

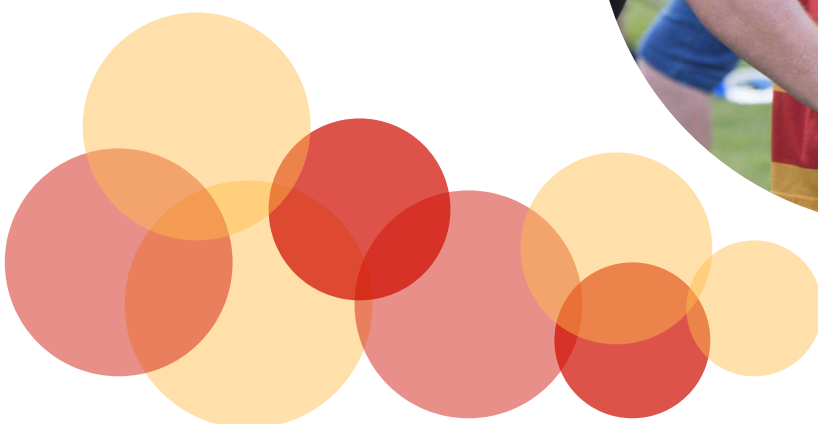


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# parafed waikato

## Newsletter

### October - December 2017



# welcome

## from your Parafed Officer

Hello and welcome to the fourth edition of the Parafed Waikato Newsletter for 2017. This newsletter celebrates the success of our athletes and shares their stories.

A huge congratulations go to all of our athletes and staff who were involved with the Junior Disability Games. It was an awesome games and it was great to see all of our Parafed Waikato junior athletes representing us well. We also held our first Para-Climbing event which was a fun day and a real challenge for our climbers. You can read about both of these events in this issue.

We are coming to the end of the year and looking back 2017 has been very successful for our Waikato teams. Our Wheelchair Rugby and Junior Wheelchair Basketball teams are National Champions! Our individual athletes have been performing well too. Let us continue the hard work and get these great results again in 2018. Go Waikato!

Remember all sporting information can be found at our website at [www.parafedwaikato.co.nz](http://www.parafedwaikato.co.nz)

Thanks to everyone who contributed to this newsletter. My email is [david@parafedwaikato.co.nz](mailto:david@parafedwaikato.co.nz) if you would like to share your sporting story in the next issue. Do you know of anyone who would like to get this newsletter? If so please email their details to [david@parafedwaikato.co.nz](mailto:david@parafedwaikato.co.nz)

I hope you all have a happy Christmas.  
David

# parafed waikato

## on the Web

If you haven't found our Facebook page yet go to [www.facebook.com](http://www.facebook.com) and search for Parafed Waikato or click the Facebook icon below. "Like us" and you will be kept informed of all of the latest Parafed events and information.

All of our other information and membership forms can be found at our website [www.parafedwaikato.co.nz](http://www.parafedwaikato.co.nz)





# message

## from the Board

To all Parafed Members and Families

The Board would like to invite you all to help us celebrate Christmas with lots of fun, surprises and magic. Please RSVP to Tiff and Chris whether you are coming to the Christmas party on Dec 17th at their house from 2pm. We heard Santa was making a comeback this year!


We thank you all for your work, dedication and support to Parafed Waikato. We look forward to what the year 2018 has in store for us!

May the stars shine on you this season and all the year through out. Have a wonderful Christmas! Best wishes on behalf of Parafed Waikato board and staff.



# bequest

## Leave a Legacy



Our organisation started operating when one of our member's left a bequest to Parafed Waikato. A bequest is your special gift to help Parafed Waikato to facilitate opportunities to Waikato's physically disabled and visually impaired that are global, national, local, competitive and social. Help to create a lasting legacy for generations of disabled people to improve their life quality through active participation.

Maybe you could consider leaving a gift to Parafed Waikato in your will.

We would like to invite you to visit the following link:

<https://parafedwaikato.co.nz/wp-content/uploads/2017/08/Bequest-Intention-Form.pdf>



# upcoming events

Don't miss out

## **Parafed Waikato Christmas Party**

All members, families and volunteers are invited to our Christmas party.

2pm, Sunday December 17th

23 Dromara Drive, Rotokauri

Bring a salad, dessert or vege dish and bring your togs for a swim.

RSVP to Tiff, 07 849 1178 or 021 522 735, [tperry@perry.co.nz](mailto:tperry@perry.co.nz)

## **Wheelchair Tennis - Rob Courtney Memorial Championships**

Saturday 9th & Sunday 10th December

Scarbro Tennis Centre, 69 Merivale Road, Auckland.

Entry Fee: \$40

Events: Singles & Doubles

Closing Date: 5th November 2016

Schedule: 8am start on Saturday and 9am start on Sunday.

For more info contact Nikki: Email – [nikkishewry@yahoo.com](mailto:nikkishewry@yahoo.com)

Website: [www.nzwheelchairtennis.co.nz](http://www.nzwheelchairtennis.co.nz)

**Postponed - New Date TBC**

If you need more information about any of these events please contact [info@parafedwaikato.co.nz](mailto:info@parafedwaikato.co.nz)





# fitness revolution

## Get Fit

Fitness Revolution is for physically disabled people, including those with visual impairments, to improve their fitness, coordination and overall well-being.

The programme runs on Tuesdays and Thursdays from 1:30pm until 2:30pm at Athlete Nation, 502 Grey Street, Hamilton East.

For more information on the programme or to register for a session please contact David Klinkhamer 07 858 5388, 027 212 5496 or [david@parafedwaikato.co.nz](mailto:david@parafedwaikato.co.nz)

The programme is sponsored by Life Unlimited. For more information on Life Unlimited and their range of services please see their website [www.lifeunlimited.net.nz](http://www.lifeunlimited.net.nz)



## membership

If you are not already a member or to renew your membership please go to our website [www.parafedwaikato.co.nz](http://www.parafedwaikato.co.nz) or email [membership@parafedwaikato.co.nz](mailto:membership@parafedwaikato.co.nz) for a form.

Full Membership \$50  
Junior Membership \$30  
Social Membership \$15





# fitness revolution

## Feedback

From Chris Dilloway one of our Fitness Revolution participants...

I suffered a brain aneurysm in July 2016, and spent the next 7 months in hospital. Once discharged, part of my rehabilitation was to be a frequent user of Fitness Revolution. Not only did this experience do wonders for my fitness, the ability to share my experience with others in a similar situation was very therapeutic.

David and his team at ParaFed helped me, not only physically, but the relaxed atmosphere made my rehabilitation an absolute pleasure. I have been back at work now for 2 months. The body managed to handle the physical demands of my position, after being incapacitated for a lengthy period. I had some real doubts about my ability to fit into the workforce again. However I need not have had any concerns.

Not only was my rehab a success physically, I also found that the ability to share experiences and to converse with people in a similar situation, to be very therapeutic.

After such a lengthy period of rehabilitation I have managed to get back into the workforce, and my life is now back on track. I have absolutely no doubt that ParaFed contributed immensely to my recovery and without their assistance I would not have been able to return to a normal and happy life.

I was told that I only had a 20% chance of surviving my brain aneurysm, and not only did I survive, I am back leading a normal and happy life. I owe a great deal of this success to David and the ParaFed team.





# report

## from the Junior Disability Games

Thanks to all of you who attended the JDG in Auckland as part of team Waikato. To our athletes, thanks for your participation, pride, courage and achievements. Thanks to all the staff and parents for your help and support. Our wheelchair basket ball team, are still champions, after an epic battle against Auckland.

Congratulations to CJ Takiari for being awarded tournament MVP and Jesse Apiti for being awarded All Star 5 Player 5. Congratulations to Brayden Guilford, Danielle Aitchison and Jahstice Harris Mathews for their track achievements. Also to Cian Wackrow, congratulations for placing 4th in the Boccia nationals. Well done Team!

Thanks

Brenda Worsop ( JDG Team Manager)



**Halberg  
Disability Sport  
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# report

## from the Junior Disability Games

The Halberg Junior Disability Games were fantastic to be apart of! The atmosphere and all the athletes who gave it there all truly made the weekend worth it! It was nice for everything to be in the same premises as well.

I was able to catch up with a couple of people who I went on Outward Bound with which was nice. It's good to know that having done Outward Bound through Halberg, there will be plenty of opportunities to meet up with people you connect with on Halberg activities, such as OB, again. Particularly if you're unable to catch up with them outside of these activities.

Having athletics being my main sport, of course it was my favourite sport highlight from the weekend. Even though for me the Junior Disability Games wasn't about wining, it was an opportunity to try and improve my PB's and to see how I was with having a break from training over winter. The potential our athletes have, even new comers who have had little to no training, is wicked! I look forward to what will come from them in the future.

I'd like to thank Parafed, especially Brenda for their support for JDG! I'm already looking forward to next years!

Amy Dunn (JDG Competitor)







# life unlimited

## by Bethany Rolston

Te Awamutu woman Vanessa Edwards has Multiple Sclerosis, or MS, a disease of the central nervous system that affects movement, sensation and body functions. But thanks to a bright yellow walking bike, Mrs Edwards has found freedom.

The Alinker is a non-motorised three-wheeled walking bike without pedals. It allows people with mobility challenges to live an active life. The bike was designed by Dutch architect, humanitarian and inventor Barbara Alink, who made it for her mother.

Mrs Edwards is one of 30 New Zealanders trialling the bike for one month. Life Unlimited Charitable Trust, the sole distributor of the bikes in New Zealand, has worked with Ms Alink to distribute the bikes through the Multiple Sclerosis Society of New Zealand.

The trust will research the effects of the Alinker bike on mobility and cognitive function. The participants will go in the draw and one will get to keep their Alinker.

Mrs Edwards says the bike has transformed her mobility.

Life Unlimited Charitable Trust general manager enterprise William Hughes says the bike stimulates social change. "It's about challenging people's assumptions around people with mobility and disability challenges," he says. "The thing about the Alinker is that it's a really cool bike. The coolness of the bike overshadows the impairment the person riding the bike might have — that becomes the focus of the conversation. "It's not about what your disability is, it's about your cool bike. "You're seated in a mobility device at eye-level — that's really important for social inclusion."

The Alinker bike comes in three sizes and can be purchased from [www.lifeunlimitedstore.co.nz](http://www.lifeunlimitedstore.co.nz)



# wheelchair basketball

by Amelia Christensen-Rose

A Rototuna Junior High School student was part of the Waikato wheelchair basketball team which dominated at the Halberg Junior Disability Games. Team Waikato was awarded the national junior wheelchair basketball trophy for the third year in a row. Yashan Randhawa, 14, said winning was "pretty rewarding".

Randhawa was 11-years-old when he first played wheelchair basketball at the Halberg Games. He also plays for the gold-medal-winning New Zealand Under 23 team. Being older and more experienced made Randhawa feel like he was able to offer some leadership on court.

Held on October 6 to 8, the Halberg Games saw 146 athletes aged eight to 21 representing 12 regional teams. Yashan's favourite part about wheelchair basketball is that it is a fast game. A misconception people have about the sport is that it is slower than normal basketball, but it's the other way around, he said. "It gets the adrenaline going," he said. Yashan was born with a benign tumour in his pelvis which affected the sciatic nerve in his right leg. Before he had a below-knee amputation earlier this year, he had no feeling in that part of his body.

Hosted by the Halberg Disability Sport Foundation, the games are open for physically disabled and visually impaired young people. The event gives athletes the opportunity to try new sports, meet other people from around the country, compete at a national level and provides a pathway for participants to pursue further sporting goals. Hamilton athlete Jacob Phillips competed in the 2016 games before going on to represent New Zealand at the Rio Paralympic Games.

-Amelia Christensen-Rose is a Wintec journalism student.





# new york marathon

by Tiffiney Perry

Second Year in New York and my aim was to take 10- 12 minutes off my time and defend my women's handcycle division title which I was stoked to do. Well 9 minutes and 49 seconds which was close enough!

New York is an amazing State and a place like no other. There are so many songs written about New York and they are all true.

It was particularly enjoyable to experience it with Chris this year and he even made some muttering about doing the marathon himself next year. Ask him about it!!

We did some amazing sightseeing with a new electric frontwheel contraption that enabled him to tow me around the streets of NY. On the last day we ticked off Empire State Building, Statue of Liberty cruise, Ground zero, and the high line all in one day while also catching a yellow cab - each! This was funny in itself each cause we couldn't both fit in one cab and didn't want to transfer so we caught one each and the cabbies were having a big fight on the side of the busy road outside Empire State haha.

Such a massive city with huge buildings, masses of people who seem mostly great, helpful and yeah I love the vibe. It helps to have a cool reason to go to do the marathon which is an epic achievement from a city to get 52000 people from one end of NY to the other which closed roads. Very cool. Going for a hattrick next year!





# para-climbing

by David Klinkhamer

On Saturday November 4th we had our first Para-Climbing session. It was a really great day thanks to Doug, Sylvia and the volunteers from the Waikato Climbing Club.

We had seven of our Parafed Waikato members on the wall and they all climbed well even though it proved quite challenging. We had excellent instruction from Para-Climber Antnz Burgess who came up from Palmerston North to get us started. Antnz said she was very impressed and saw some potential in our group for some real competitive climbers.

Para-climbing is a wonderful sport and we are excited to be able to offer it to our Parafed Waikato members.

Thanks to Extreme Edge and the Waikato Climbing Club for being so inclusive. We had a great time and look forward to many more days like this on the wall.





# para-climbing

by Georgia Mecchia

I was given an opportunity to go rock-climbing and socialise with other people who have either, disabilities or trouble doing things that others can, it was an awesome experience.

It was so much fun, I made some new friends and learnt a lot of skills. It was cool to be able to have some fun and push past my life struggles.

It would definitely be something that I would love to do again.



# wheelchair rugby

by David Klinkhamer

Waikato Wheelchair Rugby have just come to the end of our season. We have had lots of fun this year and it has been an awesome year for the DG Sport Waikato Stampede. We came second in the WRC Competition, we won the NZ Low Point Nationals and we won the NZWR Nationals.

This year was our most successful on record with 15 wins out of 16 games.

As well as that our volunteers have been doing great things. Tony Dinnington has been to Germany to officiate at the IWRF European Championships. Bevin Jenkinson has done a fantastic job as head bench official for NZWR, he did excellently at the Asia-Oceania Championships and has travelled to Sydney, Australia to officiate at their Nationals. Peter Klinkhamer has also been to Australia as mechanic for the Wheelblacks.

Robbie Hewitt and Cameron Leslie continue to represent us well on the international stage as members of the Wheelblacks and it was a pleasure to watch them in action at the Asia-Oceania Zonal Championships. Well done guys!

Our partners have been fantastic too. DG Sport have been great again this season and are going to do a new set of uniform to keep our team looking sharp in 2018. We want to say thanks to Parafed Waikato for all of the support for flights, accommodation and gym hire this season.

We also want to thank Perry Group for their ongoing support. We couldn't do it without the awesome support we get from these and our many other partners. Thanks to their generous support we were able to bring over Leon Jorgensen from Denmark for our Nationals and he was a real asset to our team.

Continued below...





# wheelchair rugby

by David Klinkhamer

Throughout the season we had good numbers to training and we topped off the season with our Stampede League which is a fun social tournament.

To celebrate the year we had a nice team dinner where Tim Young was awarded the Most Valuable Player trophy. The Most Improved Player trophy went to Blair Whitaker for his improvement in strategy and ball skills.

We would like to thank all of our players, supporters, volunteers and partners who have made this year possible especially Direct Group Uniforms, Perry Group and Parafed Waikato. We look forward to the 2018 season. Go Waikato!

## 2017 DG Sport Waikato Stampede:

3.0 Cameron Leslie  
3.0 Leon Jorgensen  
3.0 Robert Verner  
2.0 Robbie Hewitt  
2.0 Blair Whitaker  
1.5 David Klinkhamer  
1.0 Cody Everson  
0.5 Tim Young  
0.5 Chris Moore  
0.5 Jake Spooner

## 2017 Partners:

Direct Group Uniforms  
Parafed Waikato  
Perry Group  
Healthcare Rehabilitation Ltd  
C1 South  
Drake Medox  
Seating to Go  
TUKI Sportschairs  
Life Unlimited  
Melrose Kiwi Concept Chairs  
HGB  
Fonterra







# lawn bowls

by Lynda Bennett

Our Disabled National were held at Palmerston North Bowling between Monday 20 – Thursday 23 November. Our numbers were down a little due to players having other commitments.

The singles were played first and there was four players that had four wins. They were Rod Abbott, Reilly Paterson, Heather Cornelius and Steve Walker. Abbott beat Paterson and Walker beat Cornelius. The semi final was played with Cornelius winning 21/18 and Paterson with his last bowl beat Abbott 21/20 in the final. Well done Steve. You kept your cool and played some magnificent bowls to eventually come out the winner. Well done to the other participants.

In the Pairs the semi final was between Pratt and Lucas v Fair and Bennett. Pratt and Lucas won 16/14. Well done Kerrin on your big effort as a skip. You can only get better. Well done Lucas for out leading me on nearly every end. The final in the pairs was between Graham Shaw and Frank Overend v Chris Smithies and Rod Abbott. I saw some amazing drives by Smithies to try and keep them in the games but the eventual winners were Shaw and Overend winning 16/9. Well done Graham and Frank.

The triples were played as a round robin with Lucas, Patterson and Walker winning after loosing only one game. Well done Walker on claiming the shot on the extra end against me. The most improved player of the tournament was Rod Abbott.

I would like to thank the Palmerston North President and Green keeper Eric Cancroft. Also like to thank Parafed for paying Chen Naude's accommodation while at the Nationals. It was a fantastic tournament and certainly great to see the new players like Walker, Patterson, Lucas and Naude coming through and doing so well.







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