

# Purpose

Journal of the



**Amputees  
Federation**  
of New Zealand  
Incorporated

July 2020

## RHEO KNEE<sup>®</sup> XC

Helping you to explore new places and uncharted terrains, overcome what you thought were your boundaries and pursue a life without limitations, the RHEO KNEE XC is an ideal companion to engage in high-impact, ambitious endeavours.

With all the same benefits of the upgraded weatherproof RHEO KNEE, the RHEO KNEE XC also features automatic modes for **running**, **cycling** and **stair ascent**.



## PROPRIO FOOT<sup>®</sup>

**Because the world isn't flat.** The PROPRIO FOOT has been redesigned to enhance the safety and stability features of the original design. The Microprocessor ankle unit adapts to varied terrain 60% faster than the previous, helping users of low to moderate impact levels to walk naturally and comfortably on a variety of everyday terrain, including stairs and ramps.



## PURPOSE

**No. 120**

**July 2020**

**Published by  
Amputees Federation  
of New Zealand Inc.**

Letters to the Editor  
are invited  
and welcome

Please post or email  
to the

**Editor**

**Lorraine Peacock QSM  
213a Bay View Road  
St Clair, Dunedin 9012**

**Phone (03) 455-6347**

**Email  
coordinator@  
amputee.co.nz**

**Website  
www.amputee.co.nz**

**Contributions welcome.  
Deadlines for articles  
and advertising material  
15th February, June  
and October each year.**

## Included in this Issue

The National Executive	2
Guest Editorial	3
National Council Meeting	4
Meet Eddie Johns	4
Socket Poster Competition	6
Korin Barrett - Vice President	6
Carla Taylor - A Leap of Faith	7
Maybe You Can Relate to This	8
Introducing Rachel Maia	9
Prosthetic Insurance	10
News from the Regions	11
Affiliated Societies	12

*The opinions expressed in this  
Journal are not necessarily those  
of the Amputees Federation of NZ Inc.  
unless stated as such.*

Our sponsors who advertise in this  
Journal help pay for its publication.  
Please give them your support!

# AMPUTEES FEDERATION OF NEW ZEALAND INCORPORATED

## The National Executive

<b>President</b>	Justine Mangan-Woods Christchurch
<b>Vice President</b>	Korrin Barrett Havelock North
<b>Immediate Past President</b>	Mark Bruce Christchurch
<b>National Coordinator And Editor of <i>Purpose</i></b>	Lorraine Peacock QSM 213a Bay View Road St Clair Dunedin 9012 Phone (03) 455-6347 Mobile 027 4221298 Email <i>coordinator@amputee.co.nz</i>
<b>Committee</b>	Matthew Bryson Edgecumbe  Graeme Sayer Dunedin  Mary Humphreys Porirua  Eddie Johns Rongotea
<b>Nominees to the NZALS Board</b>	Kevin Ross Kate Horan
<b>Hon. Solicitor</b>	Lindsay Trotman LLM(Hons) Palmerston North

**Federation's Website**  
**[www.amputee.co.nz](http://www.amputee.co.nz)**

## GUEST EDITORIAL

Covid 19 – It has affected each and every one of us, and continues to do so in so many ways - personally, emotionally, physically and financially - so let's talk about it!

Day 1 - To me this wasn't 12:01am on March 26th but 1pm on Monday the 23rd when Jacinda gave her update to the nation and advised that we were going into Level 4 as of midnight on Wednesday... and I cried! I think I had so much built up anxiety and emotion of the impact and the reality that it was actually happening in our little island nation at the bottom of the world that it all became too much. It suddenly dawned on me that life as we knew it was not going to be the same for the foreseeable future and it scared me! You see, I'm an exceptionally busy and sociable person who thrives on people contact. I enjoy socialising, travelling for my work as a motivational speaker and mentor or to visit family, and I especially enjoy my freedom and independence. Now I was being told that I wouldn't be allowed to see anyone outside my 'bubble', that I couldn't leave the house unless it was for essential travel, and I could no longer attend any of the functions/conferences and events I had booked to speak at. Suddenly I was confined to my house and it took me right back to 7 years ago when I spent months in hospital recovering from sepsis. I'd had amputations to all 4 limbs and had to learn to do EVERYTHING again.

After the initial shock, however, I realised that this was exactly what my mind and body needed - to just STOP! I am always so busy and now I was forced to sit and relax and enjoy the time I had, the walks around my neighbourhood, catching up with friends on FaceTime, socially distanced driveway drinks, cooking and completing those 'rainy day' tasks. I relished in my new found 'freedom' and truly hope I can continue with a positive mindset, gratefulness and stopping to smell the roses every so often.

The emotional and economic impact of this has been huge! I do hope, as we get back to some sort of normality, that you have reached out for the help and support you need.

*Korrin Barrett*  
Vice President

Search **Amputees New Zealand** on Facebook  
and **Like** us (Closed Group also available)



## NATIONAL COUNCIL MEETING 2020

History was created when, due to the Coronavirus Pandemic, our National Conference and Give it a Go! scheduled to take place in Blenheim on 17-19 April were cancelled. Although disruptive in many respects, it was certainly the right decision to make and Regional Societies were advised accordingly on the 16th March. The National Council Meeting did, however, take place - the Executive met by Zoom and Regional Societies had input into the business of Council by email. An electronic ballot to elect the Executive was overseen by our Solicitor, Lindsay Trotman, and resulted in the appointments as listed on page 2 of this issue.

One of our two new Executive members is Eddie Johns who is Secretary of the Manawatu & Districts Regional Society.

### MEET EDDIE JOHNS (Excerpts from Eddie's personal profile)

I've lived in Rongotea in the Manawatu for the past 64 years. I went to Rongotea primary school and followed that with secondary education at Queen Elizabeth College in Palmerston North. My work life started with the Palmerston North City Corporation in Parks and Reserves where I was an apprentice doing a four-year contract learning about trees, shrubs, amenity horticulture and gardening. After two years I transferred my apprenticeship to a commercial nursery in Ashburton, working for John Millichamp and Sons in Tinwald doing forestry and fruit trees. I got involved in Ashburton with the tramping club and we spent a lot of time travelling up into the Southern Alps enjoying the beautiful vistas and scenery. While working in the nursery I was awarded a Horticultural Scholarship to Australia. The study was for a 12 month studying of rare and hard to grow plants which were being propagated by grafting or budding.



As time progressed my legs and knees became a challenge for me and I wore out both knees. The specialist told me that I needed bilateral knee replacements but after a number of infections, it was necessary to have my left leg amputated above the knee.

In regaining my life again, I found a love for travel. I travelled in my wheelchair through Asia which provided many challenges. I tried one attempt to walk the Great Wall of China but a heatwave beat me back. Since then I've done China, inner Mongolia, Malaysia and enjoyed a recent trip to South Korea. I had help with fund-raising and sponsorship and had a conversion kit made for a Melrose Standard

wheelchair, turning it into a lawn bowling wheelchair of international world bowls standard. I took the chair and an assistant to the Indoor lawn bowls championship in Surwon, Seoul in South Korea in July 2019 and with a team of disabled men and women of the National New Zealand Disabled Bowls team represented New Zealand in playing disabled lawn bowls with 7 other countries. We had a very enjoyable time. We got beaten horribly but the social interaction between other disabled lawn bowlers throughout the world was absolutely amazing and truly inspiring.

My weekends are taken up with taking plants to community markets which I've produced mainly for fund raising to give me the opportunity to travel throughout New Zealand to National Disabled events and overseas on International lawn bowling trips. My aim at the moment is to go to the World Masters Games in Japan in April 2021.

I think the most important thing about being an amputee is once you overcome some of the challenges that life presents you, getting out there and enjoying life to the full. I just love life so for me it's go and do it even if I fall sleep in my wheelchair sometimes.

*(Welcome to the Executive, Eddie - We look forward to your input. We hope to profile our other new Exec member, Mary Humphreys, in the next issue of Purpose)*

### **Have you seen our two publications?**

#### **A New Challenge - Advice for New Amputees and An Ongoing Challenge**

Both are an interesting read and available from the National Coordinator or your Regional Society

**If you are receiving this Purpose in printed form and would like an e-copy emailed to you, please let us know**

Are you visually impaired and feel you would benefit from having access to our publications in a narrated form?

The National Executive is investigating the possibility of providing such a service on our website.

Please get in touch with the National Coordinator if this would be of interest to you.



## SOCKET POSTER COMPETITION

In the lead up to the National Conference, a large number of entries were received for our socket poster competition and, following the cancellation of Conference, judging was carried out by our Facebook followers. Congratulations to the first 3 prize-getters!



1st

Justine Mangan-Woods



2nd

Ralph McGuigan



3rd

Kylee Saunders

## KORRIN BARRETT - Vice President



We first profiled Korrin in our April 2019 issue of *Purpose* following her appointment to the National Executive as a Committee member.

Korrin's story began in 2012 when she suffered sepsis from a perforated bowel and as a result had both legs below knee, her right hand and fingers of her left hand amputated to save her life. Currently, Korrin is halfway through a walking challenge of 60kms in 60 days for Heart kids Hawke's Bay. Read more about Korrin on her web page

[www.korrin.nz](http://www.korrin.nz) or [www.facebook.com/korrinlifeunlimited](https://www.facebook.com/korrinlifeunlimited)



## CARLA TAYLOR makes “A Leap of Faith”

Blenheim amputee and special needs teacher took to the skies recently to show her kids disability is no obstacle. Carla Taylor was one of a group of people who jumped out of a plane at Abel Tasman skydive in Motueka, to raise money for the Graeme Dingle Foundation. Since having her leg amputated nearly five years ago, and working with special needs children, Carla wanted to use the skydive to model courage and resilience. Prior to the event taking place, Carla told the *Stuff* reporter - “To have the opportunity to show people that it doesn’t matter what your background is, it doesn’t matter what your abilities are or your lack of ... you can do anything.” Knowing first-hand what it’s like to grow up with a disability, Carla said she was able to empathise with the children she worked with.

And after the event? Here’s what Carla has to say:



On 24 February 2020 I took a leap of faith to fund-raise for The Graeme Dingle Foundation who do an amazing job at instilling values in our children. The biggest part of this fund-raising was the tandem SKYDIVE!! This was a first for me and I ended up jumping from 13,000 feet! What an amazing experience. I climbed aboard a very small plane and removed

my below knee prosthesis. I wanted to feel the complete freedom of this skydive so decided to jump without my artificial leg. While sitting on the edge of the open door the cold air in my stump woke me up to what I was doing and then I was falling. What a rush!! To be flying through the air was like nothing I have ever experienced. During the glide to the ground and the bottom landing I thought this was a once in a lifetime experience but as time goes on I’m wondering if I should do it again. Maybe.....

*(Carla is the Vice President of the Amputee Society of Top of the South)*

## MAYBE YOU CAN RELATE TO THIS?

(A poem by Jan Beaumont from the Starts at 60 Community)

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!

The trouble with life is that by the time  
you know how to play the game  
you are too old to make the team.

As you slide down the bannister of Life  
may the splinters never point the wrong way.

## INTRODUCING RACHEL MAIA



Whanganui-based Māia is a highly motivated rock-climber, but at the age of 16, in a horrific climbing accident, she broke her right ankle and disintegrated her left. For 20 years she had multiple surgeries to try to regain the use of her left leg. Some surgeries were more successful than others and she relied on a crutch to help her get around. But she still managed to climb.

Prior to her amputation, Rachel first competed in a national event in 2017 when Climbing NZ introduced a para-athlete category and she has since set New Zealand records. In 2018, she became the first international New Zealand para-climber, finishing fourth at the IFSC World Paraclimbing Championships in the reduced power category. It was at the World Champs that amputation first crossed her mind. She was climbing with friends, one of whom was a below-the-knee amputee when Māia realised she might be able to accomplish more with a prosthetic. When she returned home, she called her surgeon and put the amputation decision in motion.

And so in February 2019, she farewelled the “hurt, pain, suffering and hate” she had endured for years and the leg was amputated. Nineteen days post-surgery she was back at the gym and within 12 weeks of her amputation, while battling a severe chest infection, she scaled great heights at the National Climbing Championships. Then, in July 2019 - five months after the major surgery, she was representing New Zealand at the world champs in France and was placed fourth in her field.

Her crutch and wheel chair are gone. They have been replaced by a prosthetic, which she uses for walking and at times, climbing. She still experiences pain, but it has changed. Pre-surgery arthritic pain plagued her. At times it was unmanageable. “When you think of pain in terms of how distracting, debilitating or it interfering with your life, it was just loud,” she said. “It would scream at me. No matter what I did, nothing would alleviate it.” Now, nerve pain has taken over. It’s been “ongoing” and “problematic”. At times it’s accompanied by phantom pain. “Every now and then I get an electric shock in a big toe that doesn’t exist,” she said. But it’s the nerve pain that is

“all encompassing”. “It’s like an electric current running through the leg... that just won’t stop,” she said. “Sometimes it lowers down to a background hum... but it’s better than what I had. I’m able to be more active.”

Māia is reliant on the kindness of others. Although she has some support from sponsors, her sport is not funded, which adds another level of pressure. “If you are in a minority sport and you are dealing with financial pressure... it does affect your performance,” she said. “Not only are we trying to perform at an elite level, we’re doing that under enormous amounts of pressure, which physically, emotionally, mentally effects your game.”

No doubt the two major international events planned for 2020, the US Nationals and the Para-Climbing World Cup in Austria, have been put on hold, but we look forward to hearing more of Māia’s achievements in the not too distant future.

*(Excerpts & image courtesy of Stuff)*

## **PROSTHETIC INSURANCE**

*(From a Facts Sheet on the NZALS website [www.nzals.co.nz](http://www.nzals.co.nz))*

ACC Patients - ACC covers any prosthetic limb that is damaged due to accident, fair wear and tear, loss and theft.

Health Patients - NZALS has fixed funding for services to health amputees which means NZALS has limited funding and may not be able to replace expensive prosthetic components due to loss and theft. As such, we strongly recommend that you list your prosthetic limb on your home and contents insurance. Your clinician will advise you when you need to do this.

ACC will cover the repair or replacement of prostheses that replace a part of the human body that has been damaged due to accident where there is a covered claim for the injury to the prosthesis.

NZALS planning will allow for replacement of expensive prosthetic components due to fair wear and tear.

Private Health Insurance - Coverage of prosthetic limbs will be dependent on the policy issue.

Travel - Coverage of your prosthetic limb and gaining prosthetic services overseas will be dependent on the policy. We recommend that you register your amputation as a pre-existing condition. Your insurer will then decide on coverage for your amputation.

## NEWS FROM THE REGIONS

*Due to the pandemic, there has been little activity within regions, with some Societies having to postpone their AGMs and other planned events.*

**Auckland & Northland** - Once the uncertainty of the Covid-19 Pandemic is over, our new Committee is hoping to plan some exciting speakers and/or events *(Janis Bourne, Secretary)*

**Waikato, Bay of Plenty & Districts** - We are looking forward to organizing future events in our region and a casual snow trip will be organised. If you would like to take part; please get in touch. *(Matthew Bryson, President)*

**Hawke's Bay/East Coast, Manawatu & Districts, and Greater Wellington Region.** Nothing to report from these regions. Hopefully things are well on the way to getting back to normal.

**Top of the South** - I guess we're in the same boat as everyone else. Having been "locked up" throughout the various levels of Covid-19 we haven't been able to meet for our monthly sessions. Hopefully we can get back to these in the not too distant future. In the meantime, continue to stay safe and healthy. Remember this – "If you don't stick to your values when they're being tested, they're not values; they're hobbies." *(Max Alty, President)*

**Canterbury & Westland** - We were lucky to get our AGM done and dusted on Sunday March 15, before the great lockdown began. There was a good turnout, with many of the committee choosing to remain. It was with sadness that we said goodbye to two longstanding committee members, Secretary Eileen Popplewell and Function Coordinator Margaret Hunter. Their hard work and commitment to the Society has been greatly appreciated. We have now merged the roles of Treasurer and Secretary with Justine Mangan-Woods, taking on this role. The lockdown was an eye opener for all, and we were able to offer some assistance with shopping when needed, with the help of Alesha Kelly's sons, Trea and Tom. *(Justine Mangan-Woods, Secretary)*

**Otago & Southland** - We were fortunate not to be affected by the pandemic as our AGM took place on 29 February. We were sad to learn that one of our long-time supporters, Rod Oakley, passed away soon after; many of us took the opportunity to view an online memorial service in his memory. *(Lorraine Peacock, Coordinator)*

**Newsletters** of Regional Societies are available on the Federation's website ([www.amputee.co.nz](http://www.amputee.co.nz)) along with other useful information.

## **AFFILIATED AMPUTEE SOCIETIES**

<b>Region</b>	<b>Secretary/Contact Person</b>
Auckland & Northland	Janis Bourne <i>janismbourne@gmail.com</i> 23 Birdwood Rd, Auckland 0612 Phone (09) 833-8057
Canterbury & Westland	Justine Mangan-Woods <i>justinemw@me.com</i> P O Box 26-148, Christchurch 8148 Mobile 021 1055189
Hawke's Bay/East Coast	Diane Walsh <i>marigold200@outlook.com</i> 1/13 Puketapu Rd, Taradale 4112 Phone (06) 845-3636
Manawatu & Districts	Eddie Johns <i>ASMDsecretary@gmail.com</i> 72 Humber Street, Rongotea 4865 Mobile 022 6741224
Otago & Southland	Lorraine Peacock <i>lorrstan@xtra.co.nz</i> 213A Bay View Rd, Dunedin 9012 Phone (03) 455-6347
Top of the South	Deborah Green <i>deborahg@xtra.co.nz</i> 32 Whiting Drive, Wakefield 7025 Phone (03) 541-9045
Waikato, Bay of Plenty & Districts	Andrea Thompson <i>ad.thompson@xtra.co.nz</i> 33 Iles Road, Lynmore, Rotorua 3010 Mobile 021 1371808
Greater Wellington Region	Ken Te Tau <i>whanau.tetau@gmail.com</i> 27 Waiho Tce, Porirua 5022 Mobile 027 4876599





ottobock.

Quality for life

Strong and dynamic rollover

Supports agile and  
high-impact movements

Comfortable adjustment for  
an enhanced feeling of safety

Energetic walking.

# 1C68 Triton side flex

Your will. Your way.

Otto Bock Australia Pty Ltd · Tel 1300 136 056 · [healthcare@ottobock.com.au](mailto:healthcare@ottobock.com.au) · [www.ottobock.com.au](http://www.ottobock.com.au)

Follow Ottobock Australia on   





Remember that you're not the first person  
to have lost a limb - many others have  
passed along the same route and achieved  
conspicuous success.

If you wish to do the same, you are more  
than half-way there - the remainder is as  
easy or as difficult as you make it.

