



Newsletter March 2018

Well, the summer has been and gone officially, but it's still pretty warm from where I live in my view.

AGM

Cliff and Bev Marx hosted the recently held AGM down at Mangatoki and I would like to thank them once again for their kind hospitality and turning on a good day weather-wise.

From the AGM we now have a new Vice President in Bevan Joyce and a new Treasurer being Shelley Scott who is a Chartered Accountant. So welcome aboard these two, especially Shelley who is relatively new to our Society and a non-amputee volunteer.

It was agreed at the AGM that subscriptions will remain the same at \$10.00 per person per year and these are now due.

These can be paid to the Society's bank account, which is:
15 3953 0457601 00

by Internet banking or by cheque made out to the **Amputee Society of Taranaki** and posted to:

Margaret Simpson
14 Exeter Street
Stratford 4332

Always
Motivates &
Perseveres
Under
Tough
Encounters
Everyday

Upcoming dates for your diaries are:

March 17th 2018 meeting 11.00am at the New Plymouth Club.

There is no meeting in April because of the National Conference in Wellington this year.

May 19th 2018 at Stratford (Venue TBA)

Get out there on your back doorstep by Bevan Joyce

I awoke this morning requiring a clear mental picture, so after just over 3 years of being an amputee I grabbed my walking poles and headed for what we have on our back door step.



Our Maunga Taranaki.

With an upcoming surgery approaching and with plenty of fitness in the gym I wanted to fatigue the body and clear the mind in the great outdoors (a massive pastime pre injury)

After looking over the topo map I found The York Loop Track at the end of York Rd near Tariki, with contours wide apart, this was an easy option to have a crack at it!



Loaded my camelback with a jersey, scroggin, water and spare stump socks and hit the trail only to find this was also an educational tramp

with many a signpost and remnants of time gone by, you will have to see for yourself!

Hearing the river alongside, crossing a swing bridge witnessing Kereru, Tui, Fantail and Silvereye and seeing what the pioneers of yesteryear had built in the terrain with limited technology and equipment gives you a sense of how lucky we are.

With the great weather we have had why not get out and put yourself up for a wee challenge if you need a tramping partner then get in touch and we can assist each other. There are many options in this great region so get out there and put your prosthesis to the test and let nature give you a boost!

Time 2hrs tramping + 1 hour soaking in sights and nibbling on scroggin etc 5.5km covered



If there is anyone interested please contact Bevan Ph 027 878 3007



The Limb Fitters Clinics held in the Orthotics Dept. at the Taranaki Base Hospital for the rest of 2018 will be, :
May 17th;;
August 9th, and
December 13th
Please ring 0508 630 630 to make an appointment.

It's factual to say
I am a
bilateral-below-the-knee
amputee. I think
it's subjective
opinion as to
whether or not I
am disabled
because of that.
That's just me.

-Aimee Mullins