



JANUARY - MARCH 2022

PARAFED WAIKATO NEWSLETTER

WELCOME

from your Parafed Officer



Welcome to the first issue of the Parafed Waikato Newsletter for 2022. I hope you've all enjoyed the summer. Most of our sports have started training again and we look forward to seeing good results once the competitions start.

This is a fun issue of the newsletter. We have reports from fishing and surfing and cycling. Sounds like our members have been enjoying the outdoors.

Remember we have Ross Flood a roving reporter so if you have a story that you think needs covering let us know and Ross will get on to it.

Thanks to everyone who contributed to this newsletter. My email is david@parafedwaikato.co.nz if you would like to share your sporting story in the next issue. Also if you know of anyone who would like to get this newsletter please email their details to david@parafedwaikato.co.nz

David

PARAFED WAIKATO

on the web

If you haven't found our Facebook page yet go to www.facebook.com and search for Parafed Waikato. "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

MESSAGE

from the Chairman of the board, Peter van Vroonhoven

Kia Ora Tatau.

It's amazing to think the first quarter of 2022 is done and dusted. And what a first quarter it's been. The highlight of highlights for me was Parafed Waikato winning the Community Connection category at the recent Sport Waikato Sport and Active Recreation awards.

We had some tough opposition who have done amazing work in their spaces, but we came away with the win. What a fantastic acknowledgement of the work we do and it was a pleasure to share the win with my family who attended with me and with board members Rob, Peter and Sophie. Cathy Wooller also attended with her Husband Glyn who was a judge. I was nominated and was a finalist in the Unsung Hero category, but was beaten by joint winners who had done some amazing mahi for Achilles NZ and Huntly Rugby League.

I must also acknowledge Sport Waikato for putting on the event in a much-reduced format as we went into Red just four days earlier.

The big C, let's call it the Rona, has remained dominant in our landscape. I am now a Covid survivor having tested positive a few weeks ago. I feel fortunate in that I have had worse colds and did not get it two years ago when research and management of the virus was not as developed as today. In saying that, I know some people who have gotten very sick and are still feeling some long term effects. The message here is we need to continue to be careful and think of others as we make our decisions on how we respond to mandates and some of the loosening of restrictions.

The board has been working on some exciting initiatives recently. Rob Shultz, our resident social media guru has been tweeking our social media presence, which is all about making it easier for our members and supporters to connect with us. We now have an Instagram account, our Facebook pages are being rejigged, we have a LinkedIn account and our Google rankings are being worked on. Don't forget to follow and like as much as possible. Thanks Rob.

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MESSAGE

from the Chairman of the board, Peter van Vroonhoven

The board has also embraced our journey into cultural competencies around Tikanga and Te Reo Maori. My personal belief is this is an important aspect of our development as a professional organisation. Some interesting discussions have been had around the board room table, which has been fantastic as it is important to respect everyone's opinions and where they are along this journey. We are talking to an amazing organisation who are developing a programme tailored to our needs and wants, and I look forward to everyone benefiting from this.

Welcome to Access Community Health who have become supporters of both our adult swim programme and Fitness Rev. They are a fantastic organisation to deal with and have a great reputation in the marketplace. Please support them whenever you can.

Congratulations to Board Member Clare and her new husband who got married last weekend, finally getting there after three previous postponed dates. I am sure it was worth the wait and I am sure you all join me in raising toast to them. Clare and a sub-committee are working on another initiative, more details will follow.

Congratulations also to Dani Aitcheson who has had a fantastic ending to her athletics season, and also congratulations to Parafed Waikato member Lynda Bennett for her selection as a Lawn Bowler for the 2022 Commonwealth Games.

That's all from me, stay safe and stay active.

Nga Mihi a Nui

Peter



MESSAGE

from your sport development officer



Hi to our Parafed Waikato whanau

2022 has started off well and we have welcomed some new members.

It's great to see most of our sports teams starting back up and all the players eager to get back into it. What's been happening in term 1:

·Powerchair Football started back on Sat 19th February at Hillcrest High. Sandy Schaare is doing an amazing job coaching our team with the help of Murray from BOP and assistant coach Will van Vroonhoven. The team look awesome in their sponsored team uniforms from the Wanderers Football Club.

·Both our cycling events in February went well with a great turn out or participants. This was the Hampton Downs time trial and Cambridge Road race. Thanks to Tiff who does a fantastic job organising this.

·Boccia started back training on Tues 15 March at All Saints Church from 5.30-7pm. The players have formed a committee with Troy Robertson as the chair and Ceri Wackrow-Elliott as the manager. Everyone is training hard for an upcoming Upper North Island competition between Waikato, Northland and BOP. This will be held on July 9th and Parafed Waikato will be hosting this.

·Wheelchair Basketball started back training at the Peak on 10/3/22. Chris and Brendan are putting everyone through their paces and Rowan Pringle has kindly stepped in as team manager. The North Island Champs are coming up on 9th & 10th April. Good luck to our players!

·Our adult swimming lessons started at the beginning of this term for the first time. We have 2 experienced and dedicated coaches (Helen Wade is our new coach and Luke Osborne also coaches our kids) who are working with 8 of our adult members to give them this opportunity. We are very grateful to Access Community Health who have funded this programme for a year. This is at Fastlane pools every Sunday from 3-4pm during the school terms. If you are interested in participating in this, let me know.

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MESSAGE

from your sport development officer



·Our youth club swimming programme is at Fastlane pools every Sunday from 4-5pm and also started back at the beginning of this term. We have 24 kids registered for swimming. We now have 2 learn to swim coaches each session as well as our coaches for our intermediate and advanced swimmers. We welcome 3 new coaches to our team; Chelsea Whittaker, Adriaan Greupink & Adam Milne.

·Our youth club athletics programme is running at Porritt Stadium on Thursdays from 4.15-5.15pm and they started back on 10 February. Alan McDonald and Dani Aitchison put the kids through their paces in both field and track events. It's great to see how far they have come since they started. Lucas Pedersen is also doing an amazing job with his wheelchair track racing and he went up to Auckland recently to get some competition with their athletes. Watch this space as he is destined to go a long way in this sport!

Sports coming up:

·Our Wish4Fish fishing trip on 21 March was postponed due to bad weather (the first wet day we had had in months!). We rescheduled for Tuesday 5th April and had an awesome day on the water.

·We have our first Blind & Low Vision Sports day coming up on Sunday 10 April from 12-3pm. This is open to all our members to go along and support our members who are vision impaired. We have both youth and adults registered for this so far. Some of the sports that will be played on the day will be goalball, blind cricket and blind football.

·The Halberg Games has been postponed from April 2022 to 8th & 9th October and it will be 2 days/1 night instead of the usual 3 days/2 nights. If you are keen to go to this, please contact me.

Cathy Wooller
Parafed Waikato Sport Development Officer
cathy@parafedwaikato.co.nz
027 318 0497



BLIND & LOW VISION SPORTS DAY

SUNDAY 10 APRIL, 12-3PM

**HILLCREST HIGH SCHOOL GYM
MASTERS AVE, HAMILTON**

Sports include goalball, blind cricket & blind football.

Bring along your families and friends to make it a fun day.

This will be a great opportunity to meet other kids in the Waikato with vision impairments.

Contact **cathy@parafedwaikato.co.nz**
if you are interested in attending



ALPS TO OCEAN

by Tiffiney Perry

Earlier this year I went on another of my cycling adventures with my girlfriends, our group now known as – The Bike Bitches. This trip was the first time I used my new mountain bike “The Lasher”. It was a big trip 300kms plus which took 6 days filled with epic South Island scenery and hospitality.

We started off staying overnight at the Hermitage Hotel which is set amongst New Zealand’s highest mountain, Mt Cook. We then set off down the road and within 5 km we had a helicopter ride booked to get us (and all our bikes) across the Tasman River. Then we cycled along the banks of Lake Pukaki to Twizel – this section was pretty rough and it was one of the biggest days, total 77km ending at accommodation Pukaki Air Lodge.

The next day we set out to Lake Ohau Lodge – only 38km today and relatively easy with road sections and more stunning lake views of Lake Ohau. The girls even took a dip here...brrrr

Day 3 was probably the Lasher’s biggest challenge traversing up and out of the Lodge to Quailburn, switchbacks, rocky, steep and mostly single track. I found myself leaning into the hill for the first 9 km hoping it would make me skinnier on the side of the mountain. Once at the highest point I relaxed a bit and gently descended. We carried on the day finishing in Omarama. We took a side trip to Clay Cliffs which added 14km to the day. Another pretty big effort for the bitches. Thank goodness for E Bikes. On the gravel road to the cliffs we passed a brave couple probably 60ish, who were not on E Bikes. The lady had stopped and was having a moment in quite a strong head wind while cars were driving past straying dust on them.. you get the picture. My Lasher and I roared past but I did feel for her. The battery on my bike has a large capacity of 5 hours plus and the wattage is huge so speed and power are at my fingertips.

Day 4 was probably my favourite. 67km in total cycling along the banks of Lake Benmore we headed out early as rain was forecast at noon and we endeavoured to beat it. The scenery and trail climbing through to Benmore Dam was amazing. I also really enjoyed the Waitaki Dam and cycle trail into Kurow. It was a perfect finish to beat the rain and finish with a wine tasting in the small town of Kurow. Again the accommodation and hospitality was perfect and accessible at Waitaki Braids.

Photo: lookout at Oamaru



ALPS TO OCEAN

by Tiffiney Perry

Day 5 another biggie 69km from Kurow to Enfield where we passed Elephant Rocks, more switchbacks, through farmland and even went through the Rakis Railway tunnel. Accommodation again wicked at the renovated Old School in Enfield and the South Island lamb, salmon and wine provided by our hosts was well earned.

The final day was short and sweet just a 15km cycle to Oamaru where the girls returned their bikes and we all chilled. Another highlight that night was visiting the Blue Penguin colony and watching them all surf the brutal waves, climb the rocks and waddle right past me into their night time nests. Energetic little things swimming around 50km a day to feed and then bring food back to their chicks. Well worth the \$35 to see this!

All in all it was another amazing well organised adventure with great friends that I couldn't have done it without them. It wasn't without some complications however which included getting the actual bike to Queenstown. Airlines don't like batteries and freight is expensive. Also the number of bollards we encountered along the way.

The bike has a rather wide rear end. The girls became very good at assisting me as I dismounted the bike and they carried it over and then they carried me into the bike. Still well worth the effort but would be even better if the cycle companies had a Lasher or some such alternative in their stock for hire. I came home wanting to explore that option so others can experience trips like these with friends and family.

A truly amazing experience.

Photo: Mt Cook



ALPS TO OCEAN

Tiffs cycling adventure



Lake Pukaki



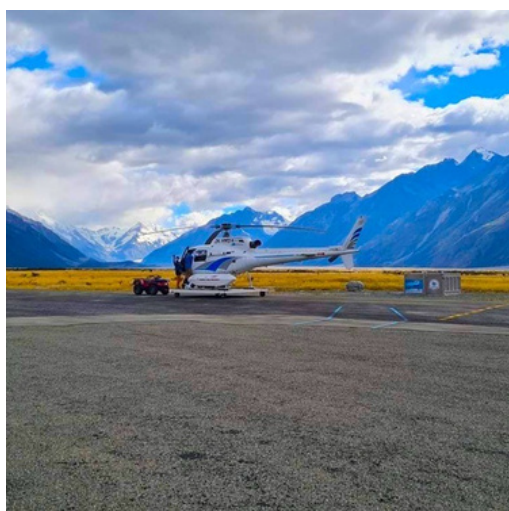
Clay Cliffs



Lake Benmore



River Crossing



Helicopter Ride



Girls having a drink stop



LYNDA BENNETT

Commonwealth Games

Six lawn bowls para-athletes and seven weightlifters were the first athletes named for the New Zealand team for the Birmingham 2022 Commonwealth Games, including Te Awamutu para-lawn bowler Lynda Bennett.

Paired with Pam Walker from the Otago region for the B6 - B8 Women's Pair event, the experienced lawn bowlers are thrilled to be heading to Birmingham, saying they are "over the moon!"

The pair have regularly competed with and against each other at domestic level, and are looking forward to proving their mettle on the international stage.

Birmingham 2022 will be the second Games for Bennett after competing at Glasgow 2014, while Walker will make her Commonwealth debut. Bennett has been a world-class bowler for many years and won a silver medal in the open triples at Glasgow.

Bowls Te Awamutu released a statement in its latest match committee newsletter congratulating Bennett.

"Competing for a place in the team, and ultimately being selected, does not come without huge sacrifice and effort – and Lynda has done both. "The hours of practice she has put in on the ultra-slow croquet green to prepare herself for the slow English bowling greens; the time spent in the gym and pool; the travel to training camps and tournaments, have all been necessary to achieve her ultimate goal of selection in the Para Team.

"Good on you, Lynda – you're an example of what is needed to achieve the ultimate goal. We wish you all the very best, and every success in Birmingham in August this year."

Photo: Lynda Bennett

FISHING

by David Klinkhamer

On Tuesday the 5th of April twelve of us Parafed members had the opportunity to go out fishing with Wish 4 Fish.

Thanks Tony from Wish 4 Fish for organising this amazing day for us.

Sandy caught the first fish of the day, an impressive 7 1/2 kg king fish. This was followed by nearly everyone aboard catching plenty of kahawai, trevally and snapper.

Thanks Wish for Fish for a great day out. I hadn't been fishing for over 25 years so it was a really nice experience being back out on the water, seeing the beautiful scenery and waiting for those fish to bite.

It was an amazing boat, couldn't have been easier to get on board or around the boat. I had a great time and I'm thankful that you guys work so hard to make it happen for us.

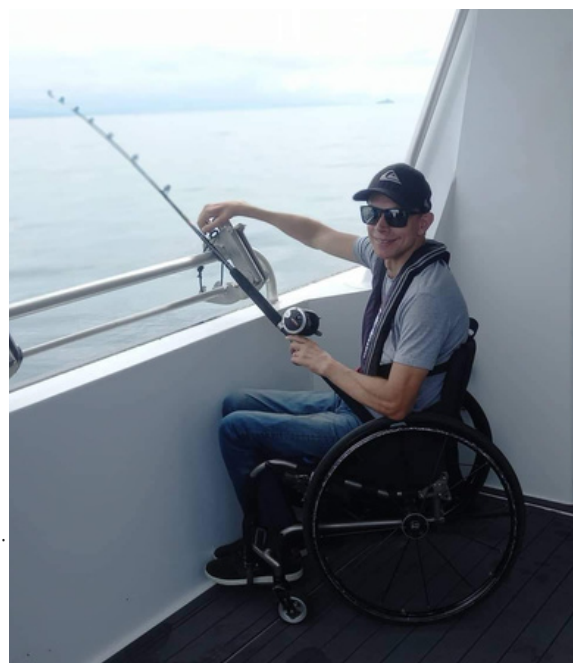
Brett our skipper and his crew Dave, Stu & Doug were incredible and everyone walked away with a bag of filleted fish. We really want to thank the guys who donated their time, you could see they are passionate about fishing and they made it a truly memorable experience for all of us.

Thanks also to the sponsors who enabled us to go out, your support of Wish for Fish is greatly appreciated. Thanks!

Photos:

Verne Pavreal holding a nice snapper.

David Klinkhamer fishing.





FISHING

Wish4Fish



Sandy and Zac with the big Kingfish



Steve with his catch



Zac driving the boat



Rowan happy with his fish



Group photo on the boat



Rob and Zac enjoying fishing

WHEELCHAIR RUGBY

Back into it!

The DG Sport Waikato Stampede are back into it again after the summer. We kicked off again on the 7th of March and have been training hard at Fairfield College.

Seeing as we missed out on our end of year dinner and awards last season due to covid we presented the trophies at training.

It was a pleasure to give the Most valuable player trophy to Robbie Hewitt. Robbie has coached the team, played well throughout the season and even represented NZ at the Tokyo Paralympics. He's a legend!

Our Most Improved Trophy was awarded to Enfys Wereta. She has come a long way in a short time and is now a fantastic player who really knows what to do on court. It's been so nice watching her progress and she is totally deserving of the trophy. Well done Enfys!

Photos:

Enfys with Most Improved Player trophy.

Robbie with MVP Trophy.

Group photo of the team and supporters.





SURFING

by Cathy Wooller

We held another adaptive surfing day on the 19th February at Raglan. It was great to see a good mix of adults and youth taking up this opportunity as well as meet some of our new members who were keen to try surfing.

Verne and Steve, who are both blind members, had a competition to see who could stand on the board the longest – Verne told Steve he had to beat 2 minutes 😊

Yet again this day was another amazing experience. The beach wheelchair is getting a lot of use and has proved to be invaluable.

The smiles on everyone's faces when they were catching waves was just awesome.

John and Nina from The Raglan Surf School provided plenty of instructors and volunteers and this meant that everyone got to have as much time surfing as they wanted.

Daniel Kereopa 'DK' turned up again to help out and inspire our surfers and take some members out for lessons. He is regarded as one of NZ's best surfers. Bruce Campbell from Adaptive Surfing NZ also came along to join in the action.

Tyla & Blake from the Raglan Surf lifesaving Club were kept very busy transporting our members up and down the hill in the ATV's.

It was also awesome to see 'Mintie' Graeme Mead there to come and see first-hand our Parafed Waikato members in action. Tune in to Newstalk ZB on Saturday mornings to hear him interview our members.

Photos:

Steve balancing on surfboard

Other surfer catching waves

Group photo of everyone on beach under Parafed gazebo



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 Snap Fitness Hamilton North, 6/697 Wairere Drive, Hamilton.

For more information on the programme or to register for a session please contact David Klinkhamer, 027 212 5496 or david@parafedwaikato.co.nz

The programme is sponsored by Drake Medox and Access Community Health. For more information on Drake Medox and their range of services please see their website www.drakemedox.co.nz and for Access Community Health visit www.access.org.nz

MEMBERSHIP

If you are not already a member or to renew your membership please go to our website www.parafedwaikato.co.nz

Full Membership \$35

Junior Membership \$20

Social Membership \$20

Become a member!





PARAFED RADIO

On the Air

Tune in to Graeme "Minty" Meads radio show on Saturday mornings.

The Waikato All Sports Breakfast show 7-9am Saturdays on 97.0FM.

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>

SUPPORTING YOU

Drake Medox

Research shows people with physical disabilities playing adapted sports have similar quality of life to people without impairments.* By giving persons with disabilities the opportunity to be a part of a community, their participation can improve self-esteem, self-efficacy, provide a sense of belonging and participation in meaningful activities, as well as physical well-being. Through sport, people with disabilities acquire vital social skills, develop independence, and become empowered to act as agents of change.

Witnessing the benefit and quality of life improvement in the lives of our clients who engage in sports activities, Drake Medox has been a proud sponsor of various adapted sports events and initiatives nationally. This year, we are proud to be a Gold sponsor for NZ Low Point National Wheelchair Rugby Championships and the Fitness Revolution gym programme in Hamilton. With 50 years of experience as a reliable and quality homecare provider in NZ, our team of Clinical Coordinators support our clients to set their goals, which includes participating in sporting activities as a part of their care plan.

Join a Homecare Agency that will support you to achieve all of your goals – contact Drake Medox today! Visit www.drakemedox.co.nz or call 0800 840 940.

*Côté-Leclerc, F., Boileau Duchesne, G., Bolduc, P. et al. How does playing adapted sports affect the quality of life of people with mobility limitations? Results from a mixed-method sequential explanatory study. Health Qual Life Outcomes 15, 22 (2017).





PARAFED WAIKATO

would like to thank our major supporters



LEADING DISABILITY SPORT // 07 858 5388 // WWW.PARAFEDWAIKATO.CO.NZ