

Sun 20 Mar 2011

Great turnout yesterday, on such a gorgeous day!

NEW FACES

- Steve & Linda Wolfe
- Michael and Francesca Lindop
- Courtney Wilkins & mom
- Gloria Lundgren & dad Gary
- Marc & Kathie Snyder
- Mike & Connie Purdy

Lots of new folks, including darling Gloria, only 14 years old. Thanks for your inspiring stories and contributions! We'll hear from those who didn't get a chance to share next time. Hope to see you again soon!

JOHN MANTLE TALK

John gave a great talk and video presentation about a train vacation he took in 2009. It was an 11-day train ride adventure from Vancouver to Whistler, BC, with many points between. John's tour was the Red Leaf Tour from The Rocky Mountaineer <http://www.seat61.com/RockyMountaineer.htm>. The train ride itself was scenic and spectacular, as we could see from the video. The train slowed to 4-5 mph at times, to enjoy the sights. He and Jan went sightseeing in Vancouver, Jasper, Quesnell, Yellow Horse, Whistler, and elsewhere too. They saw elk, bear, and coyotes (or wolves?). They took a "peak to peak" gondola tour between mountain peaks, 2-3 miles long. An incredible adventure! John did a terrific job with his presentation too. You would hardly know that a few years ago he could hardly speak, and now he's making public presentations with no notes. Congratulations and thanks, John!

2nd ANNUAL APHASIA DAY

The UW Department of Speech and Hearing Sciences is sponsoring its 2nd annual Aphasia Day, Saturday April 30, 9 AM to 3 PM, at the Lake City Community Center. There will be speakers and events, and aphasics and their families and caregivers are welcome. Call or email to register: shclinic@uw.edu or 206-543-5440.

"IN SEARCH OF" NEWSLETTER

The UW Speech & Hearing clinic also publishes a quarterly newsletter, "In Search Of". See <http://depts.washington.edu/sphsc/pdfs> for a collection of past newsletters. Many of our members have been involved with this program and newsletter for a long time. If you have any stories or writing you wish to contribute, contact them at shclinic@u.washington.edu or 206-543-5440. This is great communication practice for aphasics!

FREE GOLFING CLINIC

Tim Malm told us about a free golfing clinic sponsored by Seattle Parks Specialized Programs www.seattle.gov/parks/specialpops/index.htm, coming up March 30 – June 1. Contact program coordinator Michael Figueroa at (206) 615-0617, michael.figueroa@seattle.gov.

HEART WALK COMMUNITY GROUP VOLUNTEERS NEEDED

The American Heart Association is looking for volunteers for the next Heart Walk, to help coordinate community participation. If you are interested and can spare 2-3 hours per month, contact Tara Coffland at 206.834.8607 or Tara.Coffland@Heart.org.

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 at seattleyass@gmail.com, or 206-241-7693.

WEBSITE UPDATES

We talked about additions to our website, too: Advice for Caregivers and About Us. Lots of great ideas were shared, which I will post on our site www.SeattleYASS.weebly.com. I've also been updating member photos and just recently added pictures of last years holiday party (only 3 months late, but what the heck...) I hope to get the results of yesterday's brainstorming up today, so check it out soon!

MOUNT RAINIER TRIP IN JUNE

Sign up for the trip on Thursday June 23 or get your payments to Dianne Cubell, 1920 Fifth Ave N #103, Seattle, WA, 98109, 206-726-1799. Cost is \$30/person. A bus will pick us up at the Northwest Hospital Rehab Center parking lot at 10:00 AM and return there at about 5:00 PM. We have also added a south end pickup spot, which will probably be in Southcenter (I'll let you know). Don't miss it!

See you next time, everyone, and enjoy this beautiful springtime weather.

Gerrit seattleyass@gmail.com 206-241-7693 (see our website at www.SeattleYASS.weebly.com)