



AMPUTEE SOCIETY OF MANAWATU INCORPORATED

Affiliated to the International Association of Amputees

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Greetings members,

After a long and hot summer the drought has broken and winter has arrived with a drop in temperatures, cloudy skies and periods of rain. By the time you receive this newsletter it will be only 7 weeks until the shortest day and less than 4 months until daylight saving.

AGM and new committee:

The AGM was held on Sunday 3rd March and a good turn out of members was present. Reports were presented and accepted and the previous office holders were happy to accept nomination to continue in their roles.

A new committee was elected and new members include Darin Christian and Lester and Elizabeth Cottam.

It was with regret that Mysie Bird did not accept nomination as a committee member but after many years of committee service the new committee accepts that Mysie has done more than most and we look forward to seeing her at member functions in the future.

Conference 2013 15-17th March:

John Byrnes and John Maher attended conference in Wellington with the major information session on Sat 16th regarding an address by experts in the field of osseointegration. Osseointegration is a recent development for amputees whereby a metal shaft is inserted and attached to the major bone above-knee or above-elbow. Once in place and stable it is then possible to attach a prosthetic directly to this shaft eliminating the need for a socket. A trial of one of the systems ILP has been approved and is being funded by ACC and Ministry of Health. As a conference delegate I am looking to give a report at the next member meeting/function in May on two of the different options available including the ILP system under trial.

Conference 2014: This will be held in Nelson next year 21st -23rd March and the Nelson Society is promising to deliver a fun event together with a chance to meet with a great bunch of people.

A feel good viewing: If you have internet access "search" You Tube Ballet Hand in Hand. I'm sure you will be amazed and inspired by the performance that is offered. You will find yourself having a second glance to confirm both performers are amputees.

Member Functions:

The next members function will be held in the residents lounge at the **Metlifecare Retirement Village at Fitchett St on Sunday 19th May at 2pm.** The format of the afternoon will be a short report on **Conference 2013 and Osseointegration** with a chance for any questions on this recent development.

The main item will be a talk by Robyn Wareham a physiotherapist at the hospital to suggest exercise and lifestyle choices that might help more of us keep active and better able to maintain activity and lifestyle. Being a small group it is hoped that individual problem and issues might be able to be addressed one on one.

After this afternoon tea will be offered and those attending are asked to bring a plate

Mid winter luncheon: A booking has been made at the **Rendezvous Restaurant** Aokautere to hold a mid winter lunch at a venue that offers easy access and tasty food at good value. The date is Sunday July 21st with the chance to gather at 11.30am. The committee has agreed to once again subsidise the cost of meals for current members paid up for 2013 and will decide on the level of subsidy at the next committee meeting.

Subscriptions 2013 are now due: With funding gained for conference from other sources the Committee has made the decision to hold membership subs at \$5/person for the current year. Many other societies have increased their subs. Subs can be paid by internet banking to BNZ bank acc; 02 0719 0142317 000 with your name in the reference. Alternatively subs can be posted to the Treasurer Elaine Potbury. The stamp on this page indicates whether your subs are paid or still due.

Brochures included: Please find enclosed a copy of the new brochure that you are invited to give to amputees that may be in your circle of family, friends and contacts. It is a way of giving others a contact to the Society so they can choose to make contact and join.

Purpose March 2013: The latest copy of "Purpose" the Federations publication is included also. Please read and enjoy.

Visiting on request: The committee is aware that many members may have limited opportunity to attend member functions but eagerly await their next newsletter or "Purpose". The committee has agreed that if members make a request travel costs will be made available for the secretary to visit members at home. Please use the contact details given above.

A Limb Centre clinic will be held in Palmerston North on the morning of **Oct 3rd 2013.** A similar clinic will be offered in the afternoon in Whanganui but it is necessary to phone the Limb Centre on 0508 389389 to make an appointment.

Pub Charity help received: The committee through this newsletter is happy to acknowledge the help and support given by Pub Charity allowing both delegates to attend conference in Wellington at no cost to the Society.

Best regards
John Maher