



Amputee Society of Otago & Southland Inc.

Coordinator

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Hi Everyone,

I hope you are all managing to find plenty to occupy yourselves in your "Bubble" while Covid-19 continues to plague our country. Hopefully it will not be long before we will be back to something resembling normality.

AGM

Our AGM was held on 29th February in Dunedin. Wendy Lockhart (Limb Centre physio) gave an interesting talk on pain management and acupuncture (Lorraine has handouts if anyone would like one). The following officers were elected: David Johnston (President), Anna Grimaldi (Vice President); Lorraine Peacock (Coordinator); Simon McMillan, Graeme Sayer, Leighton Smith, Gavin Wilson, and Vonnice Crawford. 20 members and friends attended the



meeting which was followed by a lovely buffet meal.

(Photo shows Rod Oakley, Leighton and Vicki Smith)

MEMBERSHIP

Deaths – Sadly, not long after the above photo was taken, Rod Oakley passed away unexpectedly. Rod had been a member of our Society since 1988, was on the committee for many years, and was a good supporter at our functions. He was particularly supportive of our younger members and enjoyed being involved with them in multisports events which included one of his passions, clay pigeon shooting. Our thanks go to Rod's family (Many of whom are in the UK) for donations in his memory totalling just over \$660. We have also recorded with regret the passing of Joe Karauria of Kaitangata. Our condolences go to the family and friends of both these members.

New Member – A warm welcome to Kylee Saunders of Cromwell.

FEDERATION NEWS

Due to the pandemic, the Conference which was to have been held in Blenheim was cancelled. However, as allowed for in the Federation's rules, the business of the National Council Meeting was conducted by email and a new National Executive was subsequently elected comprising President - Justine Mangan-Woods (Canterbury/Westland Society), Vice President - Korrin Barrett (Hawke's Bay/East Coast), Coordinator - Lorraine Peacock, Committee - Matthew Bryson (Waikato/Bay of Plenty), Mary Humphreys (Greater Wellington), Eddie Johns (Manawatu & Districts), and Graeme Sayer (Otago/Southland). It is likely that the new Executive will meet by Zoom for at least the foreseeable future.

OUR GRANTS

We invite members to apply for grants from the following funds:

Meffan and Pankhurst Funds - Welfare grants up to a maximum of \$300 in any one year are available to members to help improve independence and quality of life. Some examples of purposes for which grants can be made are: health and medical services; subsidising of travel over and above taxi vouchers; home comforts, e.g. wood, coal etc; equipment which will assist independence and/or mobility.

Coyle Young Achievers' Fund - Grants up to \$500 in any one year are available to young people up to the age of 30 to help with cultural and sporting interests and hobbies. Young people are encouraged to get in touch with the Coordinator or a Committee member to discuss possibilities.

Application Forms for all grants are available from the Coordinator and will be considered by the Committee after the closing date of 30 June.

(Please **NOTE** this date has changed and is no longer November) Applicants must have been a financial member of the Society for at least two years and, if successful, grants will be paid only upon the supply of a quote or invoice, with payment made to the service provider.

Our Thanks go to the Invercargill Licensing Trust for their recent grant to our Society of \$1000.

Limb Centre – Refer to the NZALS website for details on how they are providing a service at this time www.nzals.co.nz/resources/covid-19

*This witty poem about Covid-19 is by Jan Beaumont from the **Starts at 60 Community** – and it is going viral! Enjoy and share it with your friends to lighten their weekend!*

I'm normally a social girl
I love to meet my mates
But lately with the virus here
We can't go out the gates.

You see, we are the 'oldies' now
We need to stay inside
If they haven't seen us for a while
They'll think we've upped and died.

They'll never know the things we did
Before we got this old
There wasn't any Facebook
So not everything was told.

We may seem sweet old ladies
Who would never be uncouth
But we grew up in the 60s –
If you only knew the truth!

There was sex and drugs and rock
'n roll
The pill and miniskirts
We smoked, we drank, we partied
And were quite outrageous flirts.

Then we settled down, got married
And turned into someone's mum,
Somebody's wife, then nana,
Who on earth did we become?

We didn't mind the change of pace
Because our lives were full
But to bury us before we're dead
Is like red rag to a bull!

So here you find me stuck inside
For 4 weeks, maybe more
I finally found myself again
Then I had to close the door!

It didn't really bother me
I'd while away the hour
I'd bake for all the family
But I've got no bloody flour!

Now Netflix is just wonderful
I like a gutsy thriller
I'm swooning over Idris
Or some random sexy killer.

At least I've got a stash of booze
For when I'm being idle
There's wine and whiskey, even gin
If I'm feeling suicidal!

So let's all drink to lockdown
To recovery and health
And hope this bloody virus
Doesn't decimate our wealth.

We'll all get through the crisis
And be back to join our mates
Just hoping I'm not far too wide
To fit through the flaming gates!

WE ARE IN COVID-19 MODE



We encourage you to get in touch if you would like a chat. If you know of someone alone at home who may want a little relief from the boredom or loneliness, give them a ring and spend a little relief time. It's sure to be very much appreciated by the lockdown sufferer. Some of you may be enjoying the lockdown,

but others will be finding it difficult.

Our contact people are:

Dunedin and Districts - Lorraine Peacock 455-6347 and Graeme Sayer 021 168 9221

Invercargill - David Johnston 214-1548 and Alice Smith 216-4271

Gore - Bill Lee 203-8263

Oamaru - Jan Browne 439-5543

Lakes District - Tetli Carey 409-0484

NEEDING HELP WITH GROCERIES?

In Dunedin, the Student Volunteer Army offers a contactless grocery delivery service. Phone 0800 805 902.

In Invercargill, Emergency Management, 0800 890 127

covid19@cdsouthland.nz

Newsletters by email:

It would be a considerable saving to the Society if you are able to receive your newsletters by email. Contact Lorraine at lorrstan@xtra.co.nz

Subscriptions - There are a number of current members who haven't paid a sub for last year (2019) and if you are one of these, there'll be a red dot on the front page of your newsletter (or if you are getting this by email, a separate reminder will follow). It would be appreciated if you could bring your sub up to date – either send Lorraine a cheque, or pay \$20 (covering 2019 & 2020) direct into our bank account 031355 0277644 00 (please identify with your name). Subs can also be paid to Sue at the Limb Centre – once they are back in business!.

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Patron: Mr C L Birks, MB, ChB, FRACS

Affiliated to the Amputees Federation of New Zealand Inc.