



**Amputee
Society
of Hawke's Bay/
East Coast Inc.**

Newsletter May/June 2015

Hi All, I hope you are enjoying the cooler but still beautiful days with the sun still warm enough to get outside and soak up the last of gorgeous autumn weather.

With winter on its way it's time to break out the soup recipes and Long Johns and also to begin to take care to avoid slips and skids on wet or icy terrain.

This newsletter will carry a green reminder sticker for all who have not paid their subscription. Subs fall due on December 1st every year and your \$10 sub is great value, as it mainly covers the cost of your newsletter while other services you receive as a financial member are free. The bank number for internet banking is 03 1518 0032642 00 Please add your name to the details.

If paying by cheque, post to The Amputee Society of Hawke's Bay and East Coast, PO Box 369 Hastings.

We value all of our members and thank you in advance for attending to overdue subs.

Wishing you all well, Diane Walsh.

A pirate walked into a bar and the bartender said, "Hey, I haven't seen you in a while, what happened, you look terrible".

"What do you mean" said the pirate, "I feel fine".

"What about the wooden leg? You didn't have that before".

"Well" said the pirate, "we were in a battle and I got hit with a cannon ball, but I'm fine now".

"Well OK" replied the bartender, "but what about the hook, what happened to your hand?"

"My hand was cut off in a sword fight" explained the Pirate, "but I'm fine really".

"What about that eye patch?"

"Well I was at sea and one day a flock of seagulls flew over and as I looked up, one of them pooped in my eye".

"You're kidding," said the bartender "you couldn't lose your eye from a bit of bird poop"

"Well it was my first day with the hook".

Let's go out for Autumn lunch....

OK...so it's nearly winter :)



Napier RSA Sunday 24th May at 1200

**The RSA has a good selection of
reasonably priced food**

Bring some spare \$\$ for the raffle

**Please contact Diane
877 4294 to book your place**

Transport will be available if required

Report on the recent NZ Amputees Federation Conference 17th-19th April 2015 By Geoff Hansen

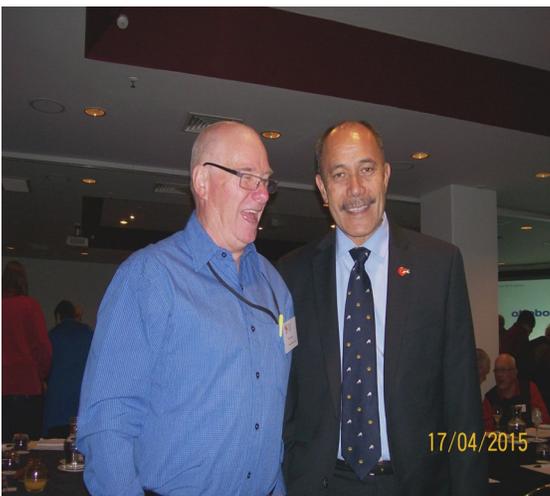
Well the National Conference was held 2 weeks ago in Wellington. Diane & I were the Hawke's Bay & East Coast representatives. It began on Friday night at 7.30pm at the Amora Hotel near Te Papa Museum. I arrived at the Hotel around 4.30pm both Diane & I had driven down separately. Parking in Wellington is expensive & hard to find. The Hotel offered parking but it was \$35 per night, meter parking is \$4 per hour & parking wardens hide in shop doorways & are vigilant in Capital City. I did the meter thing for an hour, parked about 500 metres away & carried my luggage in 2 trips to the Hotel. An hour later & in the darkness & 5.00pm traffic I located a parking complex that was \$6 per night and a kilometre away. The Acting President John Ealand welcomed the 70 or so attendees & introduced our Patron the Governor General, Sir Jerry Mateparae, who opened the conference. What an awesome down to earth chap, he spoke briefly then mingled with us & Diane & I got to speak to him & promote the fact that Hawke's Bay had likely supplied the wine he was drinking.

As Diane & I sat at the delegate's table we overheard other region's representatives marvelling at our healthy membership numbers. Once again Diane successfully retained her spot on the National Committee & a little birdie whispered to me she may be involved in producing the National Purpose magazine going forward. (Watch this space) The evening's business concluded around 9.30pm.

As usual Saturday morning was free time & at 1.30pm presentations began with a Belgian Neurological Professor now based in Otago speaking at length about Phantom Pain. As a long term sufferer of stump spasms myself it was really interesting albeit a little intense however he had slides & explained things very well. The conclusion being the brain does not handle getting no information & to date nothing has been discovered that has cured phantom pain for everyone. It is great to hear it is an ongoing hunt for a cure so there is still hope. The new CEO of the Artificial Limb Service Sean Gray spoke next, unfortunately I missed a little bit of this due to an urgent matter of the Canes V Waratahs game at the Cake Tin. (Not the result I'd hoped for, the game I mean)

Sunday began with Ben Lucas a paraplegic, the CEO of NZ Spinal Trust. Medallist, flag bearer & upcoming Chef De Mission for the Rio Paralympics spoke of his life story & making the most of opportunities in life. The sponsors of the conference then got to talk & display their products I was asked by I Walk, one of the sponsors to model their product the armless crutch for lower leg injuries.

The 15 youth who participated in "Give it a Go" then introduced themselves & spoke about the activities. White water rafting was easily the most popular. We had 2 members, Claudia & Abby present & it was revealed that Claudia is to start having an active role in organising the upcoming Give it a Go events. Great work Claudia. Next year's are to be held in Christchurch alongside the conference as usual. The conference concluded at lunch time, being an early riser I had already done 2 treks with luggage back to my car so was soon able to head back to the Bay after another enjoyable & successful National Conference with good results for our region.



Our Field Officer, Geoff has a chat with
The Governor General,
Lt General
The Rt Honorable
Sir Jerry Mateparae.

Diane and Geoff were our delegates, seen here at the Council Meeting Friday, April 17th, 2015



Our Junior Paralympian

By Margot Wuts

Not being the most sporty family on the planet, we travelled up to Cambridge recently for the junior disability games with a few nerves, most of which were felt by myself, Bea's mum!

It has been pretty much a constant feeling since having Bea, being out of our depth and definitely far away from anything resembling a comfort zone, and this experience was no different.

Bea has always pushed herself far and beyond what we expected, through pain, judgement and certain failure (or perception of such). Because of this we knew that this experience had the potential to be a truly wonderful one for Bea, who had just completed an athletics day at school, during which she ran 200 meters on her stumps without stopping, when the year before she had stopped many times. Although this was a huge accomplishment for her, it still doesn't feel that way when everyone else has finished the race before she is even halfway through.

This is what I mean by the perception of failure, because Bea is definitely a champion.

So, yes I was excited, although not as much as Bea herself and only an hour after we arrived Bea had her first race, swimming butterfly. She came first.

This experience heralded a couple of days where a hugely competitive nature came to the fore in our wee daughter. She competed in all the swimming styles and was part of the winning relay team, she ran, long jumped, wheelchair slalomed, threw the discus, rode horses, a bike and a rowing machine, and fell in love with archery, so in love with archery. And Bea won a beautiful trophy for her amazing display of learning and determination.

The weekend wasn't just amazing for the opportunity to try lots of new sports, Bea was able to feel one of a crowd, like she could have a wee look at other people's differences and just be interested, the shoe was on the other foot, so to speak!

My favourite moment was watching Bea in her wheelchair, she has never really used it, but because everyone else was, if she was sore she just sat down and relaxed, and her body language was amazing. She allowed herself comfort. I know that Bea is now a permanent fixture on the Hawke's Bay team and she will be training for next year. It would be extremely hard to imagine not going and I can only feel so incredibly grateful to all of the organisations and people who make this event possible. It really was an amazing experience, and I can't wait for next year. Not nervous at all.



Well Done
Bea
you are a
CHAMPION



What You Can Do With One Leg

These two beautiful examples of the "can do" spirit, were written for our member, Keith Teddy, by two of his grandchildren, Ruby and Isabella, after his first amputation. Keith passed away recently, but he was clearly a lovely and very much loved Grandfather.

Thank you to Keith's family for allowing us to publish them as his tribute.

May He Rest in Peace.

What you can do with one Leg

- * go fishing
 - * go out and have ice cream
 - * sit in the sun and enjoy the view
 - * go out for dinner
 - * still be annoying
 - * watch tv
 - * still play with dogs (Rosie)
 - * read the newspaper
 - * go for a ride in a car or a wheel chair
 - * go to the beach and watch the waves
 - * go on holiday
 - * tell silly ~~st~~ jokes
 - * go out for dinner and enjoy the stars at night
 - * read or make up stories for your grandkids
 - * get go out for a bbq and have a juicy
stake
 - * play snakes and ladders
 - * buy me another fish
 - * have a family picnic
 - * still be my Granddad 
- love Ruby

Granddad can still do

Hop. Sack race.

Hopscotch

3 legged race.

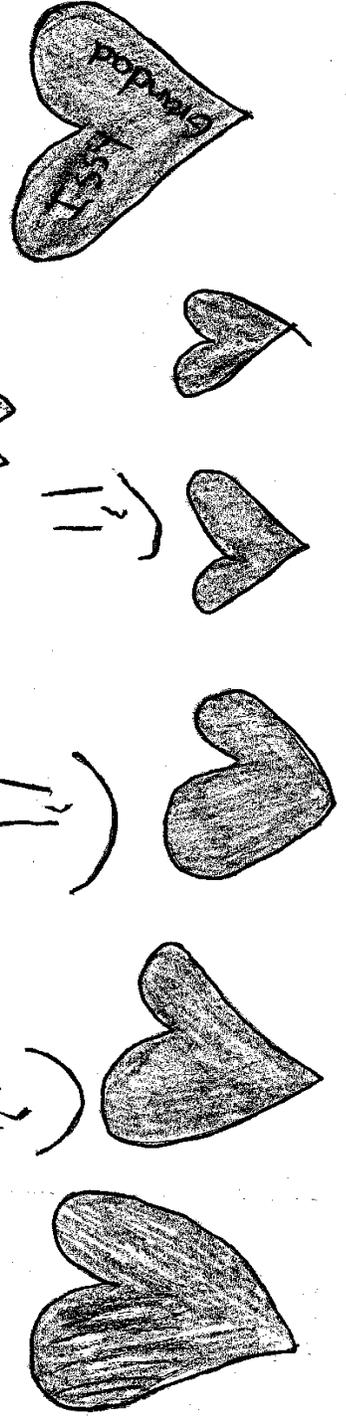
Stand on one leg Comp.

YOUR Skill my SPECIAL GRANDDAD!!!!

lots and lots of ♥ from your Special Grandchild Isabella- Joyce-Teddy. ♥

you lots and lots!!!! Get well soon!!!

HOPRE you get better!!!!



diabetes

hawke's bay inc.

Edited by Geoff Hansen

Diabetes HB runs a Self Management Strategies Course. These courses are a 2 hour session 1 day a week over 6 weeks. They are open to the person with diabetes & can include their partner or care giver so they all have a clear understanding going forward.

The 6 sessions are made up of:

Session 1 covers an explanation of diabetes with the differences in types, risk factors & signs, testing & the facts & myths around diabetes.

Session 2 covers preventing complications which includes treatments, insulin sooner or later? Tablets? Hypo's & Hyper's. Delaying or preventing complications & what your tests mean.

Session 3 covers healthy decisions around food, including fast food and alcohol and reading food labels.

Session 4 covers foot care and the correct footwear and exercise including safe & easy exercise at home.

Session 5 covers talking to your pharmacist, covering possible side effects and other medications you may be taking. It also covers lifestyle changes, dealing with stress, fear & family dynamics. It also covers where else you can go for help including medic alerts, travel & financial assistance.

Session 6 involves a supermarket tour with regard to healthy food decisions and an interactive cooking class with a \$2 cost to cover ingredients.

Contact numbers 06 8359985 or 0277875383

Swimming is underway again and we are pleased to confirm that funding for the rest of the year has been secured.

Do feel welcome to join in with this fun, safe and beneficial exercise programme at The Onekawa Aquatic Centre. Phone Colleen 844 3289 for details.

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