

Spotlight on Interest Groups

A Walk or a stroll is walk or a stroll or is it?

We've been told about the physical benefits of walking – losing weight, lowering blood pressure, reducing anxiety, improving conditioning etc., but YSNN FRIDAY WALKS provide not only that, but much more. It's the touchstone, the "place" we meet, and for most of us who have been participating for the last three years it's where we check in with friends. Some of us walk solo, some of us like to walk with a group or with a partner who goes our speed/pace. It's the "place" where everybody knows your name. Join us Fridays at 11am (new starting time in November) at Kissel Park, 3000 W. Mead.– Chrissy Schott

Do you awaken creaky and sullen?

Brighten your Tuesday by Zooming into **COFFEE AND CONVERSATION AT 9AM.**

Our topics: How to have a fire alarm installed. Has anyone read this book?

Where and when to get the latest vaccine. Purchase and care of plants and seeds.

And my favorite, which is the best bourbon? We meet in person the 1st Tuesday monthly, place will be emailed out or on the monthly calendar. -Kathy Ashworth



StoryShare

GOT A YEN TO TELL A TALE?

If so, you're invited to attend the next gathering of the Yakima and Selah Neighbors' Network StoryShare group.

Too shy to talk about yourself? Well, if you're the reticent type, listen to some of your fellow YSNN members and supporters who've been attending the monthly meetings since they were started four years ago.

"It's about remembering," says Pam Perryman. "Being asked to write about something is like a trigger. One memory leads to the next. It's like magic!"

Linda Brown says writing down and/or telling personal stories about first-hand experiences we had long ago, or even more recently, yields information that can be useful to others.

"It's history that you're passing down to your children," said Brown.

Perryman agrees: "These are things my kids don't know.

Mary Lou Rozdilsky says her daughter has asked about collecting her stories as part of the family history. And

member Deborah Ann has a regular archive that she keeps of the many experiences she has had in her life.

Both Brown and Perryman also write poetry, which they share with their children and grandchildren with mixed results. Brown says her kids tend to relate more to stories than poems. But Perryman believes her grandchildren do appreciate her verse.

The StoryShare group got its start four years ago at the suggestion of YSNN member Charles Chesney. The first few meetings were held in donated space at the Yakima Valley Museum. The group now meets from **3:30-5:00p.m. one Monday a month.**

Rozdilsky says YSNN members and/or supporters are welcome to attend and just listen at first. Eventually, she believes they'll want to join in. The guidelines are simple: a prompt is suggested for each meeting, but every storyteller is free to follow his or her own heart or imagination. -Ed Stover



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