

Round Rock Amputee Support Group

April Newsletter 2010



Round Rock Amputee Support Group Fishing Day

Hey Everybody,
It is time for our 7th annual Round Rock Amputee Support Group fishing day at Lake Bastrop North Shore on April 24th at 8:00 a.m. We will fish from 8-12 and then have a wonderful "somewhat" planned pot luck picnic. We are usually finished by 2 p.m. or so. The boats leave the dock at 8 a.m. sharp, so we must be on time for this.



Please let me know ASAP if you want to sign up to join in the fun. I am in last days of lining up bass boats and need the exact head count. I have heard from some of you, but please drop me a quick note if you still plan on coming. We have a sign up sheet for food and other items to bring. The way it works is whoever signs up first, gets to bring that item. We will have hamburgers and hot dogs, and build around those items.

The picnic is fantastic—not to mention the fishing! Please call or write to sign up for something to bring.



**Meeting:
April 22nd**

Round Rock
Amputee Support
Group

Meets every fourth
Thursday
7:00p.m. – 9:00p.m.

@
St. David's
Medical Center

2400 Round Rock Ave.
Round Rock, TX

In
Classroom 3 behind Gift
Center

For More Information:

Frieda
512-791-8864

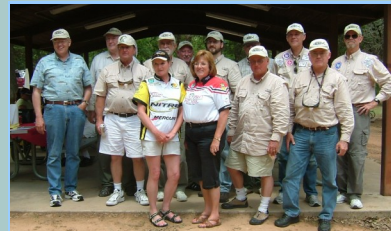
friedaborth@opttexas.com

www.rramputee.com

This is great event and just so much fun.

We have bass anglers volunteer, especially the Austin Christian Bass Club, with their awesome boats and gear, to take us out fishing. Each amputee can have one guest on their boat, but as many of your friends and family as you would like can come to the picnic. There is swimming there, and fishing off the dock as well. Beautiful Park.

I really look forward to this day—and I know many of you are too. Please respond as soon as you can. It is only two weeks away.



SUPPORT GROUP MEETING

Our regular meeting is April 22nd at 7 p.m. at Round Rock Medical Center. We are going to honor our caregivers and good friends and family members that have assisted us through our lives as amputees. Please ask someone to come with you that you would like to honor, or you can just speak about this person if they are unavailable. Many people do so much as we are in recovery and we thought it would be nice to honor these important people in our lives.

Please come and join us and help make plans for our future meetings and input for our speakers and activities.

We will have a little something to snack on, as always.

It will be great to see you at our fishing day, meeting or even better, both!

My best to you all,
Frieda



North Shore Park is on the north shore of Lake Bastrop.

How to get there:
From Austin, take Highway 71 east to Bastrop. Take Highway 95 north and turn right on FM 1441, drive 2.5 miles to the park entrance.

Fishing Trip/ Picnic sign up sheet

<u>Item</u>	<u>Person Bringing</u>
BBQ Tools -----	Donated by Roy McCoy
Tongs -----	Donated by RoyMcCoy
Spatula -----	Donated by Roy McCoy
Brush for Sauce Sauce	
Hot Dog wienies -----	Orthotic Prosthetic Technologies
Hamburger Meat -----	Orthotic Prosthetic Technologies
Chips Dip	
Soft Drinks -----	Randy Cryer (Dr. Pepper & Diet Dr. Pepper)
Ice Potato Salad Deviled Eggs Donuts for Anglers Water Charcoal (Big Bag) Desert 1 Desert 2 Desert 3	
Hot Dog Buns -----	Frieda
Hamburger Buns -----	Goldie
Hand wipes Baked Beans Pasta Salad Pickles Tomatoes Onions Ketchup Mustard Mayo Relish Salt & Pepper -----	Frieda
Forks Fruit Knives Spoons Paper Plates Cups Napkins Paper Towels (2 rolls) Aluminum foil large roll Table Cloths (5 cloths)	
Trash Bags (so we can clean up) -----	Elda
Donuts for anglers -----	Frieda



Note: We have a gazebo with men's and a women's restroom, but it is always smart to bring that little extra accessory you may need to wash up. Baby wipes, etc.

Also, if some of you have a delicious favorite recipe, just let us know and by all means bring it!! Home cooking is good!! Please contact Frieda at friedaborth@OPTtexas.com or call 512-791-8864 if you need more info, or to sign up, if you aren't on line.