



**Amputee
Society
of Manawatu
& Districts Inc.**

Welcome to the Newsletter for April 2019

Saturday 4th May 1:30pm

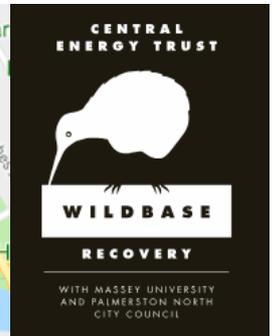
Central Energy Wildbase Recovery Centre Tour & Cafe Esplanade

Meet just inside the foyer of Wildbase Recovery Centre.

The recovery centre is very new to the Palmerston North Esplanade, as the name suggests it takes in and cares for wildlife with enclosures and treatment areas set up for public viewing. Lis will be our guide (which means there is no cost) as we look through the newly completed centre with wildlife, including kiwi, takahe and yellow-eyed penguins. There may even be a feathered amputee. There will also be great autumn colours in the surrounding gardens.

Just across the road is Cafe Esplanade where we will head afterwards to relax and have afternoon tea.

RSVP to Lis Cottam 06 359 2505



Monday 12th August

Lunch with George Truby, Okoia, Wanganui

Arrive from 11:30am for a shared lunch at 12:15pm.

Those who heard George as guest speaker before the AGM will already know what an interesting person he is. For those who haven't had the pleasure of meeting George yet, he is an esteemed wine professional, with much experience as an international judge. His other passion is his horses. Unlike most of us, George heads overseas to get his cutting edge prosthetics. He has an interesting approach of dealing with the phantom pain that once bothered him.

Just an idea but maybe we could talk to George and arrange a bit of wine tasting? Let us know what you think.

More details on this event will be given closer to the time.

Our new committee

Patron: Lindsay Trotman

President: Merrel Worboys

Secretary: Eddie Johns

Treasurer: Lester Cottam

Immediate Past President: Lis Cottam

Vice president: Susan Evans
(and editor of the newsletter)

Committee: Iain McLellan, Karen Tipler, Thanisara Trotman, George Truby.

Thank you to those who served on the committee last year



Take a fresh look at ParaFed Manawatu

One of our own members Shaz Dagg, a recent above elbow amputee, has the Sports Co-ordinator role, she is doing a fantastic job re-activating this group.

If you are interested in trying some new sports and activities then take a look at what is on offer.

On Monday nights over the summer I've been heading along to the Massey Athletics track to work on my cycling skills. As a below knee amputee I've been on a regular bike, but there's also been an assortment of recumbent bikes, hand bikes, trikes and wheelchairs. Plus each month ParaFed Manawatu offers the opportunity to try a new sport. Last month it was badminton, and there's been blo-karting, ten pin bowling, rock-climbing, indoor rowing and 4-wheel driving.

It doesn't matter what your level of mobility or challenges are, there is something for everyone. The common factor is everyone giving it a go and having fun along the way.

Email manawatuparafed@gmail.com call Shaz 027 232 8811 or check out the ParaFed Manawatu Facebook page.

Regional Clinics in our area with the Wellington Artificial Limbs Centre

20 June & 17 Oct at the G20 Clinic, 115 Napier Rd, Palmerston North

21 June & 18 Oct at the Rehab Gym, Wanganui Hospital, Wanganui

Call and book ahead for these days

National Conference & Give-it-a-go

This is happening over the weekend of the 13th -14th April.

We have a couple of local members off to this in Dunedin, have fun. It will be good to hear all about it when they return.

Follow us on Facebook

If you use Facebook then search 'Amputee Society of Manawatu and Districts Inc' and click 'Like'. That way you will be a follower of our new page and see new posts.

The page will be used to share stories, events, newsletters, helpful information and updates as they happen. It's also a good way to network, so amputees new and old in our area may find us through Facebook if they haven't heard of us elsewhere. You are all welcome to share or add a post to the page (they will be made public after being reviewed by our page administrator).



Get to know a member This will become a regular feature in the newsletter.

To start the ball rolling, here is a bit about me... *Susan Evans.*

The crash that almost took my life in July 2015 was described as something from the movies. My three daughters and I were incredibly fortunate to all survive. We have some true heroes who rescued us from our burning car. My injuries were top to toe. Most of them have healed, but my ankle was too badly damaged so the decision was made to amputate two years after the accident.

Our family has always been active and enjoyed the outdoors and doing a variety of sports together. In some ways this has made my return to 'normal' living more challenging, but it has also been my main motivation to push myself so I can enjoy these things with my husband and three teenage girls again.

I like to make the most of opportunities that come my way. Since the crash I have been striving to live an active lifestyle and as part of that have been quite literally getting back on the horse. The horse I own and ride is Theo. He was my daughters and was in the crash with us, so he is pretty special to our family.

Last year I joined Matt Bryson on the Amputee snow trip he organised. It was fantastic weekend both on and off the mountain with other amputees. I'm planning to ski even more this year.

Soon after my amputation I decided cycling might be good, so I went on a couple of para-cycling camps. Lately it's been great cycling with Para-fed to build up my confidence after a wee crash. One of my biggest achievements was at the end of last year when I won a fully funded trip to run 10km of the Queenstown Marathon event with Cigna & Archilles Foundation.

If you would like to see more of my story here's a link to a video (it is shared on our Facebook page too) <https://www.acc.co.nz/about-us/news-media/latest-news/susan-evans-getting-back-on-the-horse-after-a-lower-leg-amputation/>

Friday 22nd November

End of year dinner Manawatu Marine Boating Club at Foxton Beach

Enjoy a meal together overlooking the Foxton Estuary. The views from the Boating Club are spectacular, particularly at sunset. Bring a partner, friend or family. This should be a great night to end the year.

Dinner has been booked for 6:30pm. Numbers will be confirmed nearer the time.

Dates to circle on the calendar

4 May, 12 August, 22 November

The committee intentionally picked a variety of days, times and locations when we planned the main events for the year.

We hope you will be able to attend and look forward to catching up.

Subscriptions for 2019 are now due

The 2019 annual subscription of \$10 per member is now due. Please pay by online banking or cheque.

Payment via on-line banking is to our Amputee Society of Manawatu and Districts Account. Account number 02 0719 0142317 000 . Please use your name as the reference along with 'subs2019'.

Post cheques to the Treasurer, 8 Hardie Street, Palmerston North 4410.

Thank you for your support to those who have already paid.