

# Hawke's Bay and East Coast Amputee Society Inc

Affiliated to the Amputee Federation of New Zealand

## Newsletter March / April

### AGM

Our annual General Meeting was held on the 9th February.

As well as the election of officers, delegates for the upcoming conference in Nelson were appointed, and reports were heard from Joan Parker, Diane Walsh, Colleen Kelly, Hunter Collins Kelly and Geoff Hansen.

There were two nominees for the position of president, so an election was conducted by secret ballot. The committee is as follows

Diane Walsh : President

Colin Blakesley : Vice President

Colleen Kelly : Secretary

Geoff Hansen : Treasurer

Hunter Collins Kelly : Committee

Denise Brown : Committee

Bernie Paterson : Committee

The work of the previous president, Joan Parker, is acknowledged with thanks.

**Minutes of the AGM are  
available to members, on  
request, from the secretary  
Colleen Kelly. 8443289**

### FREE Water Fitness for Amputees

Our first ever **free** water fitness program especially for amputees, will begin on Thursday, April 3rd at 2pm and will run for six sessions

It will involve....

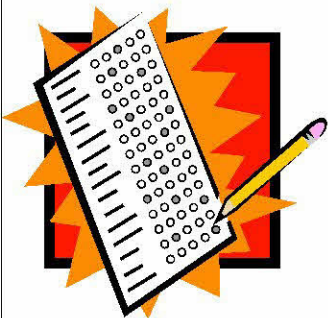
- Gentle exercise in warm water, supported by flotation equipment
- A trained water fitness instructor free to members
- Assistance if necessary to enter and exit the pool
- Disability friendly environment
- Free admission to the pool complex

Numbers are limited, so please phone Colleen 8443289  
to secure your place.

*If you have a problem which is stopping you from joining us,  
please let us see if we can sort it out to enable you to come!*



### Pub Quiz



I am keen to get a team of six together to have a bit of fun and earn some prize money for the HB East Coast Amputee Society.

Hastings Breaker's Café and Bar holds a quiz night on the second Tuesday of every month. I have done it once and it was lots of fun and not too hard. It costs a gold coin from each person and the collected money goes to the winning team's choice of charity.

The food is good and reasonably priced and the whole evening is over by about nine thirty. If enough people are interested we could have two teams. (six in a team is the limit).

Phone Diane 8774294

# Amputee Conference 2014

## In SUNNY NELSON

Friday 21st March till Sunday 23rd March



### A message to our East Coast Members

Our field officer Geoff Hansen will be coming regularly to the fitter's clinics at Gisborne and would like to meet

East Coast Amputees.

The committee would like to know what we can do to include our Society's East Coast Members. We have lots of new ideas for the coming year.

Of course, we would love to see members from "up the coast" at events however we understand that it is a long way to the Bay. So please give us some suggestions of how we can meet your needs?

Please email Diane at [daisym@paradise.net.nz](mailto:daisym@paradise.net.nz) or talk to Geoff if you see him at the clinic. We'd love to have more East Coast members and be of service to you.

### Important Notice

**Due to the Privacy Act, it can be difficult to learn of new amputees for our Field Officer, Geoff, to contact. While we appreciate that some will choose not to take up the offer of contact, some may also miss out because we don't know about them. If your hear of an amputee, before or after their surgery, or an amputee who would like a call, for whatever reason, please give them Geoff's number or, if they would prefer, give Geoff their contact details.**

**Geoff 021 723 609 or 06 8703357**

**Visit and Like our lively  
Facebook page,  
please ask your  
family and friends  
to like us too**



## The inaugural Annual Car Rally

The first car rally in what we hope will be an annual event was held on February 15th 2014.

The teams gathered in the carpark at the Mayfair Shopping Centre, where after receiving their instructions, they left at 3-4 minute intervals. The first challenge was to figure out the six destinations using the clues supplied. Once on the course, teams had questions or tasks to complete at each stop. The challenge was to arrive at the final destination, clocking up as few kilometers as possible.

The winning team had the most correct answers and the lowest km's and they were awarded a generous meal voucher by our final hosts, The Rose and Shamrock Village Inn in Havelock North. Second place getters won a Voucher from Arataki Honey Visitors Centre. There were names pulled out of the "hat" throughout for spot prizes and even a "Better Luck Next Time" prize for the longest distance travelled.

The organizers would like to thank NZ Credit Union Baywide, The Rose and Shamrock and Arataki Honey for their generous support.



Where are we going?



'64 Fairlane, nice entrant



Teams assemble at the start



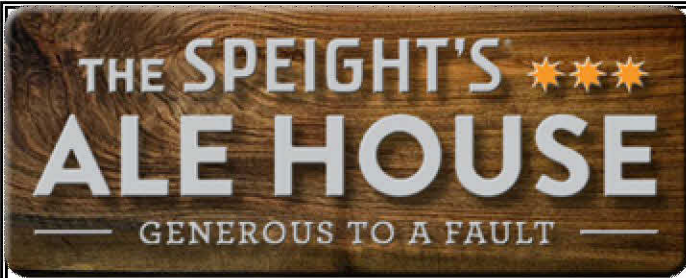
Colleen arrives at Arataki



Refreshments all around



The winning team



**Autumn Lunch By the Sea**  
**at Ahuriri**  
**Sunday April 13th**  
**at 1200**

To book your seat, please phone Diane: 8774294  
 Or email [daisym@paradise.net.nz](mailto:daisym@paradise.net.nz)  
 Or text 021434833

Transport can be arranged if needed



Don't worry Mate,  
 she'll be right

**Loan Equipment**

We have a small amount of equipment we can loan to members short term. This may be handy for an amputee having surgery or maybe if there is an amputee coming to stay from out of town.

So far we have a shower stool, a portable ramp and a wheelchair.

If anyone has spare equipment (that is NOT the property of the hospital) we would be glad to add it to our collection and would be happy to come and get it from you.

Please phone Diane at 8774294 to donate or borrow equipment.