

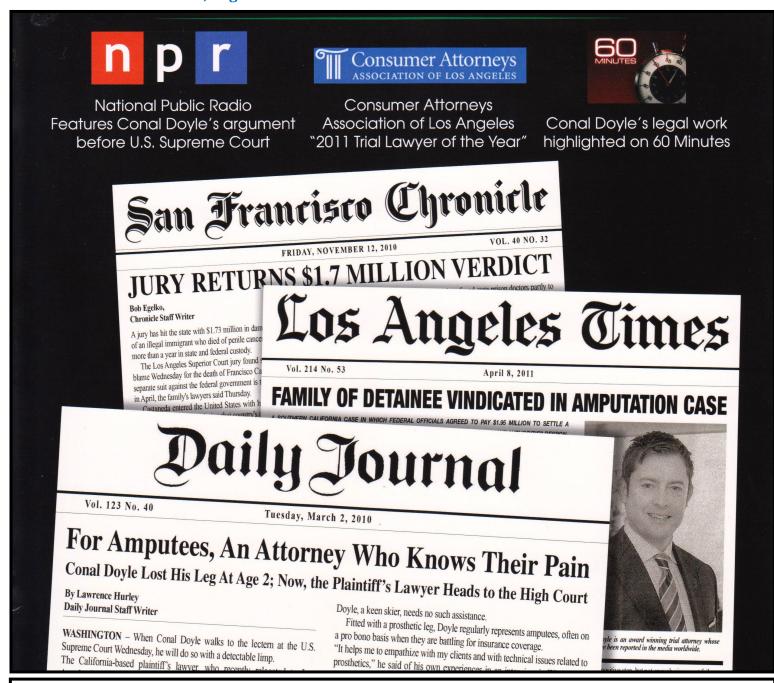
Hello from the ACA Conference. I want to thank everyone that made it to the Bill Platka memorial picnic last month. The following week-

end Stu, Bill, and myself went to the **RAMP**-It-Up hand cycling event in Sunset Beach. We had a great time and wish more of you could have joined us. They will be having their annual fund-



raiser BBQ in September. I'll keep you informed. The ACA Conference has been great and I was able to work with other support groups from around the country. The educational programs were very informative. More on that at our next meeting. A funny thing one afternoon we were in the lazy river floating around. It looked like a junkyard of arms, legs, wheelchairs, and crutches etc. were laying all around it. Everyone was just being a "normal" person, it was great.

Look forward to seeing all of you next month. Dick Fuller



DOYLE LAW is a law firm that focuses on representing prosthetists and amputees in insurance and personal injury claims. Firm principal CONAL DOYLE is a right leg amputee who has walked with the aid of prosthetics for more than forty years. He has an in-depth knowledge of the prosthetic industry and the daily struggles of every amputee.

We provide a FREE consultation to the prosthetic industry and their patients to determine whether an insurance claim for prosthetic benefits has been wrongfully denied. The Firm has a long track record of getting claims paid and obtaining significant six figure recoveries for amputees whose claims have been wrongfully denied.

The Firm has a national reputation as a leader in the area of amputee rights and personal injury litigation. Conal Doyle's publication, "Glimpsing the Future for an Amputee" is used as a guide for litigation limb loss cases by attorneys across the nation. The Firm has obtained numerous multi-million dollar recoveries for the injured. Conal provides a FREE consultation.

CShe has loved her leg so far, and insisted on wearing it... she's showed off her new leg to pretty much everyone she's encountered.

-Morgan's mom





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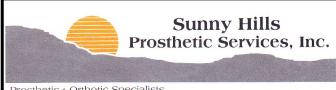
Frederick Randjbar, BOCPO, CPO(U.K.)

Board Certified Prosthetist & Orthotist Director of LIC Prosthetics & Orthotics

> Member of ISPO Member of AOPA



CELL 714.788.6973 LICPROSTHETICS@YAHOO.COM 321 E. CENTER STREET **ANAHEIM, CA 92805** PHONE: 714.563.0056 FAX: 714.563.0074



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320 South Tustin St. Orange, CA 92866 Phone (714) 633-3222 Fax (714) 633-2781 rodmission@pacbell.net





Speaker's Of The House

Mark Cormer

Mark had a very interesting prospective coming from his personal experiences as an amputee himself. Working with several prosthetics over time **Mark** learned a lot about the making and fitting of prosthetic devices. The most important thing to learn is how to communicate with your prosthetist to solve problems and to not take anything personal. You and your prosthetist should have the same goal in mind and that is to have your prosthetic device fit comfortable and pain free. **Mark** now makes his own prosthetics devices and shares his valuable life experiences with students at **Dominguez Hills Prosthetic school in Los Alamitos** as one of their newest clinical instructors.



Round Table Discussions

Yes this was another one of our FAST 'Round Table Discus-

sions' that we share personal and group information between each new and current group member. Dick reminded us that the 'Amp'd Up' amputee support group meets on the same day that FAST meetings are on but they meet many times at Bolsa Chica State Beach Park in Huntington Beach to experience hand cycling. It was mentioned the use on vinegar and water for a cleaning technique and others joined in on their methods of cleaning. A letter of introduction from the 'Amputee Coalition' was handed out. The letter is meant to be handed out at local hospitals and other organizations to help introduce ourselves and support information that we could provide. Their letter may be to much and it did not mention FAST. A one page letter of introduction developed by FAST would be nice. The subjective of what to do with used prosthetic products came up. One idea was to drop off the devices at Dominguez Hills Cal. State University school of Orthotics and Prosthetics in Los Alamitos or bring them to our FAST meeting and one or members that volunteer at the school will take them to the school. The University donates the used prosthetics to a national organization.

What's the lazy man's favorite exercise? Diddly-squats.

Why don't ants get sick. They possess strong ante bodies...

Did you know corner

If you rather have the computer read the **News Letter** outload to you just click the mouse to the side of any page and then click on the **"Read aloud"** tab above.

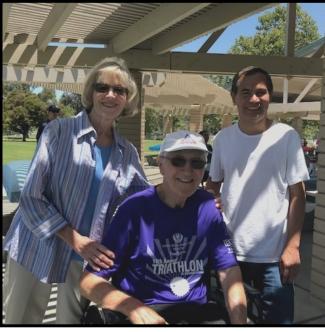
The Second Annual Bill Platka Memorial Picnic























Calendar for 2018



Jan. 13	Round 1	Гable	discussion.
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Laszlo Baslo/Certified PEER trainer Feb. 10

Mar. 10 **Bowling**

April **Mark Cormer from CSUDH** 14

May 12 Round table discussion.

June 2 Bill Platka Memorial pinic sponsored by SCP. Dec.

July Scott from Canine Companions and his dog Sidney 14

11	Report from Dick Fuller and all who
	attended AC National Conference.

Sep. **15**

Aug.

Nov.

Oct. 13 Picnic **17**

Holiday Party

RAMP-It-Up Saturday meeting in Huntington Beach





















A Story to tell.

Avalanches. Frostbite. Double amputation. Still, he scales Mount Everest.

By Rajneesh Bhandari and Jeffrey Gettleman, *The New York Times*KATHMANDU, NEPAL >> The Chinese mountain climber tried to scale
Mount Everest almost half a dozen times.

The climber, Xia Boyu, ran into avalanches. He was turned back by an earthquake. He suffered frostbite and lost both feet.

Years later, he was diagnosed with lymphoma and doctors amputated both of his legs above the knee. But Xia never gave up.

On Monday morning, surrounded by ice, snow and rock, Xia reached the top of Mount Everest, the world's tallest mountain, as a double amputee.

He was at least the third double amputee to make it to the top, according to climbing records, Mark Inglis and Santiago Quintero Sylva, both double amputees, reached the top of Mount Everest in previous years.

"Everything is possible," said Ang Tshering Sherpa, who recently stepped down as president of the Nepal Mountaineering Association. "I have found that disabled climbers work hard and they are very committed. It's a great example to the world about their success.

Also did you know these other famous names from the past.

Zsa Zsa Gabor, had a leg amputated due to an infection.





Ella Fitzgerald, had to have both of her legs amputated below the knee due to the effects of diabetes.



Frida Kahlo, gangrene set into her right foot and her leg had to be amputated below the knee.

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The preferred method of article submission is by email attachment to: *FAST*ofOC@aol.com. ATTN: Dick Fuller *FAST* President and Assistant Editor. Nancy Platka Associate Editor, Bill Lindahl Editor, Gil Aguilar Treasurer, Maria Lindahl Secretary, and Suzi Luke communication coordinator.

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Orange, CA 92863-7373

To: mailing address