

Sun May 17, 2009

We had lots of fun in the sunny weather yesterday. Great to see you all!

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#### **NEW FACES**

- Lou & Maria Imbesi

Lou and Maria came with their friends Wayne and Julie Bacon. It was good to see you folks, and we hope you can make it again!

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#### **NORTHWEST HOSPITAL ONGOING THERAPIES AVAILABLE**

Jenny, an intern in the Speech Pathology department there at Northwest, reminded us of the opportunities for ongoing therapy there at the hospital. They have programs such as game-playing and language and socializing classes. Please call the hospital at 206-364-0500 for more information.

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#### **STROKE AWARENESS EVENT**

Virginia Mason Hospital is hosting a Stroke Awareness Event this Monday (tomorrow), at their Seattle Main Campus, Volney Richmond Auditorium, Lindeman Pavilion, Level 1, 1201 Terry Ave., Seattle, from noon till 1:30. Call (206) 341-0183 for more information.

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#### **PAUL BELL IN REMISSION**

Paul wasn't at the meeting, but he tells me that the doctors find no trace of his cancer. He has been given a new chance and at least several years now. Wonderful news, Paul!

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#### **UPCOMING SAILING CRUISE**

The fine folks at Sailing Heritage have offered us another sailing cruise on Lake Union, free of charge, on Sunday June 7 from 1:00 to 3:00. These cruises are so much fun! Contact me (206-361-2696) to get your name (plus guest) on the list. I encourage newcomers and people who haven't been to sign up. They can take anyone who can walk up a couple steps with help on both sides. The schooner has comfortable in-cabin seating and also on the decks. Get your reservations in!

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#### **SHARON'S BOOK**

Sharon Leitheiser continues working with her publisher to get her book in print. She needed to get signed release forms from everyone she mentioned in it by name. It's a long process to get to the final product, but the end is in sight. Keep pushing, Sharon!

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#### **FOOTLOOSE SAILING**

For those interested in Footloose Sailing's opportunities for getting out on one of their sailing adventures, here is their fee structure: they have a \$25 annual membership, which allows you to go on unlimited day sails for \$10 each. Or, you can buy a one-day membership for \$15 to try them out. They also have their annual Blake Island overnight trip, which is extra. The Blake Island trip is July 11-12 this year. See [www.footloosesailing.org](http://www.footloosesailing.org) or call 206-382-2680 for more details.

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#### **FESTIVAL OF WHEELS**

We adjourned to the parking lot for most of the meeting, where everyone tried the various wheels people brought to show off. Frank Lim had his 3-wheel scooter, Gary Ruen had a stand-up transporter like a Segway, Mike Gordon and Duane Retel had their bikes, and I brought my recumbent trike. There were a lot of smiling faces riding around the parking lot! Photographer Saul Pempe (and others) recorded the event, and I will make the photos available on-line.

Thanks to all for coming. Did anyone else get a little sunburn? Summer is coming! See you next time.

Gerrit