



AMPUTEE SOCIETY OF OTAGO & SOUTHLAND INC.

Affiliated to the Amputees Federation of New Zealand Incorporated

PATRON: Professor A K Jeffery ChM, FRCS, FRACS, ONZM

Coordinator
Mrs Lorraine Peacock QSM
213A Bay View Road
St Clair, Dunedin 9012
Telephone (03) 455 6347
Facsimile (03) 455 9547
Email: lorrstan@xtra.co.nz
www.af.org.nz

NEWSLETTER

No. 179

NOVEMBER 2013

Hello everyone! I trust you've all managed to get through the winter months without too many ills and chills. At the time of writing I'm not sure if winter has finished with us yet - I believe there was snow falling on the hills around Dunedin this morning. However, I'm sure we're in for a long hot summer!

There's quite a bit happening over the next few weeks and we do hope to see some of you at these events.

SOUTHLAND MEETING & DINNER – Saturday 9 NOVEMBER

It's that time again! Our **Meeting and Dinner** on Saturday week will again be held at the Invercargill Bridge Club rooms, 50 Elles Road (behind the Pipe Band Hall, beside Splash Palace and with plenty of off-street parking). Join us at 4 pm for the meeting which will be followed by a guest speaker and the meal at approximately 6 pm - the cost is again \$20 per person, the full cost of \$27 being subsidised by the Society. Phone Maurice & Mavis Elford (215-6715) before this Saturday (2 November) and let them know you'll be there. We look forward to meeting up with many of you again, as well as seeing some new faces. We hope to have a few raffles to cover some of our costs so bring along your spare coins - donations of raffle prizes will be much appreciated.

GOLF AT RIVERSDALE - Sunday 10 November

We're heading back to the Riversdale Golf Course this year where players will compete for our CAA Cup and Runner-up Trophy for stableford points for amputees, and the Colin Lawrence Memorial Trophy for the best putting of a non-golfer amputee (last year's winners please remember to return the trophies). There's also a supporter's prize for the best stableford. If you've never played golf before, this is your chance to have a go! Tee off time will be 10.30 am and there will be the usual \$10 charge for players (\$5 for observers) which covers green fees and a light lunch. A golf cart will be available, as well as some spare golf clubs. Please let Lloyd Cavanagh know if you will be taking part (phone 208-6584).

QUADRANT MULTISPORT CHAMPIONS SERIES - Saturday 7 December

It's all on again this year for our annual multisports events. Starting time is 12 noon at the Tenpin Bowling Alley in Kaikorai Valley Road (Stuart St end) where we will meet for lunch and two games of bowls. Clay target shooting follows at around 2 pm and then a couple of games of pool. Although you might think such activities are mainly for our younger members, age has proved not to be a barrier the last couple of years so we encourage you to join in. If you'd like more information and to let us know you'll take part, get in touch with Rory on 0272640305, email rory_mcsweeney@hotmail.com, or phone Lorraine on 455-6347.

CHRISTMAS BARBECUE - Sunday 8 December

The last of the multisport events will be a round of golf at the Twelve Oaks Golf Club at Mosgiel starting at 12 noon. Following this, from 3 pm on, members, families and friends are invited to join us at the golf course for some socialising and a barbecue. The Society will provide meat and you are asked to bring along other food (e.g. salads, breads, desserts) to share - bar facilities are available at the club. We will be running the usual raffles so bring along your spare coins (donations of prizes welcome). So that we have an idea of the number for catering, please ring me on 455-6347 - also let me know if you need transport so that we can organise this. We look forward to seeing you there!

OBITUARIES

We have recorded with regret the passing of Barry Swete of Timaru, Alan Botting of Edendale, and Les Fleming of Palmerston. Our sympathy has been extended to the families of these members.

NEW MEMBERS

A warm welcome to Bill Lean of Sawyers Bay, Gerard Hampton of Invercargill, and Helena Houlden of Tuatapere.

RESEARCH STUDY ON BACK PAIN

Research is at present being carried out at the University of Otago into lower back pain (see article on page 7 of the November issue of *Purpose*). The study aims to examine the movement patterns of the lower back and pelvic region whilst performing three common daily activities using motion capture system in participants both with and without low back pain. The researchers wish to recruit males or females aged 18 to 65 years, with one-sided lower extremity amputation (above-knee, through-knee, and below-knee amputation) due to injury, accident, congenital cause or tumours, with a minimum of one year since amputation. The motion capture will be conducted at the School of Physiotherapy and School of Physical Education, Sport and Exercise Sciences, University of Otago, Dunedin, and take approximately 1.5 hours. A grocery voucher (\$25) will be given to cover travel costs. If you are interested, contact Hemakumar Devan, School of Physiotherapy, University of Otago, Dunedin, Phone (03) 479-5422 or email hemakumar.devan@otago.ac.nz.

HERE & THERE

Our thanks to Pub Charity for their recent grant. Also to Countdown Supermarket for their donation towards our welfare expenses.

Limb Centre Closure - The Centre will close at lunchtime on Tuesday 24 December and reopen on Friday 3 January. For emergencies during this time, phone the hospital switch-board (474-0999).

Committee Meetings - Members are welcome to join us at the Otago Bridge Club rooms. The last meeting for this year is on Wednesday 4 December at 7.30 pm.

Taxi Vouchers - A reminder that Otago members can contact me for vouchers which entitle you to a 50% discount on taxis. Southlanders who would like travel vouchers need to complete an initial application form available from Maurice & Mavis Elford (Phone 215-6715). Once on the register, you then need to contact Lisa Griffiths at the Invercargill City Council (211-1777) for your supply of vouchers. Note that taxi vouchers can be used anywhere in NZ, even in those cities such as Auckland where they use swipe cards. A reminder too that the Driving Miss Daisy taxi service which is available in Alexandra, Oamaru and Dunedin, can provide personal assistance, e.g. attending a doctor's appointment, helping with shopping etc. Miss Daisy can be contacted on 0800-948-432.

Subscriptions - There are still a few outstanding subs from 2012. If you are one of these, there'll be a red sticker on your Newsletter and this will be your last unless your subs are brought up to date. For those of you who haven't yet paid for this year, I have highlighted this HERE on your newsletter and payment would be appreciated before the end of the year - either to Sue at the Limb Centre, by post to me, or by direct credit to our bank account 031355 0277644 00 (please identify with your name).

Grants - We have overspent our budget for welfare grants in Otago so will not be calling for further applications until next year. However, if you live in Southland and wish to apply for a Welfare grant, contact me for a form - applications close on 30 November.

Changed or Changing your Address? - Don't forget to let me or the Limb Centre know.

FaceBook - Have you "Liked" us on FB yet? Go to our website www.af.org.nz and click on our name to LIKE us!

Newsletters - If you'd like to receive your Newsletter and *Purpose* by email, email me at lorrstan@xtra.co.nz and let me know.

That's all for now so until next time, take care. And the blessings of Christmas be with you and yours, together with best wishes for a New Year full of good health and happiness.

Lorraine Peacock