

Purpose

Journal of the



**Amputees
Federation**
of New Zealand
Incorporated

July 2018

RHEO KNEE[®] 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**.



PRO-FLEX[®] FAMILY

The Pro-Flex range of solutions promote an active lifestyle by optimising ankle range of motion, increasing push-off power and reducing adverse impact to the sound limb.



Pro-Flex[®] LP



Pro-Flex[®] LP
Torsion



Pro-Flex[®]



Pro-Flex[®] XC



Pro-Flex[®] XC
Torsion

FOLLOW ÖSSUR ON



WWW.OSSUR.COM.AU

Össur Australia - Prosthetics

TEL +61 2 8838 2800

FAX +61 2 9630 5310

infosydney@ossur.com

PURPOSE

No. 114

July 2018

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

Registered with the
Charities Commission
(CC26629)
for income tax
deductibility of
donations

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

Phone (03) 455-6347

**Email
lorrstan@xtra.co.nz**

**Website
www.af.org.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
My First Conference	4
New Life Member	5
Give it a Go! 2018	6
Special Thanks	7
Publications	7
A Star in Her Own Right	8
Morgan Jones - A Real Survivor	9
Letters to the Editor	10
News from the Regions	10
Affiliated Amputee 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

President

Mr Mark Bruce
Christchurch

Vice President

Mr David Johnston
Invercargill

National Coordinator And Editor of *Purpose*

Mrs Lorraine Peacock QSM
213a Bay View Road
St Clair
Dunedin 9012
Phone (03) 455-6347
Mobile 027 4221298
Email lorrstan@xtra.co.nz

Committee

Mr Matthew Bryson
Edgecumbe

Mr Geoff Hansen
Hastings

Mrs Justine Mangan-Woods
Christchurch

Mrs Kath Stone
Wellington

Nominee to the NZ Artificial Limb Service

Mr Kevin Ross

Hon. Solicitor

Mr Lindsay Trotman LL.M(Hons)
Palmerston North

Federation's Website
www.af.org.nz

GUEST EDITORIAL



Hi, I'm David Johnston, Vice President of the Federation. I was a bit nonplussed when asked to write the Guest Editorial for this edition of Purpose, what can one say? If I think of my 35% Irish heritage I might say – I don't like to think before I speak I like to be just as surprised as everyone else about what I say.

Next year some of you may head south to our National Conference 12-14 April in Dunedin. Why not make a holiday of it? Our mainland does not finish at Dunedin or Queenstown. I was born in an area called the Catlins, well worth exploring. I

now live a few kilometres away in Invercargill where PC just went mad and our museum was closed as it "may" pose an earthquake risk. We live in a low risk earthquake area on our side of the island - we have a higher chance of a tsunami. The ads on TV say when the tsunami comes head for high ground – sorry, Invercargill and environs give us no high ground to head to. I guess we just die with or without the museum.

However, with private enterprise we have a car and truck museum (a full day to see), a motorbike museum - and you can even pay to play on a ditch digger. Go-carting is fun and they modify a vehicle if you have but one leg (as I know from personal experience). Remember the World's Fastest Indian? A shop (E Hayes) here in town has all sorts of memorabilia from Burt Munro and the bike, plus classic cars all free to see. Bluff is just down the road and oysters will be in season; Stewart Island is a hidden gem; kiwis (the bird) are sometimes seen walking about on the beach in the daytime. For the thrill seeker, if you lost your limb due to a shark attack, as many say they did, you can look a great white in the eye (from the safety of a cage).

Sorry to hear the north is having a wet winter; it is just a little cool down here. Do try to keep warm and dry.

David Johnston
Vice President

MY FIRST CONFERENCE by Justine Mangan-Woods

I was so excited to attend this year's National Conference in Wellington on 20-22 April. I'd been looking forward to the weekend for a long time, so much so that my Dad put his 70th Birthday Bash back a week so that my husband Vaughan and I could attend.

We arrived on Thursday evening so that I could take part in the Peer Support Training on Friday run by *Limbs4Life Australia's* Melissa Noonan. I won't go into much detail about that, except to say that it was a very worthwhile experience and I learnt a great deal.

I had already met some lovely, friendly people by the time the conference was officially opened by Paul Eagle, Labour Party MP for Rongotai. The 72nd National Council Meeting followed, where the Executive was voted in and a couple of lively discussions were held. There was then a very special presentation to Wally Garrett who received Life Membership, followed by "Mingle & Greet" with supper. Saturday morning's free time was spent at Te Papa, where we saw the amazing Gallipoli exhibit which was quite poignant, it being so close to Anzac Day. Other conference attendees took up the alternative option of visiting the Zealandia Eco Sanctuary which, from all accounts, was really interesting.

We arrived back, looking forward to hearing the amazing speakers scheduled for the afternoon. Whilst I learnt so much about peer support training the previous day, I didn't know the personal story of Melissa Noonan and how she came to found *Limbs4Life Australia*. She spoke with passion about supporting amputees and her personal journey was truly inspirational. Janette Searle then spoke and again imparted to us an amazing story regarding founding *Take My Hands* - a charity that collects and redistributes artificial limbs, orthotics, and other medical equipment to people in need across Asia and the Pacific. Janette's efforts have had a huge impact on so many lives. She is a really exceptional woman who saw a need and a way to fill that need in a truly Kiwi way.

That evening there was an Island theme dinner and dance, with great entertainment from First Day Covers, the band getting special mention as even I had a dance, which is very rare.

Sunday morning came, too early for some I think (those people that didn't get to bed until 2am looked a little worse for wear!) but again looking forward to some great speakers scheduled for the morning. Usually when at a conference (be it work or pleasure) I've found there

is usually a segment entitled “and now a word from our sponsors” and this was no different except that this slot was really interesting. Representatives from both Ossur and Otto Bock spoke and I definitely didn’t think talking about limbs and their components would be so interesting.

Paula Tesoriero, the Disability Rights Commissioner, then gave an inspiring presentation “Promoting Change” and this was followed by Kate Horan who also gave a great inspirational speech. There was then an uplifting presentation from the “young ones” attending the Give it a Go camp.

Overall, Vaughan and I had a fantastic time, meeting new people and feeling energized and inspired by the people who spoke. We learnt so many new things. We are really looking forward to next year in Dunedin!

Thanks Justine and welcome as a new member of the National Executive! (Ed.)



NEW LIFE MEMBER - WALLY GARRETT

Wally Garrett has been granted Life Membership of the Amputees Federation of NZ after serving on the National Executive for many years as both National President and an Executive Committee member. He is currently the President of the Amputee Society of Taranaki, a position he has also filled over many years.

The Amputees Federation of NZ has appreciated and benefited from the dedicated service Wally has given to this organisation and the amputees of New Zealand.

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

GIVE IT A GO! 2018

Since 2012 this annual event has been a highlight on the calendar of many young amputees aged 16-30 and this year was no exception. Our two GIAG Coordinators - Matt Bryson and Brooke Donaldson - did a great job in putting together and supervising a programme which pushed these young people to their limits. Here are some of their comments.....

A huge big thank you to the sponsors for making the GIAG weekend happen. What another fun conference. This was my fourth amp camp and like the others it was such a fun weekend meeting new amputees, reacquainting with old friends, and partaking in exciting adventures. White water rafting was so much fun and I am very proud that I climbed up and jumped off a high rock half way down. Pushing your limits and being out of your comfort zone is definitely what it's all about. (Rosanna)



First and foremost I would just like to take this moment to say thank you very much to the team who sponsored me to be part of this weekend. Thank you for the opportunity to be there and be part of the group. I am so grateful for all the help and support I have received. (Tevita)

I had a great time in Wellington. It was really great to be able to meet people that I could talk to and relate to about being an amputee and see how people thrive even with missing a limb. It was great to be able to do new things with people my age and build some new friendships with everyone because they were all really nice and considerate about everything. I hope for more young people to be able to experience the trip and have the support that this group of people give especially because some families aren't very supportive in the process because they haven't gone through it so don't know how to react and support you properly. I look forward to being able to go along next year and meet all these great people and hopefully more and create more friendships. (Danielle)

I had such a great weekend Taiko drumming, white-water rafting along with meeting and catching up with fellow amputees in Wellington. (Morgan)



This was my first time on the GIAG trip and I had an awesome time. I got to meet new people and experience new things like taiko drumming, which I have done nothing like before and I thoroughly enjoyed. I also had

a lot of fun whitewater rafting as well. I got to meet a lot of awesome people who I'm hoping to see again in the future. (Celyn)

What can I say. GIAG is always such a good weekend and so much fun getting to hang out with other amputees of a similar age group and get to go and try new fun activities. Its definitely something I look forward to each year and once it arrives it always goes too fast but enjoyed by everyone. (Abby)

I've been to GIAG 4 times now and it's something I look forward to every time. It's great being able to catch up with friends and meet new people in similar positions who understand. It's inspiring to see what others can do and makes me push myself. So thank you very much, without you it simply wouldn't happen. (Ben)

SPECIAL THANKS to our Conference and GIAG sponsors - Pub Charity, Lion Foundation, NZ Community Trust, Ossur and Otto Bock.

PUBLICATIONS available (no cost) from the National Coordinator or Regional Society Secretaries

A New Challenge - Advice for New Amputees (a 32 page booklet)

An Ongoing Challenge - A 60 page publication which covers a wide range of topics and includes personal profiles of 11 amputees.

A Challenge with Purpose - A History of the first 50 years of the Amputees Federation of NZ Incorporated (275 pages)

The Amputee Society of Otago & Southland Inc. -The first 60 years (146 pages)

Little Jellybean by Margot & Anton Wuts - for child amputees, their parents and families (24 pages)

A STAR IN HER OWN RIGHT



Jess Quinn admits that at first she thought there was physically no way she could do *Dancing With the Stars NZ*.

Jess Quinn is not your usual celebrity. She is not a television star, politician or socialite. She's a woman who, as a child, fought cancer and beat it. She calls herself a social media influencer and "an advocate for positive body image". Basically, Jess models. Her modelling, however, means more than most. And after just one photo shoot, her career took off a few years ago. She used to dance a lot, having been enrolled in dance school, but then it all stopped for a while. "That was all before I lost my leg. And it was one of my biggest struggles. After losing it, I had to figure out what I could and couldn't do and what I could get back into," she says. Her right leg was amputated and she was given a prosthetic leg. "As

a young kid, I thought 'well I've got a leg now,'" she recalls, but it couldn't quite do what she was used to. It couldn't dance and bend as well. And that was it for dancing, she thought. She admits, when she was first asked to appear on *Dancing with the Stars* she thought it would be impossible. How could she dance? But, that shadow of doubt in her own mind is what motivated her to say yes. That, and the fact that every text vote she receives during the show is a donation towards the Child Cancer Foundation; a charity she says helped her get through chemo as a child.

Jess has got different prosthetics depending on what she wants to do and she's learnt to push herself and her blade leg. The blade is agile, she says, it gives her a light step and flexibility like an ankle. Her normal prosthetic is sturdy, good for lifting weights, she says, but terrible if she's trying to get somewhere fast. The work required for the show is sizeable, which doesn't seem to concern Jess. She trains six days a week and has made the most out of having a blade leg, which has allowed her to do even more training. With the dancing, I'm hoping to get satisfaction pushing the boundaries of what I can and can't do," she says.

(Excerpts & image courtesy of Stuff)

MORGAN JONES - A REAL SURVIVOR



Two years ago Morgan featured in *Purpose* after attending his first *Give it a Go!* youth camp. In that issue we told how Morgan's journey as an amputee began in July 1994 when, as a six-year-old boy, he fell from a Coastal Pacific train after a safety rail on a viewing platform failed. Morgan lost part of his right leg and was left blind and partially paralysed on his left side.

Many years later (April 2013) it was a proud day for Morgan when he graduated with a Bachelor of Science degree from the University of Canterbury. Sadly, however, he's had a tough time since trying to break into the career market. To the science degree he added a Certificate in Medical Terminology from AUT in 2016, with a view to potentially finding a job in medical administration. "I've applied for a few jobs and got short-listed for one, but it required doing an online typing speed test that involved copying text. Unfortunately, because of the way it was done, my screen-reading software interpreted it as a graphic and so I couldn't do it," Morgan says. His ultimate dream is still to work in a conservation role, perhaps cataloguing bird calls or contributing in some other administrative capacity. "While I'm limited in the field, I can still do some practical work. I just need someone to give me a go." It is amazing how closely Morgan can imitate the calls of bellbird and shining cuckoo. He wonders whether he could do a masters' degree on how bird calls vary around the country. Right now, he is working to make the garden around his Spreydon townhouse "completely native" and, no doubt, native birds will follow.

Dancing remains his favourite pastime and he dances regularly with a couple of city dance clubs, Latin Fire Dance Academy and Fevah Modern Jive. "I can only really dance with a partner. If I was dancing solo, it'd probably end in disaster, though I suppose I could potentially do pole dancing," Morgan quips. "Dancing makes me feel good. I like to think I look good, too, and it keeps me fit."

(We can vouch for that Morgan - you DO look good on the dance floor. And you're pretty good at taiko drumming and white water rafting as well!)

(Excerpts & image courtesy of Stuff)

LETTERS TO THE EDITOR

and other contributions to *Purpose* are very welcome (300 words maximum).

If you have anything to share with readers, please send it to the Editor at 213a Bay View Road, St Clair, Dunedin 9012, or email to lorrystan@xtra.co.nz

NEWS FROM THE REGIONS

Auckland & Northland - The Society only just had a quorum for the 72nd Annual General Meeting held on Sunday 4 March 2018. The new committee consists of President George Marr JP, Vice President Claudia Teague, Secretary/Treasurer Janis Bourne, four committee members - Marlene and Bill Bennett, Nadya Vessey and Mali Liupuhi. George Marr and Janis Bourne attended the Federation Conference in Wellington as delegates, with Whangarei amputee Kathy Palmer as an observer. A good time was had by all. (*Janis Bourne, Secretary*)

Waikato, Bay of Plenty & Districts - No recent news from this Society - we trust the visit to Alpac Farm and Willow Glen in early April was a success.

Hawke's Bay/East Coast - With all of our officers standing down at our AGM and only 2 of the committee staying on, we have some new faces running the Society. Diane Walsh did a great job initially as Vice President, followed by 5 years as President and time on the National Executive, so it hasn't been easy for the newbies. However, things are starting to move now and it's always good to have fresh faces and new ideas. We are currently organising a get together function for our members in early July and hopefully some of our 11 new members will be able to attend. We started our aqua exercise sessions at the beginning of June; however the pools are closing for maintenance for around 6 weeks in July/August. (*Geoff Hansen, Field Officer*)

Taranaki - No recent news from this Society either - maybe it's a case of hibernation for some of our northern colleagues!

Manawatu - Since the last publication of *Purpose*, the Manawatu Region has officially changed its name to the Amputee Society of Manawatu and Districts Inc. The purpose of this change is to include the wider area which we cover - Wanganui, Sanson, Horowhenua and the greater Manawatu. Fifteen members attended the AGM in March and it was wonderful to see three new people present. We were happy to have ten members attend the National Conference

in Wellington in April – for some, this was the first Conference they had attended. We proudly displayed our new banner and were grateful to Pub Charity for their grant towards expenses. *(Elisabeth Cottam, President)*

Greater Wellington Region - We hosted the National Conference in April - a big thank you to our committee, it was an enormous effort. We tried our best to make sure that everything ran smoothly and that everyone's stay was enjoyable and comfortable. Sadly a small number of unforeseen issues arose for which we offer our apologies. On the whole, we feel that the conference was a great success with amazing and insightful speakers. Society members from all regions enjoyed the Federation's initiative in having Melissa Noonan from *Limbs4Life Australia*, provide valuable Peer Support Training. We needed a lot of help to pull it off. Thank you to our Federation leadership team: Mark Bruce, David Johnston and Lorraine Peacock for all your support. Congratulations to Kath Stone who was elected to the National Executive Committee. *(Ken Te Tau, Vice President)*

Nelson & Marlborough - Six of us attended the Conference in Wellington, three of us as "first-timers". What inspiring speakers - Deb and I thoroughly enjoyed it. Well done Wellington! "Life is a challenge - meet it." *(Max Alty, President)*

Canterbury & Westland - Our AGM which was held in March went very well with a good strong committee of 13 elected, including 4 new members. A Quiz night is to be held on July 15th - 4pm start at Cranford Ale House. Inquiries to Mark (0272381958) or Justine (0211053189). *(Eileen Popplewell, Secretary)*

Otago & Southland - We were saddened by the sudden death of Committee member Tony Wilson, shortly after returning from Conference. He will be very much missed as we launch into plans for hosting next year's conference in Dunedin. This will be combined with our Society's 75th Jubilee and will have a Scottish theme so "embrace your heritage" and come along dressed in your favourite kilt and tammy. *(Lorraine Peacock, Coordinator)*

Newsletters of Regional Societies are available on the Federation's website (www.af.org.nz) along with other useful information.

SUPPORT YOUR REGIONAL SOCIETY - IT SUPPORTS YOU!

JOIN US ON FACEBOOK - GO TO OUR WEBSITE

www.af.org.nz

and click on our name to LIKE us!

AFFILIATED AMPUTEE SOCIETIES

Region	Secretary/Contact Person
Auckland & Northland	Janis Bourne 23 Birdwood Road Swanson <i>janismbourne@gmail.com</i> Auckland 0612 Phone (09) 833-8057
Canterbury & Westland	Eileen Popplewell P O Box 26-148 <i>ceallaigh4@xtra.co.nz</i> Christchurch 8148 Phone (03) 349-9415
Hawke's Bay/East Coast	Geoff Hansen 809A Ferguson St <i>burnoff@xtra.co.nz</i> Hastings 4122 Phone (06) 870-3357
Manawatu & Districts	Elisabeth Cottam 8 Hardie St <i>hardieco@gmail.com</i> Palmerston Nth 4410 Phone (06) 359-2505
Nelson & Marlborough	Deborah Green 32 Whiting Drive <i>deborahg@xtra.co.nz</i> Nelson 7205 Phone (03) 541-9045
Otago & Southland	Lorraine Peacock 213A Bay View Rd St Clair <i>lorrstan@xtra.co.nz</i> Dunedin 9012 Phone (03) 455-6347
Taranaki	Margaret Barraclough 158A Tukapa St <i>amp.soctaranaki@gmail.com</i> New Plymouth 4310 Phone (06) 753-3207
Waikato, Bay of Plenty & Districts	Ruthie Coltrane P O Box 15-130 Dinsdale <i>ruthie.coltrane@gmail.com</i> Hamilton 3243 Mobile 0273664540
Greater Wellington Region	Ken Te Tau 27 Waiho Tce Elsdon <i>tetau@paradise.net.nz</i> Porirua 5022 Mobile 0274876599

Visit our Website at www.af.org.nz

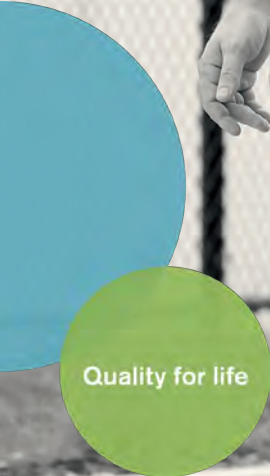
A black and white photograph of a man in profile, running on a paved path. He is wearing a dark polo shirt and shorts. His right leg is a prosthetic, and he is wearing a specialized running shoe on it. The background shows a chain-link fence and some trees.

ottobock.

Empower

Reclaim your power

The world's first prosthetic
foot with powered push off.



Quality for life

Obligation free trials now available

Otto Bock Australia Pty Ltd
Tel 1300 136 056 • healthcare@ottobock.com.au
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.

