



Sun 16 Sep 2012

Great to see everyone for our first regular meeting of fall (although it sure seems like summer out there)!

NEW FACES

- Soren deSelby-Weber and Velma deSelby-Bowen

Good to see you folks, and we're glad you found us. See you again soon!

HEART AND STROKE WALK SAT OCT 20

Next month is the American Heart Association's Heart and Stroke Walk, a fundraising walk starting and finishing at the Seattle Center. Unfortunately it's on the same day as our regular meeting, so we won't be able to attend as a group. If you want to skip the meeting and support the AHA on the walk, you can register at <http://pugetsoundheartwalk.kintera.org/>. This is a great cause for our parent organization.

YASS ART SHOW

September is the annual YASS art show, where we bring in our art to share. What a creative bunch! We had painting and drawing, pottery and needlework, knitting, crocheting, and quilting. Not only that, we have some amateur winemakers, photographers, and writers in the group. Thanks everyone for bringing your artwork and sharing.

REACHING OUT TO ONE ANOTHER

One of the greatest things we do in the group is to share stories and inspiration. Every one of us has a dramatic and heartwrenching story to tell, and some hard-won wisdom to share. We spent an hour or so yesterday sharing like this with one another, and I think everyone came away a little richer.

LEAVENWORTH ALL-DAY BUS EXCURSION

Dianne and Laura Cubell and John Brace are organizing an all day bus excursion to the Bavarian town of Leavenworth for Saturday Oct. 6, just in time for Leavenworth Oktoberfest! There will be bus pickups at Northgate and Southcenter 9-10 AM, and you'll return by about 6 PM. Wheelchair storage is available, and a lasagne and salad lunch is provided. Cost is \$50 per person. This will be a beautiful and fun autumn trip! Contact Dianne at 206-726-1799 for more details or to sign up.

SAVE A STAMP, SAVE A TREE

Please let me know if you want to go email only and opt out of receiving group mailings by postal mail. Help reduce the burden on the American Heart Association, which does our mailings for us. Let me know (contact info below).

Next month we have a presentation on Life's Simple Seven, ways to live a heart-healthy life, from heart failure survivor Carolyn Banguero. See you then!

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