



## GRAVA 90 Journey:

Ninety ways to experience the Healing Power of Gratitude, Recognition, Acknowledgement, Validation and Acceptance



### ACKNOWLEDGMENT THREE: THE BEST "CHAPERONIE"

One of my favorite memories is when my Aunt Bess was a chaperone on a St. Louis Park Parkette trip to Europe in 1968 during my junior year in high school. We visited nine countries in 17 days, so it was quite a whirlwind experience. She would have been 55 then, and probably the oldest chaperone, given the rest were Parkette moms, probably in their late 30s/early 40s. One of our stops was to dance for the soldiers at a US Army base in Heidelberg, Germany.

At one point during our guided tour of the base, we all heard a loud and excited "eeeeeee" coming from what appeared to be higher ground. I looked up, only to see my Aunt's little head (with big smile) and arms waving, sticking out of the top of a huge army tank. We were all hysterical as we imagined the conversation that got her there. I remember thinking "she's amazing" because that was not the typical thing to do in that setting, at that time and especially "at her age!" The other chaperones were shocked!

Aunt Bess's Heidelberg adventure (and reputation) helped set the stage for her to convince the other "chaperonies" (as she called them) to let us all have a drink at the Club Lido in Paris. The Parkettes are forever grateful that Aunt Bess was looking out for our best interests and helped us have one of the most memorable moments of our trip.

Now, almost 50 years later, I am inspired by the memory of my Aunt's sense of fun and adventure as I think about ways to bring her energizing perspective into my own life.