

# NEWSLETTER

JUNE 2018 - AUGUST 2018



## **AMPUTEE SUPPORT ASSOCIATION SUNSHINE COAST INC.**

**P.O. BOX 1374, BUDERIM QLD 4556**

### **GENERAL MEETING**

Meetings are held the 3rd TUESDAY  
of each month at 10 A.M. at

EDUCATION CENTRE,  
HIBISCUS RETIREMENT RESORT  
Lakehead Drive, Chancellor Park

For information please contact:  
President: 0411 499 488

# EXECUTIVE COMMITTEE

**President:** Brian Poulter 0411 499 488

**Secretary:** Debbie Murr 0416 042 735

**Treasurer:** Bob McClintock 5443 4561

**Committee Members:** Joy Laxton 5442 1860

Graham Flatters 5477 1818

Alexandria Ward 0439 028 201

**Welfare/Liaison** Brian Poulter 0411 499 488

**Newsletter Editor** With thanks to the Office of Mark McArdle,  
Member for Caloundra

**Newsletter Printing** Kindly sponsored by our Patron,  
Fiona Simpson MP, Member for Maroochydore

**Contact** Debbie Murr [debbie@amputeesupport.net.au](mailto:debbie@amputeesupport.net.au)  
**Website** [www.amputeesupport.net.au](http://www.amputeesupport.net.au)

**Facebook** Amputee Support Association Sunshine Coast

**Patrons:** Fiona Simpson MP 5443 7995  
Member for Maroochydore

Jarrold Bleijie MP 5478 1189  
Member for Kawana

# CLINICS BY APPOINTMENTS ONLY

Nambour Clinic – 3rd Thursday of each Month

For Appointment Telephone: (07) 3636 7286

Currimundi Clinic, Coora Street, Currimundi

1st and 3rd Thursday of each Month

For an Appointment telephone: 3266 1255

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# PRESIDENT'S REPORT

Hi there everyone, well we are now 6 months into the year, another year is nearly over.

What started off quite a busy year has slowed a bit. A good thing I suppose.

We had a free lunch in March which went very well with all attending having a nice time.

So far this year we have bought three new 16 inch chairs and two new 18 inch chairs. We had a few requests for repairs to chairs.

The Easter raffle went quite well, with help from our members.

Debbie and Bob are now busy arranging our Christmas in July lunch, for the 15th July.

Although it is quiet, I look forward to an exciting and eventful last 6 months of 2018, with our association providing help and support to all existing and new amputees.

I would like to thank all our Committee members and Association members for all their help and time this year. All the best to everyone for the rest of the year.

Cheers

**BRIAN  
POULTER**



# SECRETARY'S REPORT

Well here we are, already in June, I'm enjoying this cooler weather.

We had the unveiling of Cliff Hargreave's memorial plaque 6th March. This was well represented by all the community groups Cliff was involved with.

The first part of our annual raffle at Kawana Shoppingworld 22nd - 24th March, went well. Thank you to those of you who helped sell tickets.

Tuesday 27th March, some of us had a look at the viewing platform and Cliff's plaque near lake Currimundi, then we had free lunch at Kawana Bowls Club. Our lunch was very nice, and it was great to see so many of you there.

The second part of our raffle 4th - 7th April was good. A lovely newsagency staff member drew the raffle at 4pm Saturday.

1st prize 40 inch TV was white ticket M17, 2nd prize \$150 JB Hi-Fi gift card was blue ticket E100 and 3rd prize \$50 JB Hi-Fi gift card black ticket F31.

Thank you very much for buying the tickets we sent out and to those of you who helped sell them at Kawana Shoppingworld.

I hope all the Mum's had a lovely Mother's Day. It was a beautiful day. It's good to get the support for our General meetings. Everyone enjoys having a cuppa and a chat after the meetings. Ruth makes awesome sandwiches, thank you Ruth!

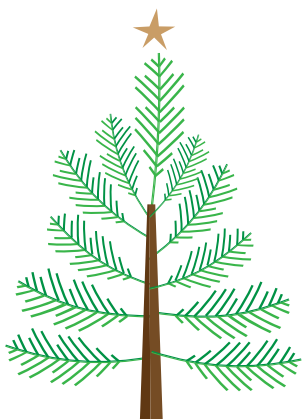
Thanks very much to Joy for stapling and posting the newsletters. That is a great help!

Thank you to you, our members, for your continued support.

Regards

**DEBBIE MURR**

# UPCOMING EVENTS



**Sunday 15th July 2018 Christmas in July,**  
12 noon for 12.30pm lunch at Club Mooloolaba  
(Mooloolaba Bowls Club).  
Raffle tickets and lucky door prizes,  
NO gifts to exchange.

**Our Association is also having its 25th Birthday.**  
CELEBRATION TIME!

## **Tuesday 17th July 2018**

General meeting 10am followed by our AGM  
Hibiscus Retirement Resort, Education Centre,  
Lakehead Drive, Chancellor Park.  
Morning tea and chat after meeting.



**DO YOU HAVE SOME SPARE TIME?** We will be looking for a new  
Treasurer at our AGM. Bob has made the decision, it is time to let  
someone take over his important role. He is willing to help you so  
please consider.

## **Tuesday 21st August 2018**

General meeting 10am, Hibiscus Retirement Resort, Education Centre,  
Lakehead Drive, Chancellor Park. Morning tea and chat after meeting.

# LEFT FOOT ACCELERATORS (LFA) WHAT YOU NEED TO KNOW

**Legally** - LFA's are classed as a "Vehicle Modification" and need certification by a Transport and Main Roads (TMR) Approved Person. A TMR Approved Person is a registered individual with the knowledge and experience to assess that the modification is done correctly. They may also do the modification themselves. When a LFA is installed it must be done so that the original right foot accelerator can be used by an able bodied driver. Essentially the vehicle can be used by either a left or right accelerator pedal, but only one can be operable at any time.

**Two Types** - There are mechanical and Electronic LFA's. The most common is the mechanical type. These are more economical than electronic. A mechanical LFA either clips or screws into a permanent base plate mounted in your vehicle. A great advantage with these is that they can be easily transferred to other cars as required.

You would use an electronic type for increased leg room or if you cannot bend your knee or similar. Electronic LFA's allow the original pedal to completely fold up and out of the way. When the original pedal is in use the left pedal will also fold up and out of the way. A switch will allow you to turn on the left or right pedal as required.

**Installation** - Denver Vidler from Nybro, right here on the Sunshine Coast is a trade qualified person who knows the legislative requirements for LFA's that need compliance. He is also a TMR Approved person who will certify and provide the Modification Plate.

**Nybro** also installs Hand Controls, wheelchair hoists and other vehicle modifications for people with such needs. Nybro is also registered with the NDIS, DVA, Qld Health and other State and Interstate funding bodies.

Phone: 54345 9770 web: [www.nybro.com.au](http://www.nybro.com.au)

email: [nybro@nybro.com.au](mailto:nybro@nybro.com.au)

# NEWS

## WOMAN REFLECTS ON 74 YEARS AS A DOUBLE AMPUTEE AFTER ACCIDENT INVOLVING RAAF PLANE TOOK HER LEGS

RAAF plane took her legs  
ABC Gippsland By Rachael Lucas

At 91 years of age, double-amputee Noreen Waud has lived just over 74 years without her legs, after a freak accident on a Victorian beach.

As one of eight children, a 17-year-old Noreen loved dancing, and worked in the crockery department of the WD Leslie department store in Sale, eastern Victoria.

But on Boxing Day 1943, the vivacious teenager became the victim of a bizarre, tragic accident.

She had joined a busload of girlfriends for an outing to the Victorian coastal town of Seaspray for the day.

Hundreds of people were on the beach, where the Royal Australian Air Force (RAAF) happened to be performing air gunnery training offshore.

A RAAF training base had opened that year in nearby East Sale.

Noreen and her friends had been at the beach for half an hour when they decided to go for a swim.

She noticed an RAAF aircraft was flying low over the beach.

The pilot was attempting to impress the crowds on the beach below, as it trailed a drogue target behind on a cable.

However, when the drogue target was finally released, the metal towing cable was not properly wound back into the plane.

Terrified crowds ran for their lives as the cable violently flapped from side to side, whipping through the sand at high speed.



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Noreen's parents were devastated for their young daughter, who faced life as a cripple. Her mother believed she would never marry.

Because Noreen had loved to dance, the Sale community banded together to raise funds for her by holding a dance event, which allowed Noreen and her parents to buy a new house where they could look after her.

She was also offered a job in the WD Leslie department store office by her former boss John Leslie, if she could learn to type.

Noreen worked for Mr Leslie until she met and married her husband Bill Waud, who had been posted to Sale as a railway relief worker.

Bill became Noreen's primary carer and the couple raised two children together, Anne and Michael.

They lived a relatively normal life in Sale and were married for 53 years, until Bill died in 2001.

"I've walked all the time, until I fell and broke my hip," Noreen said.

"I was good up until a couple of years ago. I get the wobbles now. Now the heat is coming, I have trouble taking [the prosthetics] off. They swell a little.

"I said [to the nurses] 'How about some new limbs?' and they said 'Have you forgotten your age?'"

What's all the fuss about?

Noreen said she found it difficult to understand why people were so interested in her story.

"It might be the way it happened. It was rare, wasn't it? One wire to cause so much heartache," she said.

"I've had district nurses visit to help with leg trouble. This district nurse said 'I'd heard this story, and now I believe it'."

Noreen still lives independently in Sale, supported by a team of home carers, district nursing staff and her devoted family.

She has managed to survive health complications with her legs as well as broken bones, and even a battle with cancer.

Despite feeling some animosity towards the pilot who caused her injuries, she has chosen not to feel bitter about her accident.

She has made it her mission to make the most of her life, and is appreciative of all the love and support people have shown her over the years.

Her advice for others is simple: "Just go ahead, make the most of it".

# NEWS

## THE VOICE'S AIMEE HANNAN: 'I DON'T THINK I'VE HAD A LIFE UNTIL THIS MOMENT'

When Aimee Hannan sang The Beatles' 'Help' during her blind audition on The Voice, it was clear the song had a very personal meaning for her.

Joe Jonas certainly noticed, telling her afterwards, "I thought it was magical; for me, it felt you connected with the lyrics."

He was spot on. Aimee, who hails for Sydney, revealed that years of enduring chronic pain in her legs saw her become an amputee at age 22.

"I was given two choices: keep my leg and die, or lose my leg and have a life," she said, before

tearfully admitting, "It's been hard, but I don't think I've had a life until this moment."

And what a moment it was. Both Joe Jonas and Delta Goodrem hit their buttons during the performance, and Aimee scored a hug from Boy George.

"One thing doesn't define us," Delta, Aimee's chosen coach, told her.

"This moment is about your voice, and you absolutely nailed it. There'll be so many more stories in your life to tell."

Honey caught up with Aimee ahead of her Voice appearance, and she told us more about her incredible story:

Growing up, Aimee Hannan often made passing references to having her leg cut off.

She'd endured severe pain in her limbs since she could walk, and her doctors hadn't yet determined the cause.

"Oh, just cut it off!" she'd joke when it got too much. "I don't want it!"

She couldn't have known that three weeks before her 23rd birthday, this would become a reality.

In 2011, after years of investigation, Aimee was finally diagnosed with Parkes Weber Syndrome - a rare congenital disorder that affects the vascular system.

The following year, the south Sydney local had her right leg amputated below the knee.



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The first sign that something was wrong appeared at age two, when Aimee had trouble walking. As a child her legs would bruise easily, but the marks would never quite vanish.

Things worsened dramatically during Aimee's teen years; when she started her first job aged 16, her right leg swelled to three or four times its regular size and become discoloured.

"If I cut my leg it wouldn't actually heal, it'd randomly burst and bleed. There was no oxygen in my leg and everything was sort of breaking down," the 30-year-old recalls.

RELATED: The moment that spurred The Voice's Emma Fitzgerald to lose 50kg

The pain became so excruciating that even the sensation of Aimee's beloved pets brushing against her shin was unbearable.

"They couldn't come near me without me screaming in pain. It was horrible, because my animals are my life," she says.

After her diagnosis, doctors told Aimee the treatment could proceed in one of two ways: they could attempt to embolize the holes in her veins, or amputate the leg.

However, further testing revealed there wasn't really a choice; there were so many holes and leakages that an embolism would have been dangerous.

In February 2012, Aimee was wheeled into surgery to have her leg removed.

During the first few days, she was encouraged to look at her legs and feel what was there, as a way to help her accept her new reality. Yet Aimee couldn't bear to look down for a week.

"It took me a lot longer to be able to actually touch the stump of my leg," she admits.

Aimee had to wear a 'shrinker' on her stump for several months before being fitted for a prosthetic in July 2012; she then required another surgery to remove some dead muscle and tissue.

However, a fall after the procedure caused her stitches to burst open internally, and when her external stitches were removed the scar opened up.

Aimee says this marked the start of her depression and anxiety, which was amplified by her feelings about her new appearance, and nasty comments from strangers.

"It took me a long time to look at myself and not think that I was a freak. It made me really sad, I couldn't look at my reflection," she says.

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Six years on, Aimee is feeling mentally stronger and more at ease with life as an amputee. She even removed the foam casing she'd added to her metal prosthetic to make it look more like a "real" leg.

"I'm a lot more confident and I can look at myself quite comfortably. I've accepted myself with and without the prosthetic," she says.

"And I can cuddle my animals any time I like."

Aimee still experiences some soreness from her prosthetic - though it's nothing compared to what she endured before - along with the occasional phantom pain.

"I'll get an itch on my right foot, and obviously it's not there, so it's like, 'Wow, that's kind of crazy'," she says.

Throughout the highs and lows of her recovery, Aimee has found solace in an old friend: music. She'd often sing her favourite songs in her room at Concord Hospital, much to the nurses' enjoyment.

"They'd come in and say, 'What are you singing for us tonight?'" Aimee, who has been performing since she was four, recalls.

"It just made me feel like 'Everything's going to be okay, you can go out and sing again soon'."

The country music fan also wrote songs of her own and eventually recorded an album - a process she says has helped pull her out of her depression and made her realise her life wasn't over.

This year, Aimee's decided to try her luck on Channel Nine's The Voice.

"I wanted someone to hear me and to judge me for what I sound like, not what I look like," the vocalist says.

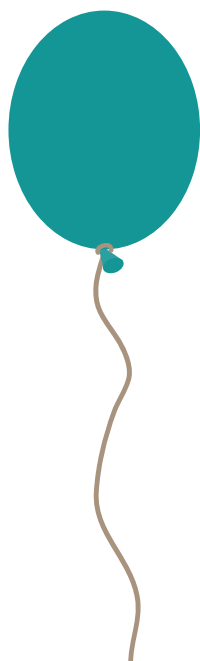
"I think it was a way to push past boundaries I have about myself, about the way I look, I am who I am."

When asked what she hopes viewers see when she performs on their screens, Aimee is upbeat.

"I hope that they can see a girl that loves to sing, that I have a message, and that I can help and relate to them in some way."



# HAPPY BIRTHDAY!!



## **Birthdays for June**

Frank Bennett, Beryl Bugenhagen, Ruth Jones,  
Maureen Kellalea, Dermot Ryan.

## **Birthdays for July**

Tania Burton, Winsome Doughty, Colin Hollow, Les Hooper,  
Glad Mackie, Geoff Murr, Beverly Pointing, Patricia Williamson.

## **Birthdays for August**

Stephen Barbe, Allen Gotts, Zoe Hamilton, Debbie Murr,  
Noel Pointing.



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**28 ENTERPRISE STREET CALOUNDRA** (JUST DOWN FROM THE POST OFFICE DELIVERY CENTRE)

PROUD SUPPORTERS OF :

THE AMPUTEE SUPPORT ASSOCIATION SUNSHINE COAST INC.

# Support Groups and Resources

Amputee Support Association Sunshine Coast Inc.	5478 9286
Artificial Limbs & Appliances Pty. Ltd.	3266 1255
Aged & Community Hotline	1300 020 103
Aged Care Queensland	3725 5555
Brisbane Prosthetics and Orthotics	3392 8440
Caloundra Community Health Services	5436 8552
Carers Queensland – Maroochydore	5451 1882
Commonwealth Carelink	1800 052 222
Community Alternative Transport Services (Maroochydore)	5443 2644
Council on the Ageing	1300 738 348
Disability Information Service	1800 177 120
Dynamic Prosthetics and Orthotics	5441 5135
Elder Abuse Helpline	1300 651 192
Goodwill Orthopaedics	3849 8152
Home Assist Caloundra	5491 7489
Home Assist Maroochydore	5476 6130
Home Assist Noosaville	5455 8355
Lifeline Sunshine Coast	13 1114
Maroochy Home Assist Secure	5476 6130
Maroochydore Community Health Services	5459 6901
M.A.S.S. (Medical Aids Subsidy Scheme)	3136 3636
Meals on Wheels Caloundra	5491 6466
Meals on Wheels Coolum Beach	5446 1000
Meals on Wheels Maroochydore	5443 3246
Meals on Wheels Nambour	5441 3543
Meals on Wheels Tewantin-Noosa	5449 7659
Nambour Community Health Services	5450 4750
Nambour & District Care (including Transport)	5441 4441
Noosa Community Health Services	5449 5944
Queensland Amputee Limb Service (QALS)	3136 3660
Royal Brisbane Hospital for Appointments	3636 7286
St Vincent de Paul Caloundra	5491 2800
St Vincent de Paul Maroochydore	5443 1946
St Vincent de Paul Nambour	5459 5202
St Vincent de Paul Noosaville	5449 9980
Suncoast Cabs Ltd, Disabled Person Taxi	131 008
Suncoast Community Cabs	131 008
Suncoast Transport and Care (formerly H.A.C.C.)	5437 9190
Sunshine Orthopaedic Services	5441 2488
The St John's Ambulance – Silver Cord Telephone	1300 360 455
The Salvation Army Currimundi	5493 6053
The Salvation Army Maroochydore	5443 7775
The Salvation Army Community Services Nambour	5441 5538
Veteran's Home Care	1300 550 450
Veteran's Home Maintenance	1800 801 945

# AMPUTEE SUPPORT ASSOCIATION SUNSHINE COAST INC.

☐

**NEW APPLICATION**

Date: .....

**YEARLY MEMBERSHIP: \$15.00 PER PERSON**

1. Name: .....  
Address: .....  
..... Post Code: .....  
Phone No.: ..... Date of Birth: .....  
e-Mail Address: .....  
  
Signature: .....

## **CARER/PARTNER MEMBERSHIP APPLICATION**

2. Name: .....  
Address: .....  
..... Post Code: .....  
Phone No.: ..... Date of Birth: .....  
e-Mail Address: .....  
  
Signature: .....

Date of Amputation: ..... Are you a Diabetic: .....  
Cause of Amputation: .....

**TYPE OF AMPUTATION:** Please circle the applicable items below

LEG: Left / Right                      Above knee / Below knee  
ARM: Left / Right                      Above elbow / Below elbow

☐

I do not wish to become a member at this time but would like some further information

OR Direct Deposit, donations are always welcome

Account name: Amputee Support Association Sunshine Coast Inc

BSB: 084 756 A/C: 631195916



Do you wish to order Name Tags: \$10.00 each\*

\* Preferred name for Name Tag: (1) .....

(2) .....

**Return form to:      The Secretary**

**Amputee Support Association Sunshine Coast Inc.**

**P.O. Box 1374 BUDERIM QLD 4556**

**ADDITIONAL INFORMATION REQUIRED**

MEMBER'S NAME: .....

In Case of Emergency contact:

Not living with you, if possible

(1) Name .....

Address .....

Telephone No.          Home: .....

Business: .....      Mobile: .....

(2) Name .....

Address .....

Telephone No.          Home: .....

Business: .....

Mobile: .....

Do you have any ongoing illness for which you are being treated?

E.g. diabetes, epilepsy, etc? .....

.....

If this is being managed by medication please list:

.....

.....

Signature: .....

This information is strictly confidential and will only be used by  
the President and Secretary.

Office only:

Receipt      \_\_\_\_\_

Letter      \_\_\_\_\_

Address List      \_\_\_\_\_

Card Index      \_\_\_\_\_