

October 25, 2021

# Word for Wellness

A Newsletter by the Pandemic Wellness Coalition

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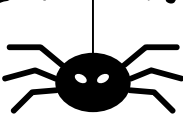
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## SPOOKTACULAR EDITION



**Happy Halloween!**

**from the Pandemic Wellness Coalition**

We've been through some spooky times as of late, but we hope you enjoy this month's festive special edition – complete with little "treats" hidden throughout! We'll leave the tricks to you. Be safe out there, and enjoy!

### The Word

#### Fear

Ah, Halloween. An excellent holiday. In a popularity contest, it might even win the often asked, "what's your favorite holiday?" question. What is it about this one day a year that delights children and adults alike? There's no grand feast, no presents (except for candy, of course), no traditional gathering of family members from across the land. It seems almost an anti-holiday. Instead of comfort and conviviality, giving thanks and memorializing life, we instead run out into the cold, autumn night and celebrate the opposite: fear, darkness, and death.

This is Halloween: spiders, bats, and black cats; zombies and mummies and ghosts; fiery demon faces carved into pumpkins. We literally cover ourselves—our homes, our lawns, and our bodies—in the images of what we fear the most. Some of us even go out of the way to truly terrify ourselves, *on purpose*, with horror movies and haunted houses. Then the night comes and we hand out candy to all the little goblins that come to prank us and haunt our doorsteps. Perhaps we wrap it all up with a party. It's a bit odd, yes?

Of course, not everyone goes for scary on Halloween. For many, October 31st is the day we suddenly have license to just be weird. A little wild and crazy and everything we're not in real life...or who we *really* are...or who we want to be. A superhero. A princess. The perfect couple represented by the perfect pairing: salt & pepper, eggs & bacon, etc. But perhaps that's also an expression of fear, in a way — fear of our true selves, our perceived failures, of not being special enough. Yet that's the beauty of Halloween, the sacred nature of this spooktacular day.

When the night falls on All Hallows' Eve, we get the chance to don (or remove) our masks, look our fears in the face with impunity, and yell "BOO!"

# Upcoming Events

## Thursday Evening HIIT

Led by *Nina Listro*

Previously held on Saturday mornings, Nina's HIIT class will now be held on Thursday evenings. Get your blood pumping every Thursday with a high-intensity interval training (HIIT) workout! No equipment needed, just an exercise mat if you have one. All ages and ability levels welcome. Led by Nina Listro

Every Thursday  
5:30pm - 6:15pm

[zoom.us/join](https://zoom.us/join)  
Meeting ID: 819 4104 8953  
Passcode: weeklyhiit

## Civil Conversations Workshop

Led by *Wayne Hare*

The Civil Conversations Project is dedicated to bringing awareness about race through healthy guided conversation. This workshop is being hosted by the NPS Yosemite Leadership Team and led by Wayne Hare, a trained guided dialogue professional who has held many of these workshops in other National Parks.

Wednesday, November 3rd  
9:30am - 11:30am & 1:30pm - 3:30pm

Yosemite Valley Auditorium  
SPACE IS LIMITED  
[RSVP HERE](#) or visit  
[yoscommunity.com/events](https://yoscommunity.com/events)

## Balanced Rock Community Yoga

Join local instructors for our outdoor yoga class! All levels are encouraged to attend, classes are donation-based. These classes are about YOU and your practice, students are always encouraged to modify as needed for their comfort level.

Every Monday  
6:00pm - 7:15pm

El Portal Community Hall  
(Outside, around the back)



Scan me!

JOIN US HALLOWEEN NIGHT FOR A  
**LIVING HISTORY  
CEMETERY  
TOUR**

OCTOBER 31 | 7, 8, 9 PM  
GATHER AT THE FIRE PIT IN FRONT  
OF THE INDIAN CULTURAL MUSEUM

Do you dare explore Yosemite's cemetery on Halloween night? Join us on a FREE walking tour where you will discover the graves and living-history stories of inspiring figures from Yosemite's past. The tales will begin by fireside and continue into the night. Please bring warm layers and curiosity.

First-come first-serve, capping each hour tour at 40 participants. Masks are required due to limited space.

YOSEMITE  
CONSERVANCY  
yosemite.org

Wellness Programs  
On Demand

On YouTube, search for the Yosemite Community Builder channel to find the following programs:

- Yoga For Anxiety
- Stress Management Workshop
- Lifestyle Series
- Wednesday Night Yoga



# Community Submissions

## Space

### Yosemite Falls

By Samantha  
Winslow-McFarland



## Danger

The moon shall rise the sun shall fall  
Mud will splatter on the cold wet wall  
A cliff will break and many will fall  
A dangerous ghost will rise from them all  
The morning rain will hit the stone gorge  
A broken chest lay on the floor  
The ghost of hate will rise and fall  
Among the violence a silence calls  
A rose's thorn shall strike the sky  
The sun shall burn and flame will rise  
The skull of fire will never die  
Snow will fall but it is stained with blood  
At the darkest night the ash will come  
To fill that night with tears and blood  
The fire will rise to burn out the flood  
Shade can hurt and scars can burn  
A dappled vine will tangle  
And only a faded eye can see  
what really hurts within the tree  
The fangs of a snake can kill and bite  
But the cinder inside will rise to fight  
A raven's claws shall strike the light  
The frost will come to freeze the night  
Lightening strikes the cloudy sky  
All the ferns will crumple and die  
A stream will rage, a fire will light  
A new hope will burn inside  
A golden beam will cover the night  
A black cloud will block out the light  
Rain will come and puddles will form  
Soon the sky will turn black once more  
Twigs will snap and branches will grow  
The floor will turn dark will blood red snow  
Darkness will rise and block out the sun  
but everyone has already run  
A willow's branch reaches out to brush the clouds  
Pebbles lay safe and sound  
But soon sparks rain from the sky  
and cover the ground so say goodbye

By Evelyn Carter



# Community Submissions

## Twilight

On my walk through the twilight forest my eyes once again fill up at the grandeur of this mystical valley and all that it will show me. On a gust of wind, or creak of pine, the landscape around me shapeshifts from woodsy paradise of fairy rings and secret groves to other places that are dear to me. Places like Big South Fork, Kentucky; Georgetown Lake, Montana; Dieleghem Woods, Brussels; or the Great Smoky Mountains in Tennessee. Nature in its inimitability coalesces into a timeless liminal brilliance. This genius often calls to mind the words of my dear departed friend: “Everything is so beautiful... if only we have eyes to see.” Just prior to my walk at dusk a friend called me on my hand radio telling me to rush out to the service road to see the rainbow’s end at the tip of Half dome. The saturating rains that drenched the Valley earlier in the day had left in their wake a double rainbow that spanned the sky from the tip of Yosemite Upper Falls to the top of Half dome. One multi-hued band, thick and vivid, curved along a parallel trajectory to its spectral twin, diffused and ghostly in mirrored pastels. We all know of the ghosting of Yosemite, even if we don’t talk about it. People will say this place is fully haunted, and not just the Valley. The high camps, too, are blustering with stories of spirits and strangeness. Earlier, while at work, I had pulled a thick pane of glass from a wood surface to dust and polish both pieces. While sitting on the floor buffing the glass, I saw two pale legs pass behind me in the reflection. At first, I thought it was my prankster workmate, dispensing his daily dose of chicanery. But no. As I turned defensively to head him off, I looked straight down an empty hallway. I try to keep my own strange sightings to myself, but I told my trickster workmate who said, “We all know you are crazy, girl, but that’s what we like about you”. So be it. I’m just saying... this “Otherwhere” will claim us in one way or another. These ancient mountains will stake claim to our hearts, our bodies, our suffering, our love. Yosemite is a sanctuary for all who are loved and lost, offering respite to the tired, the wondrous and awed, the full-hearted, and the seeking. Yosemite gives its love fully and freely in invitation for us to come closer, to dare, to forgive, to atone, and to ask. Or to wish.

By Lola Norbury



## *Space Landscape Explorer*

By Samantha Winslow-McFarland



For a chance to feature your personal artwork, poetry, articles, or short stories in our newsletter, please send your submission to [yos.communitybuilder@gmail.com](mailto:yos.communitybuilder@gmail.com)



# Wellness Recipe

## Recipe

For Yo Wellness

Get in the spooky season with this cool adaptation of a classic party dip! Want it spicy? Add some minced Jalapenos or Serrano peppers!

## INGREDIENTS

3 ripe avocados, peeled and cubed  
1/4 cup white onion, finely chopped  
3 tbsp cilantro, minced  
2 limes, juiced  
1/8 tsp. salt  
1 jalapeno pepper, minced (optional)  
Blue corn tortilla chips  
Refried black beans  
Sour cream (optional)  
Cheddar cheese (optional)

Any other toppings to make make the face: olives, tomatoes, etc. Be creative!

Borrowed with modifications from:  
<https://www.tasteofhome.com/recipes/frankenguac/>



## FRANKENGUAC



### Directions

1. In a bowl, mash the cubed avocados and stir in the onion, cilantro, salt, pepper, and lime juice.
2. Spoon the guacamole onto a platter and shape into a rectangle.
3. Place the chips near the top of the head.
4. Decorate face however you like with any toppings desired! Enjoy!



Frankenguac Recipe photo by Taste of Home



Jocelyn's version





# Activities

## JACK O' LANTERN IN A JAR

Don't let bears ruin the pumpkin tradition! Here is a fun alternative DIY to place "pumpkins" outside your home.

### MATERIALS

- Empty glass jar washed and labels removed
- Scissors
- Orange tissue paper
- Black construction paper
- Pencil
- Scrap paper
- Small bowl
- Foam paintbrush
- Decoupage glue (Mod Podge)

Don't have all the materials?  
Inquire at the Wellness Center  
to borrow some tools!

### DIRECTIONS

1. Cut a dozen strips of tissue paper about 1.5" wide and the length of the jar.
2. In a small bowl, mix three parts glue with 1 part water.
3. Lay down some scrap paper and brush a vertical strip of the glue on the outside of the jar to the lip.
4. Lay a strip of the tissue paper over the glue and smooth it out. Repeat steps 3 and 4 until you have covered the jar allowing the tissue paper to overlap.
5. Draw faces and other spooky elements on the black paper and cut out to glue onto the jar.

Borrowed with modifications from:  
<https://www.womansday.com/home/crafts-projects/how-to/a5994/halloween-craft-how-to-pumpkin-jar-lights-124116/>





# Resources

## Think Before You Spread

A HELPFUL GUIDE FOR A BETTER COMMUNITY

### SPREAD

- Factual, credible information
- Cream cheese on your bagel
- Kindness & joy
- Good stories
- Your body on a comfy couch
- Positivity & hope
- Peanut butter & jelly
- Your blanket
- Good advice
- Avocado on toast
- Awareness



### DON'T SPREAD

- COVID-19 virus
- Unverified information
- Hateful rhetoric
- Germs
- Rumors
- Dangerous challenges
- Panic
- Your body into other people's space
- Yourself thin
- Nonsense
- Fear
- Negativity



HEALTHY, SAFE, THRIVING.  
MARIPOSA STRONG.



### COVID-19 Testing

In addition to vaccinations, frequent testing is a critical tool to help protect the Yosemite Community. Many people carry the COVID virus but show no signs of illness. Surveillance testing helps to quickly identify anyone who is actively shedding the virus, but not showing any signs of illness. For people with frequent contact with large numbers of the general public or who work in the hospitality and public service sectors, our local Public Health officials recommend getting tested once every 7 to 14 days.

**Free COVID-19 testing is available in Yosemite Valley on Mondays and Thursdays for the foreseeable future.**

- On Mondays, testing is available by LHI outside of the Yosemite Medical Clinic Building from 10 am to 6 pm.
- On Thursdays, testing is available by LHI at the Curry Village Wellness Center from 10 am to 6 pm.

Walk-ins are welcome! If you happen to know your LHI patient ID number, please bring that with you to expedite your check-in process. To schedule an appointment, visit please <https://www.lhi.care/covidtesting>.

Yosemite Medical Clinic does perform COVID testing as needed for symptomatic individuals. The Yosemite Medical Clinic is open 6 days a week (Mon-Sat). Patients will be evaluated by a provider to determine if testing is indicated.

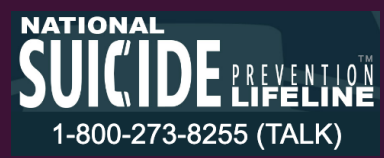
*Word for Yo' Wellness is brought to you by the Pandemic Wellness Coalition, an employee resource group (ERG) with members from many of Yosemite's park partners and hosted by the National Park Service. Look for our newsletter the first and fifteenth of every month. Each issue includes recipes, articles, community submissions, special events and more from your fellow park locals. Have a special request or an art submission? Contact [yes.communitybuilder@gmail.com](mailto:yes.communitybuilder@gmail.com) for more information!*

## Resources

**Yosemite Medical Clinic**  
209-372-4637

**Mariposa County Health & Human Services**  
**24-hour Crisis Hotline**  
209-966-7000

**Crisis Text Line**  
Text 741741



**National Suicide Prevention**

<https://suicidepreventionlifeline.org/>



**Veterans Crisis Line**

<https://www.veteranscrisisline.net/>

### Alcoholics Anonymous

Mariposa & Sierra Foothill Chapter  
24 Hour Hotline  
**209-966-3110**

<http://www.aamariposa-fellowship.org>

### Coronavirus Sanity Guide

<https://www.tenpercent.com/coronavirusanxietyguide>