

Sun 18 Oct, 2009

Nice to see you all yesterday. It was a nice, intimate, unstructured meeting, and good to be out of the rain!

NEW FACES

- Mike Skovron and wife Patty

It was great to see you folks, and thank you for sharing your story so openly with us. Hope you can come again!

UW STUDENT VOLUNTEERS

A troop of four UW students came yesterday to help set up our meeting and to observe. Their help was most welcome! They have volunteered to do research for us, tell us about the services at the UW, and give us much-needed help setting up for the meetings. Many thanks to Joan Jaeger of Northwest Hospital and Nancy Alarcon of the UW for setting this up!

HEART WALK REPORT

Mike Sias told us about his experience at the recent Heart Walk for the American Heart Association. It was a good experience, but he found it intimidating to be holding up faster walkers, and the course was too long. Next year we will try to get organized earlier for the walk, and see if we can set up a course specifically for us slow short-distance walkers.

MEMBER ILLNESSES

We've heard the sad news that Kay Anne Sampson, our indefatigable name-tag and cake lady, has been diagnosed with MS. This is the reason for her numbness difficulties the past few months. For now, Kay Anne will continue as she has been doing, but if things take a turn for the worse she will pursue a more aggressive course. She also reports that her email is not working, so please call her if you would like to reach her.

Dottie McDonald has had a small, early-stage cancer removed. She will be undergoing radiation treatment just to be safe, but the doctors think they have gotten it all.

Patricia Malkson has also had a bout with cancer, and her friend who attends meetings with her is also having health problems.

They hope to be able to return soon.

Our best wishes and prayers are with all of you!

GROUP BUSINESS CARDS

Gary & Dorrit Ruen, Ron Sharp, and Duane Retel have all started a program to create some business cards with our group contact information on them. This will be a great thing to keep in our wallets or leave with hospitals and clinics to make people aware of us. How many times have you bumped into someone at the grocery store who could benefit from knowing about us, but haven't had a pencil and paper or contact information on you? Soon you can just hand them one of our cards. A great idea – thanks folks!

INVENTOR MIKE

Mike Gordon, our resident inventor, demonstrated a couple ingenious gadgets he made for holding cameras or binoculars steady and for fastening a zipper with only one hand. Valerie Boen tested the binocular steadier and pronounced it great. Brilliant stuff, Mike! Thanks for your demonstrations and for offering these gadgets to whomever needs them, too.

MOVING STORIES

Paul Bell, Ron Sharp, Marie Ray, Tim Malm, and others shared stories of their recent and long-term difficulties and successes with us. Every one of us has an inspirational story of loss and strength, and we thank you folks for sharing yours with us. It is your kind of courage and determination which makes this group so great.

Next month Mike Gordon will share some kitchen survival skills, and Don Risan and Sharon Leitheiser will give us special presentations of their own. There are more events in the hopper, too – should be a full meeting. Hope you can all make it!

Gerrit