give you a sense of pride and identity.

**WHY IS IT IMPORTANT TO BE INVOLVED IN COMMUNITY SERVICE -**Community service involvement is important because volunteering teaches people of all ages and backgrounds compassion and understanding.

Volunteering and putting on service events can be used as a way to advocate for causes that you are personally passionate about. If this appeals to you, you are confident that you can work cooperatively & harmoniously within the committee for all the above reasons, we would welcome your involvement.



## Welcome

Welcome to our new members Simon Anderson from Napier and Derek Ward of Havelock North

We look forward to meeting you at society events in the future

Regional Clinic and Dinner Meeting with the Prosthetists

By Geoff Hansen

Late November was the last regional clinic from NZALS for the year & initially Becky & Otto were the prosthetist's attending. Becky had asked if I could arrange for some of our members to have a meal with them, however due to an important meeting being scheduled on one of the clinic days, Becky had to pull out & Dave came up to the clinic with Otto. We went ahead with the function which we had at Jarks City Side on Thursday night. I booked a private area & 11 of our member attended & with Dave & Otto we still had to sneak another chair into the room. The meals were great & there was a lot of laughs & it was decided to never seat Rob & Ted together again, far too much mischief. Becky promised me she will make the next clinic so hopefully we can have another catch up & a chance for members to meet her & whoever else attends in a non work-patient situation.

As usual the clinic itself went well with close to 40 amputees seen over the 2 days. The regional clinics are a great benefit with the prosthetist's doing as much as they can given they don't have all the tools or products that are available at the Limb Centre. Eliminating a trip to Wellington has to be a positive for us. Later in the day when there was a break between patients Otto told Dave & myself that today was his work anniversary. He had started at the Wellington Limb Centre on November 24 in 1974. Wow 43 years in the job, that's a great innings. Dave & I congratulated Otto as per the photo. It's a long time looking after people who are legless, yes Otto doesn't drink.

Well done Otto (for the length of service)



# Annual General Meeting

18th February, 2018

1.30pm

Church of Hastings Hall

1024 Duke Street

Mahora

Hastings

Afternoon Tea will be served

Transport is available if required (ph Diane 9763716)



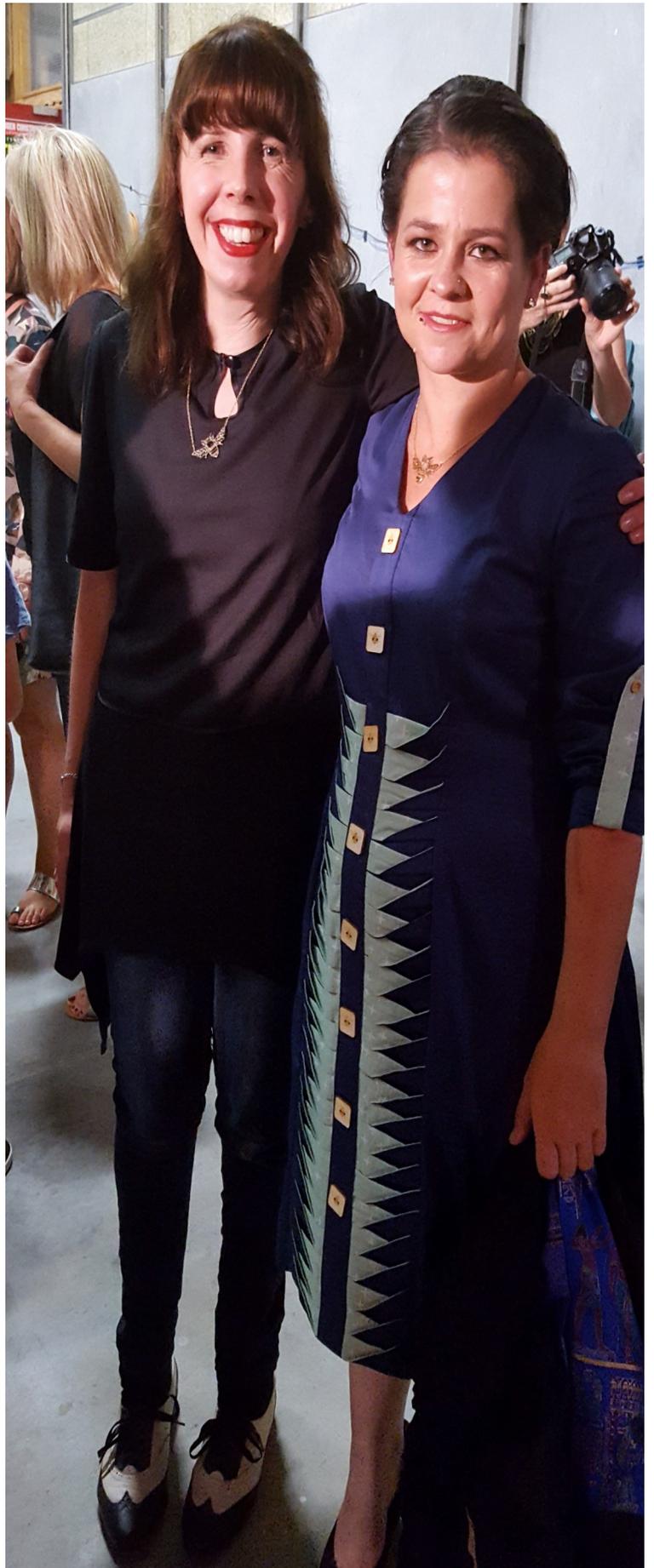
Several of our members at dinner with the NZALS prosthetists visiting for the regional clinic in November.

Back in August I received a message via our Facebook Page from a lady Bex McNeur a Fashion Student from EIT. Bex was planning her fashion for the end of year show & her theme was going to include equality, inclusivity & diversity & she wondered if we had a young female amputee that would be willing to meet with her to talk about it & potentially be a model for the show. I said "are you sure you don't need an older male"? Just joking. I had a member in mind immediately unfortunately she doesn't attend any of our functions so many of you may not have met her but she attends the Give it a Go Youth Camp at the National Conference each year. I went to see Abby but she was in Rarotonga for her Dad's wedding but I left a message for her & we caught up a week or so later & I gave her what I knew of Bex's pitch & Bex's contact details. Even though the show was some months away Bex needed time to get measurements for the clothing she was designing & making.

You may be curious as to what connection Bex had with amputees as she is not one herself. She wanted to see more people with physical disabilities represented in fashion in the future. But what really drove this is Bex's lifelong medical condition which is a rare connective tissue syndrome called Ehlers Danlos Syndrome. What it basically means is that the collagen produced by a person with this syndrome is weaker therefore their joints & connective tissue can become loose. Due to this they often have jaw joints or shoulder joints replaced & have multiple surgeries but have to endure pain daily with no known cure & as it worsens they can end up unable to walk & bed ridden. I guess many of us can relate to parts of that however many amputees are only dealing with one part of their body not the whole body. For instance E D S sufferers can have intense ear lobe pain & they are more at risk to injuries due to the flexibility of their joints caused by the weak collagen. EIT framed up the Project Runway-like assignment based on the real-life industry scenario. Students were instructed to design, pattern-make, construct & self-direct the entire production process. This included accessorising the outfits, sourcing the models & directing EIT body & beauty & hairdressing students who assisted with makeup & hair styling. Bex had assured me I would have a ticket to attend the show & never having been to one before & knowing one of our members was to be a model was exciting.

There were 10 students on the program & they each had 4 models. It was opened by a past student Misty Ratima who was awarded supreme overall winner at the Miromada competition 2017 which won her the opportunity to show at the NZ Fashion Week in Auckland. Myself & our Vice President Bernice attended thanks to Bex securing tickets for us & we ended up sitting next to Heather, Abby's Mum. Heather said Abby was very nervous which was understandable as there were heaps of people in attendance. Bex's presentation was named "No longer slaves" which is her favourite worship song. She was the 4<sup>th</sup> student to present. I had never been to an event like this & am far from being a fashion expert, to be truthful not even a fashion novice but it was very professionally run. There were very different collections from colours of flowers to camo & denim & Bex's passion & motivation to restore integrity to ready-to-wear fashion. Bex feels the industry is dominated by cheap throw-away fashion that heavily exploits workers & the environment. I was a little bit surprised when Abby & the other models for Bex came out as they had coats on & their heads were covered initially however these were removed to reveal the collection which received plenty of applause. Bex had sourced certified ethically made, organic & sustainable fabrics. Abby did a great job as a model on the runway, perhaps we will see you modelling Bex's great collection in Paris or New York soon Abby, well done to you both.





Abby and Bex following the show

## Swim Exercise Program

The new year for the swim exercise programme will commence when the school holidays are over. The plan is to stick with the Friday morning 10 00 time slot. You can phone or text Geoff 021 723609 or Diane 9763716 for updated information from the end of January.

### Regional NZ Artificial Limb Service Clinics 2018

phone 0508389389

Thursday February 15 - Friday February 16

Thursday April 12 - Friday April 13

Thursday June 7 - Friday June 8

Thursday August 16 - Friday August 17

Thursday November 22 - Friday November 23

NZALS

On the 10th of December we held the final social event for 2017 at the Puketapu Tavern. The Christmas luncheon is usually well attended and this one was no exception with around 40 members and families enjoying the occasion. The food was lovely with a good selection of tasty dishes and the great company combined to make a most enjoyable lunchtime outing. The raffle was popular with first prize, a very attractive goody basket being won by Ted Bos. Second and third prizes were boxes of delicious looking cherries donated by Jenni and Peter Fulford. One of those prizes was also won by Ted Bos and generously redonated to be drawn again.

