



Amputee Society of Otago & Southland Inc.

Coordinator

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Newsletter November 2023 No. 219

Greetings Everyone,

Well here we are again on the countdown to the silly season and the lead up to summer. It is also the time we have a couple of get-togethers - one in the South and one in Dunedin. It is always great to see members at these functions and get to know you in person rather than just as a name. If you could come to one (or even both!) that would be great.

This comes with best wishes to all our members for an enjoyable Christmas season with family and friends.

INVERCARGILL MEETING AND DINNER

Our usual get-together will take place on Saturday 11 November at Southland Hotel's Thar and Feather Restaurant, 410 Elles Road (Corner McQuarrie Street and Elles Road, Invercargill) commencing at 4:15 p.m. for the meeting and followed by dinner at 5:00 p.m. The restaurant has an extensive menu and the cost to members will be less a \$15 subsidy by the Society. Check out the menu at

<https://www.southlandtavern.co.nz/menu>

Let David or Vonnice know on 03 214 1548 or 027 454 8483 by Tuesday 7 November if you will be joining us – it will be great to see you!



NEWSLETTERS BY EMAIL

Postage is now **\$2.00** for a standard letter. More than two-thirds of our members now receive their newsletters by email and it is appreciated if you are able to do this. Please get in touch with Lorraine lrrstan@xtra.co.nz if you are on email and would like to be included; it would save the Society over **\$8** per year in postage!

CHRISTMAS FUNCTION – Dunedin - Friday 1st DECEMBER and FAREWELL TO SUE KENNEDY



As you will read in the news from the Limb Centre (below) Sue is retiring and is finishing at the Limb Centre on 20 December. We all know just how much Sue has been appreciated and how much she will be missed. Our Christmas function will provide us with an opportunity to say goodbye and acknowledge the

contribution she has made to the lives of so many of us amputees. This function and dinner will be held on Friday 1st December at the Village Green Restaurant, Sunnyvale Park, 326 Main South Road, Green Island, at 6 pm, with the Society contributing \$15 per member towards the cost of the meal. If you have been to the Village Green before, you will know that this restaurant has wheelchair access and ample parking.



Please email Lorraine at lorrystan@xtra.co.nz or text/phone 027 422 1298 by Monday 27 November if you are able to join us.

News from Peke Waihangā (Limb Centre)

We have had a busy few months here at Peke Waihangā. Rebecca, one of our talented Technicians presented at the Australian Orthotic Prosthetic Association Congress 2023 in Melbourne, discussing new prosthetic technology.

Mark, after many years has decided to spend more time with his patients and concentrate on prosthetic creation, passing over the Dunedin Peke Waihangā Team Leader role to Becky Wilson.

The day has finally come when Sue our amazing Service Coordinator has decided that it's time to retire. Sue's last day with us at Peke Waihangā will be December 20th. We are all extremely sad that she is leaving us but also excited for her as she embarks on new adventures to live closer to her family in Australia. Sue you will be missed by all of us!

MEMBERSHIP

New Member - We have one new member this quarter, a warm welcome to Graham Renwick of Owaka.



Deaths - sadly, we record the passing of Fred Kitto of Invercargill.

JUNIOR STUMP CLUB CAMP



15 — 17 Feb 2024 **Kaiteretere Beach** (Up near Motueka) This is an awesome opportunity to explore the outdoors with experienced instructors and equipment from Whenua Iti Outdoors to build confidence & self-esteem while trying new activities.

This camp is for young amputees (10 – 16 years)
We have places for 20 (plus a parent/guardian)
Register your interest by emailing Claire West:

icicape@yahoo.co.nz



BOCCIA

Parafed Otago have weekly boccia sessions at the Sargood Centre from 5:30 - 7pm on Wednesdays, which I would highly recommend for any of our Dunedin-based people.

Boccia is a precision ball sport similar to petanque and bowls whereby athletes throw, kick or use a ramp to propel a ball onto court aiming to get close to a target ball (Jack). Played indoors from a seated position using soft leather balls on a



smooth rectangular court, boccia can be played as individuals, in pairs or teams of three. Boccia is a game of skill and strategy and is a truly inclusive sport in which men and women of all ages and abilities can play together. Boccia is a Paralympic sport with no Olympic counterpart and is designed specifically for athletes with a disability affecting locomotor function. Info from Connor Dan, 022 043 3768, sdo@parafedotago.co.nz, <https://www.parafedotago.com>.

COORDINATOR'S Contact Details

Please note there is just a little change, Lorraine has dropped her landline, she can be reached by using the details as outlined above.

SUBSCRIPTIONS

There are still five members who haven't paid their \$10 sub for 2022 (Signified by a red dot on this newsletter) and this will be your last unless your subs are brought up to date. There are also a number of members who haven't yet paid for this year (2023) - this is highlighted HERE if you are one of these or you will get a follow-up email. You can pay by direct credit to our bank account 031355 0277644 00 (please identify with your name), or pay at the Limb Centre, or Lorraine at one of our gatherings.

Website: <http://www.amputee.co.nz/>

Facebook: <https://www.facebook.com/Amputees-New-Zealand-171106899632566/>

They Know You're A Kiwi When

You end most of your sentences by saying "eh"

When you hear "sweet as" you know it has nothing to do with taste.

The correct name for flip flops is Jandals.

The beehive actually has no bees in it.

You are 100% sure that the pavlova is a kiwi creation.

You can't trust Aussies because of the underarm bowling incident.

A dairy is something that actually has very little to do with dairy.

OUR CONTACTS

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and North Otago
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Gore and surrounds
Lakes District

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Affiliated to the Amputees Federation of New Zealand Inc.