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## Welcome to our 12<sup>th</sup> edition of Inside APC.

Welcome to our latest edition of "inside APC".

We are delighted to be bringing you such a "bumper" edition of all that has been going on in and around APC. You will read about Jane Jenkyn & Joany Badenhorst – as well as full updates on The Bandaged Bear Breakfast, Teen Camp @ Cob-bity & some truly heroic cycling around Canberra from Team Amped!

We hope that you enjoy this edition and encourage you to let us know your thoughts or suggestions for things you would like to hear about by e-mailing [editor@apcprosthetics.com.au](mailto:editor@apcprosthetics.com.au).

Have a great Autumn!

Fiona (The newest member of the APC Team ☺)

## Team Profile: Jane Jenkyn

### APC Prosthetics — Northmead



#### What is new in your life?

Have just come back from a lovely week in Adelaide where my husband and I celebrated our 34 yr wedding anniversary. We are planning a trip in September this year to the U.K. for sightseeing and to catch up with relatives. Then on to Paris and a tour of part of France.

Recently enjoyed a Work Team Challenge where we were broken up into groups and had to race all around the city finding objects and places, taking photos to prove we had been there or are doing what they asked in the challenge. We finished at the Rocks where we enjoyed delicious pizzas and a few drinks.

#### What do you get up to outside of work?

Bushwalking, café visiting for good coffee, movies, and getting together with friends are my favourite pastimes. Quite involved with the Church I go to, helping to look after the property and also enjoying many of the social outings held monthly.

#### How long have you been involved in Prosthetics and Orthotics?

I have been with APC Prosthetics for nearly 11 years as receptionist/secretary.

#### What do you enjoy about prosthetics?

Interacting with all the patients, many of which I have come to know well over the past years. I have seen much advancement in prosthetics during my time here.

#### What do you see the future bringing?

Many more years of working in a great organisation and with a great bunch of people and continuing to contribute towards helping with our patients.

# Bandaged Bear Breakfast

@ APC Prosthetics



On the 25<sup>th</sup> of March this year, APC Prosthetics held a Bandage Bear Day Breakfast at the Northmead centre and what a great day it was! In organising the day we set up a donations page on our website which resulted in some extremely generous donations leading to over \$4500 being raised for The Children's Hospital, Westmead.

The day itself was a great success - We had about 60 adults, 10 kids and 1 amputee dog! The food and beverages were donated so that all of the money collected for the breakfast could be given directly to the Children's Hospital.



Bacon and egg rolls were a big hit, as was a visit from a local mobile coffee van. We sold plenty of tickets to the raffle due to some great prizes generously donated by local businesses including a fantastic Easter hamper from Ossur and some beautiful jewellery from Tom and Jacqui Palmer. Some generous donations came in on the day including \$500 from Otto Bock and \$250 from The Amputee Association. The combined result was over \$2000 collected on the day which was fantastic considering it was the first breakfast we had organised.



The stars of the day were some of APC's youngest clients: the face of Bandage Bear Day Appeal Harry Clist, and Bernadette Giribaldi, who is also an Ambassador for the appeal, Tristan DeMaria and Amputee dog "Zana". A photographer from the Hills Shire Times came along and took some great photos capturing the day and featured an article with Harry, and Bernadette and some other ugly bloke. This and other photos can be seen on our webpage or on the paper's website: <http://hills-shire-times.wherelive.com.au/photos/gallery/bandaged-bear-breakfast/>

I would like to just say a huge "thanks" to all APC Prosthetic's staff that helped put this great day together. But even more importantly thanks to all who donated money or raffle prizes and all of those who came to Northmead on the 25<sup>th</sup> March to make APC's first Bandage Bear Breakfast such a fantastic day. It is you guys who are responsible for the huge total of \$6,655.00 that we have donated to the Limb Deficiency Clinic at The Children's Hospital, Westmead. Save the date for next year for APC will definitely be doing it all again bigger and better in 2012.





## Teen Camp— Cobbitty, NSW

You may have heard about the Teen Camp that was held in Cobbitty, NSW recently. Everybody has said what a great time that it was and how inspiring & inspired they were by the weekend. Cameron Ward, David Howells & Cathy Howells from APC Prosthetics also went along to help out & be involved.

You may or may not have read Joany Badenhorst's excellent review of her time at Cobbitty in the most recent Sydney Amputee Journal. While reading it I really wanted to hear more about Joany & what had happened with the goals that she had set at the camp. So, we asked Joany to tell us a bit more.

*A few years back in 2005, when I was still living in South Africa, I lost my left leg in a tragic "farm related" accident. We spent most of the five years it's been since the accident in South Africa, but moved to Australia in the summer of 2009. This draining move then led me to APC, and the amazing Stefan Laux (my fake leg guru). Where I had the privilege of meeting the most amazing people and support networks, that would literally "fight dragons" in order to help their patients get what they needed. I owe all of them so much and I am very grateful to each and every one of them.*

*Currently, as I am writing to you, I am living in the great Dubbo (be assured that "great" may be a little overstated) but soon, in a matter of five days, I will be calling Griffith my new town. I've only been once before, and there are three things (in my short stay) that I think makes Griffith lovely; first and foremost, the food is just to die for, secondly the people are all very obliging and friendly towards complete strangers, and lastly, the food.*

*These last few months have been a bit frantic. So much has been going on and happening to me, that it's a bit hard to keep up with. I underwent surgery, a few months ago, to fix a "few" problems on my amputated leg. Since then I have tried to recover fully but, it is a very long and tedious process to which I am sadly very accustomed to. I am definitely not used to being so "inactive" but am told that it is necessary for me in order to reach optimum strength again. Although I do live in small country towns, I spend a lot of time in Sydney and in Melbourne.*

*A few months back, I had the amazing opportunity to be part of the first amputee camp that was held at Teen Ranch. What an amazing experience. I just can't seem to say enough about how worthwhile it was for me and how many unforgettable things I experienced at this camp. One of the things that stood out for me (apart from the giant swing) was an amazing 'pep-talk' all the campers received by Cathy Howells, a physiotherapist and an Author. She spoke about setting goals and actually going for them! This inspired me tremendously.*

*Now, I am an aspiring athlete, so the basic "goal" for me was competing somewhere! So, I read Cathy's book and set out for it. I went to the Australian nationals where I didn't trip, stumble or lose my leg - which I think is an excellent start.*

*I set my goals as follow:*

**Short term** – Get fit and strong, in order to have the full advantage of body strength for running.

**Medium term** - Compete at 2012 Nationals and go extremely well (wink\* wink\*)

**Long term** - Compete on an international stage at the Olympics in London 2012

*Those are my goals Cathy helped me to set up, and I can assure you that I am committing myself 100% to them. So I want to encourage anyone struggling or needing to find direction, just like me, to follow Cathy's advise and set out achievable goals and then to go for them!*

Joany







*"The great thing for us about the Teen Camp at Cobbity was to see and listen to a group of "young teenage amputees" participate together in not only a physical sense but also communicating and sharing their own experiences about growing up with limb loss.*

*Also as most of these kids started the camp as strangers we couldn't help but feel that many may have begun lifelong friendships."*

**David & Cathy Howells**

When I heard Russell Hodge was organizing a camp for teenage amputee's I had to be involved. I volunteered to help out, but the only thing I really contributed was a presentation on the Paralympic World Championships and an inspirational client Shane Bushell. The rest of the time I was benefiting! All of the guys that attended were inspirational participating in all kinds of fun activities.

For me the highlights were:

- Pirate night on the Saturday night and Russell's effort complete with a specially carved wooden peg leg, parrot, patch and sword!
- When given the opportunity to either watch a film or play Dodge ball, the unanimous decision was the physical one, which included pegging balls at each other for about three hours!

Awesome fun was had by all at the camp and I think everyone attending can't wait for the next one. Rumors have arisen of another camp being held at the snow, so that we don't have to wait the whole year for the next Teen Ranch Camp. Big thanks to Russell from all of us who attended, for putting together such a well organized camp that was so much fun.

**Cameron Ward**



**Russell Hodge "The Pirate"**

## The AMPUTEE Coach

Empowering  
YOU to Walk  
Well, Be Fit  
& Enjoy Life!



"I am genuinely excited  
about this book!"  
Adam Hills

Foreword by Adam Hills  
(Paradise, Sports & Spills - 2013)

Cathy Howells  
with Emma Hurrell

If you would like to learn more about how to set goals,  
just like Joany has, pick up a copy of

### ***The Amputee Coach***

***Empowering you to walk well, be fit & enjoy life!***

next time you come into the clinic or purchase it online from  
[www.theamputeecoach.com](http://www.theamputeecoach.com)

## Mont 24 — Full Amped



A few months ago star Paralympian Michael Milton, "Milto", decided he wanted to enter and amputee team in the Mont 24Hr Race in Kowan, ACT.

He asked me if I knew any amputees who would like to be on the team. I volunteered Matt Henderson, Michael Balangue and a few others who couldn't make it. I also volunteered myself to help out with any prosthetic adjustments the team might need. Unfortunately the two Michaels and Matt were

the only amputees brave enough to give it a bash and Michael decided that I should ride too – oops! "Milto" also organised another prosthetist from Canberra, Richard Goward and a mate Tony Bond, to bring the numbers to 6. We named ourselves "Team Amped" and "Milto" organized the great jerseys you can see in the photos. APC Prosthetics and Ossur generously donated \$1000 each which helped pay for our night lights these helped us avoid hitting any trees in middle of the night. We were ready to race.

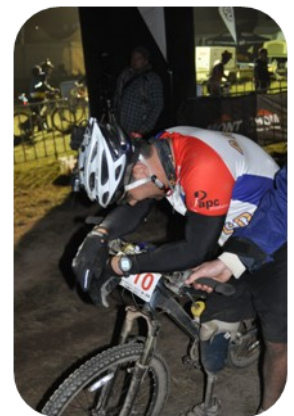
The event was held from noon on Saturday the 9<sup>th</sup> of April till noon on Sunday 10<sup>th</sup> and involved over 2500 participants riding the grueling 18km single track bush loop and camping in a huge paddock area on the edge of Kowan State Forrest.

Prior to the race we all did a few group training rides and some solo rides as well. One of special note for me, was a night ride that "Milto", Matt and I did in my back yard, the Royal National Park. To enter the park from my house you need to ride up a hill that is at least 30 degrees and feels more like 65. To put the hill in perspective there are very few people I know with two legs who could ride this hill. I rode it with "Milto", who is a high above knee amputee who rides without a prosthesis and guess who was waiting for me at the top! Sure, the guy won everything there is to win in the Winter Paralympics and is now a Paralympic cyclist but still – one leg! He is a true powerhouse, as he proved over the weekend of the Mont, setting the fastest time of anyone in Team Amped except for his mate Bondy, a serious 2 legged cyclist who used to run for Australia.

The weekend was great fun with all 6 riders doing 3 laps each over the 24 hrs. Lap times varied from 58mins to nearly 2hrs. The slower times were set in the mud fest of Sunday, which slowed riders by at least 30mins and by Richard, who broke his chain at the 4km mark and had to run/walk the rest of the loop!

Thanks to "Milto" for organizing the event, providing our camping hub and the much needed fuel for Team Amped. We had great fun as a team and I have already begun planning for our next race in the Blue Mountains. We are still looking for more amputee riders, as I am still happy to be the support crew! Let me know if you are interested.

Cheers Cameron.



## A Special Thank you....

We would like to express our appreciation to the following people and local businesses for their generous donations which made our Bandaged Bear Breakfast a success:

Tom & Jacqui Palmer  
Otto Bock Australia Pty Ltd  
Careflight  
Michael & Margaret Ahrens  
McDonald's, Northmead

The Amputee Association  
Vision Hair Team, Wentworthville  
The Art Gallery of NSW  
Pancakes on the Rocks, Northmead  
Port Bar & Restaurant, Parramatta

Ossur Asia Pacific  
Belcastro Hair, Northmead  
Lee Laycock  
Georgie Wettenhall



"White Team"



"Blue Team"



"Red Team"

## A Challenging Event...

April saw all the gang from APC Northmead take part in a City Scramble Team Challenge. This comprised of all the guys & girls splitting into three groups.

Each Team were handed an instruction booklet outlining an assortment of tasks to be completed. These involved teams making their way to various landmarks and attractions throughout the Sydney CBD, Darling Harbour & The Rocks areas in order to complete the "Scramble". Once completed, the tasks points were awarded for each task and tallied!

The end result saw the White Team scoring the most points. They were rewarded with a medal and, of course, the bragging rights until the next challenge. Although, I believe we all felt like winners for actually surviving the event. Thank you to Lisa for organising such a fun activity, full of laughs and stitches. (not literal ☺)

Cheers Michelle



"The Winners"



*Best wishes to our friends participating at the Arafura Games, Darwin*

Kelly Cartwright

Sarah Hilt

Joany Badenhorst

Liam Hunter

Aaron Chatman

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# OPEN DAY

**FRIDAY 17th JUNE 2011**  
**11am- 4pm**

7 Ailsa Road  
Broadmeadow  
ph: 4969 8700

The team at APC HUNTER would like to invite you to an interactive OPEN DAY where you can see the latest componentry from a variety of manufacturers.

Listen to leaders in the prosthetic industry discuss the latest technology; talk to guest speakers and our experienced staff.

Amputees, families and friends are welcome.

## HIGHLIGHTS

- 11:00am**     **Melissa Noonan**  
*Limbs 4 Life*  
Discussing the emotional effect of amputation on families
- 12:00pm**     An opportunity to review new componentry
- 1:00pm**     **Cathy Howells**  
*The Amputee Coach*  
Presentation on Gait Analysis & Improving your Walking Pattern
- 2:15pm**     Interactive demonstration of Componentry, including the new **Electronic Ankle (Proprio)**, the **C-Leg** (computerised knee), **Robotic Hand**, and **Waterproof Prostheses** for showering/swimming

**LUNCH PROVIDED WITH REFRESHMENTS THROUGHOUT THE DAY**