

# SEATTLE BRAINWORKS CLUBHOUSE NEWSLETTER



Photo by Carl Anderson

## ART SHOW

By Carol Wessberg

Two members of Seattle BrainWorks, Carl Anderson and myself, along with three members of PROVAIL, are featured in an art show in the gallery area of Artist & Craftsman Supply, located in the University District. Thank you to Kelly Rondou, PROVAIL's Executive Assistant, for arranging the opportunity to show our work.

On Friday, September 17<sup>th</sup>, we all participated in the Art Opening. While many people came into the shop specifically for the UDistrict Art Walk held that evening, it was enjoyable to interact with people who just happened to wander into the store while out shopping. The UW Huskies were going to be playing Nebraska on Saturday, and it was fun to meet people from Lincoln, interact with them about our program, and let them know how many of us use art as communication.

Artist & Craftsman Supply had the goal of providing a venue for those of us with disabilities to show some of our abilities. The atmosphere was comfortable and lively. People enjoyed mingling while snacking and enjoying the art.

If you haven't been to Artist & Craftsman Supply, I would encourage you to go. You don't have to be an artist to enjoy the atmosphere of this space. The show ends on October 13th.

*Artist and Craftsman Supply:*

*Address: 4350 8th Avenue NE  
(located just off I-5 behind and underneath the Petco store on 45th Street)*

*Phone: (206) 545-0091*



## INTERVIEW: JASMINE BROWN

by Zsche Navarre

We're continuing our tradition of interviewing new Seattle BrainWorks members about the challenges and obstacles that their brain injuries present. This week, we highlight Jasmine Brown. Jasmine was a passenger in a car accident. The driver lost control and hit a telephone pole in December, 2002. At the time, Jasmine was 11½ years old and attending Meany Middle School. She spent 3½ months in a coma at Harborview Medical Center. At the beginning of her recovery, she had to start over in rebuilding life skills: walking, eating and talking.

After the intensive care unit at Harborview, Jasmine moved into rehabilitation at Ashley House, where she received six months of care. Her family support gave her strength to endure this strenuous experience, and she returned to school. Unfortunately, as is often experienced by people with traumatic brain injuries, some friends didn't understand the changes and are no longer available. (Cont. on p. 2)

### UPCOMING CLUBHOUSE EVENTS:

- Yoga with Jubilee, on Oct. 15 at 3:00
- Ferry trip to Bremerton on October 27
- UW LIFT Study presentation on Nov. 11 at 10:30

For information about these events, please call the Clubhouse at (206) 826-1095.

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*(Jasmine, cont. from p. 1)*

Despite all the difficulties resulting from her head injury, she graduated from Ballard High School in 2009. Jasmine has continued to stay involved in life and has continued improving.

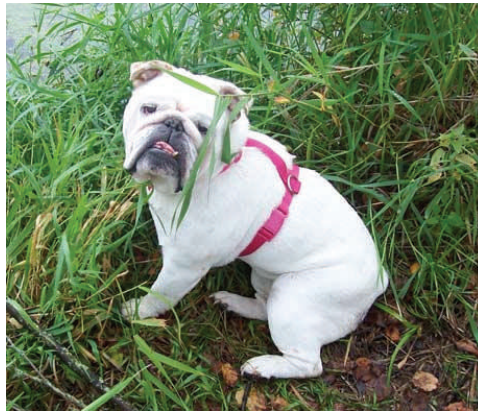
Instead of succumbing to the ill effects of social isolation after finishing high school, Jasmine has admirably taken on a very active schedule, including job exposure activities and working with children through programs provided by North Seattle Transition Academy.

Ultimately, she hopes for work in the legal or culinary fields.

Personally, Jasmine is very upbeat and friendly. She is hopeful about her future, and her activity shows the strength of her belief in herself. She is a welcome addition to Seattle BrainWorks, and we hope that she finds what she needs here.

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## THE MARINERS ARE THROUGH!



## SLOBBERFEST 2010

By Dawn Tiller

I went to a great event at Marymoor Park on Sunday, October 3<sup>rd</sup>: **Slobberfest 2010!** Every year in October, Slobberfest helps us celebrate our love for our English Bulldog, Lily. Cascade Bulldog Rescue/Rehome Inc. and the Bulldog Club of Greater Seattle co-sponsored the entertainment and dinner for all who came out. It is such a joy to see all the dogs and their families. This year they had a veterinarian from North Seattle to answer our questions and concerns. Among those concerns were: how to raise a breed (like bulldogs) that can have a lot of health issues; how to shave a bulldog; and where to get your dog microchipped. The one thing our dog needed very badly was to get her nails clipped—she *hates* for us to do it! We received great help from all the ladies that clipped nails that afternoon. They charged \$10.00 per pet. Lily has such healthy-looking feet now, and it is a big stress relief for me.

Other bulldog-themed events put on by the Bulldog Club of Greater Seattle include a Halloween party, Christmas party, and “Bulldog Bash” (a potluck with games,

contests and vendors). We took Lily to a few of these and she really had a good time.

Three years ago this December, my husband and I adopted Lily from Cascade Bulldog Rescue/Rehome Inc. We sure have enjoyed the love and care she gives us. They are a great group. They research you and make sure that you and the dog are the best match. All the people I have talked with who also have adopted bulldogs through them agree with me: they are awesome.

*Dawn says: If you are interested in adopting a bulldog, please check out Cascade Bulldog Rescue/Rehome Inc. Their website:*

*<http://cascadepbulldogrescue.org>.*

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## VISIT THE SEATTLE BRAINWORKS TARGET WISHLIST at:

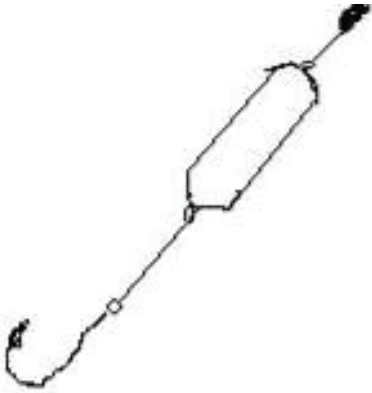
1. <http://www.target.com/>
2. Choose Gift Registries + Lists
3. Choose Target Lists
4. type in “Erin” for the First Name
5. type “Rants” for the Last Name
6. then click on the “Search” box
7. You should be at the TBI Clubhouse List Items page
8. Scroll down the list.

# SEATTLE BRAINWORKS CLUBHOUSE NEWSLETTER

## THE URBAN SPORTSMAN: Salmon fishing in Lake Washington

By Carl Anderson

Fishing for sockeye salmon in Lake Washington is a great thing to do in the summer. Openings (season to fish) are sporadic and



usually occur about every four years, usually in the third week of July. An exception would be if the Fish and Game Department decides that enough fish have gotten through to spawn.

For the best results, your trolling speed should be as slow as possible, and the depth of your rig should be about 90 feet. The rig should consist of a weight of a couple of ounces, a size one dodger or flasher with approximately two feet of line with a #3/0 red shamoto hook with no bait.

Make sure you watch out for other boats (I personally have been swamped by the wake of a big cabin cruiser going too fast). Bring lunch and a cold drink and get set for a very enjoyable day.

## HOW TO CLEAN YOUR COMPUTER

By Steven R. Gustafson

*Editor's note: This is a humor piece—attempt at your own risk!*

First, in order to clean your computer, it is important to realize that you should not do it or even attempt it if you have had less than nine hours of sleep. Second, if you absolutely and positively have to clean your computer, be sure to clean it carefully — thus avoiding a shocking experience in more ways than one. Third, be sure that you have lots of money on hand to buy a new computer in the likely event that you ruin the old one.

There are many ways of cleaning your computer. The easiest method is to use an ordinary automatic dishwasher. Be sure you use a strong brand of dishwasher detergent to get your computer and its components shiny clean. Keep in mind that the computer may not work after this method is used. It is advisable to be careful.

The next easiest method involves the use of the ordinary workshop vacuum. You must disassemble your computer into its separate components and carefully vacuum the dust and/or dirt off each of them. Please remember that after you are done cleaning the dusty and dirty computer parts, you must put them back together again.

The third easiest method is to disassemble your computer system and carefully dust off each component with a camel's hair brush, which is available at your local photo supply store. By using this method, you will get the computer as clean as the above two methods, and it is only a bit slower in its execution. Dusting takes longer than vacuuming. It will have the advantage of not leaving a big carbon footprint.

The final method of cleaning your computer is to take a garden hose and hose all of the dust and dirt out of your case and main board. Of course, rust will soon ruin the main board, the power supply and anything other parts made out of metal.

This concludes my report on how to clean your computer. Bear in mind that my research is only beginning!

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