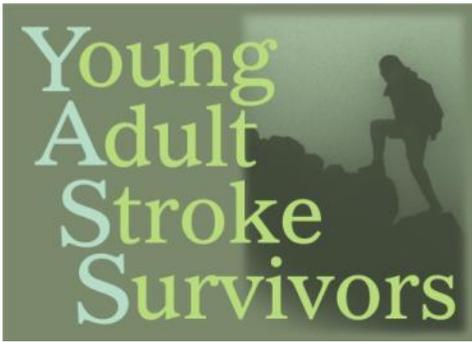


Sun 18 Mar 2018

Nice to see everyone yesterday!

NEW FACES

Just us old-timers this time.



WELCOME OUR NEW YASS LEADER!

Most of you know I've been casting about for a new YASS leader for some time. I've been at the helm for 13 years and it's time for some fresh blood. Bill Monroe, a relatively new member, has enthusiastically agreed to take it on. Bill has a 20-year history in corporate training and has terrific public speaking, organizational, and computer skills. He ran the last half of our meeting yesterday like he'd been doing it for years! I'm absolutely delighted to welcome him as our new leader. I will continue to be deeply involved in YASS, helping Bill take over and then in a support role. With Bill as leader and the invaluable help of Reva, our UW caregiver coordinators, Dorrit and Gary, Andrew, Duane, Judi, and the other YASS stalwarts this group is in good hands! You can welcome Bill at billmonroe@outlook.com, 206-931-3117, or at an upcoming meeting.

FOOTLOOSE SAILING

Bob Ewing and friends gave us a great introduction to Footloose Sailing. They are an all-volunteer organization which has been providing sailing opportunities for the disabled since 1991. They are based in Leschi, so their sailing events are on Lake Washington between the bridges. You can sail with them mostly every other Saturday between May 5 and Sep 22 (dates for this year). Sailing events don't require reservations, so you can participate when you want. They offer a Blake Island overnight camping trip each year too, which is by reservation only. You can be as involved in the process as you want, from strictly being a passenger to skippering your boat. They have very safe boats, and boat control methods for the physically disabled including joysticks and puff-sip controls.

Membership is \$25/year, which gets you your first day sail too. Additional sailings are only \$10. Where can you find such great fun for a day for that? You can learn more about them at their website <https://footloosedisabledsailing.org>.

We will schedule a YASS sailing day this summer, sometime in the month where we don't have a picnic (date to be announced). Let us know if you're interested -- we'll start a sign-up sheet. What a great opportunity from Footloose Sailing!

WALK, RUN, AND ROLL APRIL 22

The Brain Injury Alliance of WA is hosting their annual fundraising Walk, Run, and Roll at Green Lake on Sunday April 22. Registration starts at 9:00, a ceremony at 10:00, and the event at 10:15. There is a 5k course or 1 mile, or you can circle the lake if you want. I have set up a "Team YASS" for the event, and the first ten people who register for the team get their \$10 registration fee waived. Here's how to register on line:

1. Go to our team page at <http://bit.ly/2Ho8wnv>.
2. Click Register at the top, and fill in the first page form.
3. On the second page select "Team YASS" as your team.
4. On the fourth page use the discount code YASS10.

Seems kinda complicated when your brain is broken, but it's really not bad. You can donate as part of your registration, or you can gather pledges from friends & family too. Hope you can make it! Hey, look carefully at the home page for the event at <https://biawa.rallybound.org/walkrunroll/>. You'll see YASSer Eric Allison about two heads left of center in the crowd from last year. You go, Eric! See ya there.

MEMBER SUPPORT & ACHIEVEMENTS

We shared some significant achievements over the past month, including Whitney finishing her 2nd quarter at graduate school, Mike preparing for more driving in his convertible, and Gerrit getting some astrophotos. We had some good discussion about the shame and embarrassment you can feel after a stroke, too. It's hard to show your disability without feeling "cut out of the herd" or like people are misunderstanding your difficulties. People really do want to help though, and allowing them to do so is a gift to them and helps reduce your feelings of shame too. It's also helpful to be with groups like YASS where people really understand your condition and aren't judgmental. And remember, there are only two things you can get stressed out about: things you can't change and things you can. If you can't change it, there's no point getting stressed about it. If you can, well, get to work!

Thank you to everyone for a rewarding and fulfilling 13 years at the helm of YASS! We have a remarkable group here, and I'm honored to call you all friends. See you next meeting!

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