



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

Greetings everyone

A Happy and Healthy New Year to you all. We hope you all had an enjoyable Christmas and some relaxing time during January.

Our AGM will be held on Saturday 16th March 2019 at 10.30am at CCS Disability Action in Palmerston North. We will have 2 very interesting Speakers who are Members of our Society and will share some of their experiences with you at the Meeting. Susan will talk to us about her involvement in the Queenstown Marathon last November. Susan set herself a goal of running 10 kilometres and managed to complete the Challenge but do it in a faster time than she anticipated. George Truby who lives in Wanganui has a new Ottobock CLeg4. He has some interesting thoughts about Phantom Pain which he will share with us. It is not often we have Guest Speakers so we do hope that you will all make an effort to come to hear these Members talk to us. LUNCH : Please bring some finger food to share for Lunch and a Mug if you would like a drink. Tea, Coffee and Milk will be provided. CCS Disability Action is at 248 Broadway. Please walk down the drive to the Conference Room at the rear of the property.

A warm welcome to Iain Mc Lellan from Otaki who is a new Amputee and a financial member of our Society.

Last November we enjoyed our Outing and shared lunch at Geoff and Gail's home and were amazed at all their aviaries on their lifestyle property at Koputaroa. Thanks Gail and Geoff for your warm hospitality.

GIAG: If anyone knows of any young amputees 16-30 years old who might be interested in having a fun weekend in April trying some new Sports and outdoor activities please contact Elisabeth Cottam for more information. This is the Give It A Go programme for young Amputees to try fun activities at no cost to the individual. Please note there are also opportunities for our members with Able2Tri locally through Manawatu Parafed. We will forward a separate email with further information for those with a physical disability who are interested.

Looking forward to seeing you all on 16 March at our AGM. Please put this Meeting in your Diaries now. If anyone needs transport to our AGM please ring 3592505.

Warm Regards

Elisabeth Cottam President