



Sun 18 May 2014

Great to see everyone yesterday!

NEW FACES

- Joyce Shepherd and Diane Moss
- Douglas Einck and Jeanie Boawn
- Janice and Brian Reed

Welcome and hope you can come again, folks!

YASS WHEEL-O-RAMA

Several members brought their wheels for show-and-zoom in the parking lot yesterday, and everyone had a great time. Teresa and Brad brought their tandem recumbent trike and Brad terrorized the parking lot giving rides on that rocket sled. I brought my one-person recumbent trike and Mike brought his scooter, and there was plenty of action on the asphalt. The weather was perfect (despite the gloomy predictions of the weathermen) and we had a whole lot of fun! I've never seen so many delighted smiles.

Here are some links for recumbent trikes:

- Angle Lake Cyclery <http://anglelakecycle.com/> 206-878-7457, good local dealer of many models & prices. Very helpful, can give test drives.
- ICE Trikes <http://www.icetrikes.co/> the British manufacturer of my trike (also John Brace's, who couldn't make it yesterday).
- Terratrike <http://www.terratrike.com/> great entry-level and advanced trikes (this was my first one, now owned by Paul Bell in our group).
- Outdoors For All <https://www.outdoorsforall.org/> 206-838-6030 is a great local resource for trikes, quads, surreys, and all sorts of stroke-friendly vehicles. They rent, have demo days, and can help you find the best rig for your needs.

Also remember that any trike or quad can be fitted for one-handed use, and modified for a weak leg too. Don't let your disability get in the way of riding these fun buggies! There's nothing like the thrill, speed, and grace you feel when you're cycling, and it's great for your health too.

MARC BLACK CONCERT VENUE?

Remember the CDs we got last November by Marc Black – "Stroke of Genius"? You can learn about him and listen to more of his songs at <http://www.marcblack.com/web3/>. Anyway, he may be in Seattle this November or next spring, and would perform a concert for us if we can provide a venue large enough for maybe 40 – 80 people. Let me know if you have any leads or ideas, and Marc and I will nail it down.

SEND ME YOUR STORY

You never know who you will inspire or connect with! We all have powerful stories to tell, and writing them down is good therapy. Send me your stroke story, your philosophy, or what you've learned and I will post it to our website for the world to discover.

CAREGIVERS CONFERENCE

There will be a Caregiver's Conference coming up on June 2, 2014, at the Tukwila Conference Center, from 8:00 AM to 3:00 PM. This event offers practical, up-to-date resources and information to help caregivers. Please visit the DSHS website at <http://1.usa.gov/QpWONR> for more information and to register.

MEMBER MIKE GORDON'S DAUGHTER'S SHOW

Mike's daughter Amy is in a one-woman show "Entershame" coming up at the Triple Door in Seattle on June 8, 2014, 7:30 PM. She is a "comic powerhouse with a spectacular voice" (the Australian), with a slapstick musical and comedy show making light of the way we let shame get in the way of enjoyment. Get your tickets now! Triple Door 206-838-4333, and Amy Gordon's website is www.amy-g.com.

Thanks for a great meeting, lots of fun, and see you all next month!

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