



SEQUIM OPERATIONAL AREA 2022 Issue 12



Please enjoy this New Year's message from Sequim Police Chief Sheri Crain

Happy New Year! I feel privileged to be the one to usher you into the new year. For many of us, we're happy to see 2021 in the rear-view mirror and welcome the hope the new year brings. Yet, we should not leave the year without recognizing what amazing achievements were buried within the challenges and difficulties 2021 brought.

I have had the pleasure of witnessing the development and growth of Fire District 3's CERT efforts over the years. The benefit to our community of having so many trained community members throughout neighborhoods, ready to step in to assist their neighborhoods, family, and friends in case of emergency has academically been forever obvious. But personally witnessing in real time, in our community's time of demonstrated need, the mobilization of CERT trained volunteers stepping up to serve on such a large scale was truly awe inspiring.

If I could pull you all back into January of 2021, what an experience we shared. Sequim was the first location for mass vaccination in our state. We certainly set the tone of "git 'r done" and we pushed many communities to work faster on their plans. We even got the attention of the Governor! What I will always remember is the strongest feeling of togetherness and the thrill of doing good things for our community. I would like to thank you all for participating in what I'll always consider one of the highlights of my public safety career.

[Huge response to a mass COVID-19 vaccination site in Sequim is likely preview of what's to come | The Seattle Times](#)

Couple that with the food distribution efforts where over 14,000 families were served, over 700,000 pounds of food put into cars, and almost 600,000 meals provided to community members for well over a year to those in need...can you think of a better reflection of what our community really stands for? I can't!

I'd like to thank you all for the amazing support and service you provided during the course of this pandemic response. Some noteworthy responses include the planning, set up, and support of an Emergency Coordination Center at Guy Cole (early 2020), providing food delivery support for the Sequim Food Bank (spring 2020 to summer 2021) and support with mass Holiday food distributions (2020 and 2021), and the Vaccine drive-through shot clinic at Carrie Blake (January through May 2021). I imagine I missed something and that many of you also volunteered in many other ways, so thank you for all that you've done and continue to do for our community.

Thank you again for your service, and Happy New Year!

**Cascadia
Rising
June 2022
Mark Your
Calendars!
Let's Show
Everyone
The Results
Of All
Our Hard
Work And
Training!**

SEQUIM OPERATIONAL AREA



CITY OF
SEQUIM



Emergency Preparedness Partnership



Open hearts. Open minds. Open doors.
The people of The United Methodist Church™

Trinity United Methodist Church

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CLALLAM COUNTY FIRE DISTRICT 3
Eastern Clallam Co. / Western Jefferson Co.



Map
Your
Neighborhood

CERT- 5 Years and Counting for Eastern Clallam CERT- The Fifth Anniversary

By Blaine Zechenelly



In June 2016 the state conducted its first large scale part of the national exercise for the Cascadia Subduction Zone earthquake. This marked a realization that local government, along with the State of Washington, was ill prepared for such a major event. It was from that realization that Clallam County Fire District #3 (CCFD 3) and the City of Sequim recognized the need for trained volunteers who could supplement the limited resources of Fire, Police, Public Works and city employees. These two agencies also realized that the County resources were very limited and spread way too thin in a county that is over hundred miles long and takes over 3 hours to drive from end to end.

Out of this environment came the first sponsored CCFD 3 class in September of 2016, which began a process of training over 718 personnel in Community Emergency Response Teams through November of 2021. Over 474 of these individuals are still active with us today on 14 different neighborhood teams and will be shortly joined by the November 2021 academy class which will bring us to about 490 active members after normal attrition.

Here are some key highlights in our five-year history:

2016

August - Academy formed to establish a new standard for training CERT teams as true FEMA Type IV Urban Light Search and Rescue Units

CCFD 3 instructors trained the community of Joyce's CERT team, now reporting directly to the County and Joyce Fire District 4.

September -First Academy held for Eastern Clallam and Gardiner Community

October – First CERT team formed in Gardiner area as Team 6, which later merged with Team 8.

November – Second team formed as Team 3 Carlsborg/Parkwood

2017

January - First community presentation on Cascadia made (also known as Chief Doom)

January – Third team formed as Team 2 Diamond Point

February – Fourth team formed as Team 5 in Bell Hill

March – Fifth team formed as Team 4 in Sunland

June – First large-scale drill held at Sequim Community School

December – 1st annual program report produced

2018

January - CERT achieves 300 trained volunteers

February – Our Academy becomes the only active training Academy in the County

March -First Peninsula Daily News Emergency Preparedness Guide is Published

By **June** CERT teams 7, 8, 9 and 10 form

September – Map Your Neighborhood (MYN) program established for Eastern Clallam & Western Jefferson by CCFD 3

October – Large scale drill held at Fairview Elementary School

December - 2nd Annual Report published

2019

January - Eastern Clallam and Western Jefferson becomes a registered organization with FEMA

April - MYN is presented to over 600 residents and Cascadia Presentation (Chief Doom) has been presented to over 2000 people

June - All Academy instructors are state certified for our program

May - CERT participate in the Active shooter drill

June to December - CERT teams 11, 12, 13, 14, and 15 are formed

September - Annual Drill held at Fairview Elementary School

October - City of Sequim and CCFD 3 sign a joint partnership to operate the Sequim Operational Area



2020

January - CERT 16 is formed. Our total active teams are 14.

February - MYN is presented to over 1700 residents and Cascadia Presentation (Chief Doom) to over 3500 people

March - CERT Policy Manual for County and CCFD 3 is adopted by County Emergency Management Division and CCFD 3

April - CERT exceeds 550 members

April/May - CERT deploy for COVID Operations

June - CERT deploy to run COVID Food Care Packages until June 2021



2021

January - CERT tasked with COVID Mass Vaccination task

March - State and FEMA Region X recognize Eastern Clallam CERT as one of the top programs in Washington

May - CERT completes Mass Vaccinations with over 30,000 vaccinated in our area

June - CERT publishes its Communication Plan

October - CERT exercises its 1st Operational Area wide communications drill as warm-up for 2022 Cascadia Rising 4-day national level drill in June of 2022.

November and December - we began support for the Holiday Food Distribution, distributing Holiday Meals to over 1400 families and the Wreaths Across America honoring the graves of over 700 of our veterans.

As you can see a lot of things have happened and these could only occur with your support. You should be very proud of the efforts you all have made.

As we begin 2022, and I look back at the past two years (2020/2021) there were two major accomplishments: we made a difference in the community with our support of key community organizations, vaccines, food, information, and a positive calming effect in a time of crisis, and second, on a technical basis we solidified a robust communications capability across the entire operational area of Sequim in a time of crisis.

2022 will be an exciting year where CERT will see engagement at levels not seen before, with more opportunities to be part of the community we all treasure. Thank you for all that you do.

On The Go!! MYN Neighborhoods Getting Ready For Cascadia Rising 2022

EAST OAK STREET Neighborhood Disaster Readiness Report

Wayne Boden



When I arrived here in Sequim about 7 years ago, I began seeing and hearing much information about a potential Cascadia event occurring in this general area. In Alaska I had experience with the effects of the giant earthquake in 1984! I couldn't find any information about our community preparing itself for such an event here!

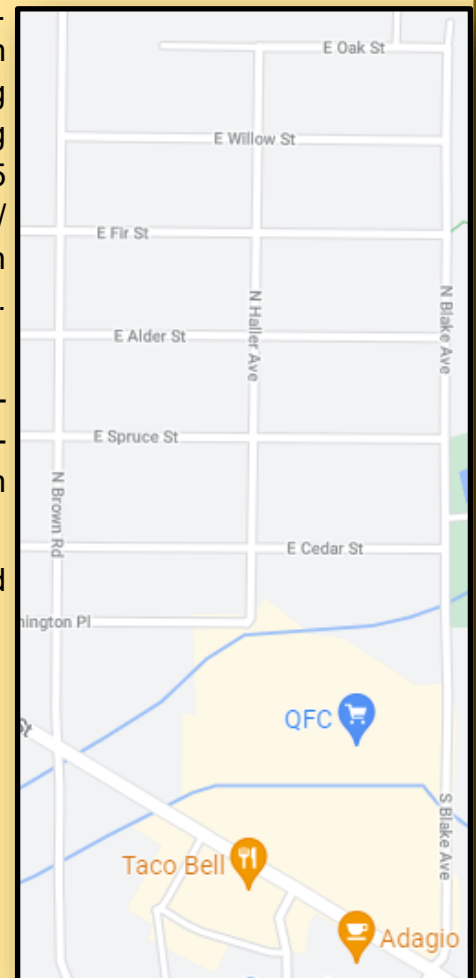
I was able to get permission from the Trinity United Methodist Church on Blake Avenue to hold a neighborhood gathering in their large meeting room. I invited every household (about 225 households) in the Brown to Blake/Oak to Washington Street neighborhood. There were about 55 people attending. We coordinated this event through the Map Your Neighborhood program and had input from the Sequim Fire Department, the Red Cross, and the CERT program. The discussion centered on the need to be aware of this potential hazard and about being prepared. We encouraged people from each of the neighborhood cross streets (E. Oak, Willow, Alder, Spruce etc.) to organize their own Disaster Readiness plan.

Here on East Oak Street we have been very successful in pursuing a neighborhood plan. We have met five different times with the first two meetings coordinated by the Map Your Neighborhood coordinator who helped set up the original mass meeting.

We met in a private home, invited members from every home and proceeded to get our neighborhood organized using the Map Your Neighborhood/Disaster Readiness program. We were able to successfully follow those guidelines, became familiar with our neighbors, potential issues/problems, develop a plan to meet following such a disaster, a plan of checking up on all our members and getting ready for a CERT team to help with critical needs. We plan to have 5 teams of our members go to designated homes to check on needs/emergencies. We have 2 large master maps for easy assignments with each home numbered and basic knowledge attached for each home. There is a neighborhood information file in each of the team packets.

The Covid 19 epidemic has paused our regular meetings. During this epidemic we have had 2 brief ZOOM meetings. We are now planning a couple of in person meetings this coming spring in preparation for participation in the Cascadia Rising event planned for mid-June.

We have also met by Zoom with our CERT Team captain, Kyle Hall, and have discussed this plan with him.



L to R: Marci Newlon, CERT 16 Charlie Squad; Nancy Rasor, CERT 16 Charlie Squad; Kyle Hall, CERT 16 Captain; Wayne Boden, East Oak Street MYN Captain; Felix Rena, CERT 16 Charlie Squad, Bill Rasor, CERT 16 Charlie Squad.

13 Disorders Caused by Lack of Water

Unnamed Contributing Author to Ready Nutrition

Most people don't think they need to worry about dehydration. To them, dehydration is something that happens to travelers in the desert when they run out of water.

But there is a chronic form of dehydration that does not have the sudden and intense nature of the acute form.

Chronic dehydration is widespread in the present day and affects everyone who is not drinking enough liquid.

This list of 13 symptoms will inspire you to go get a glass of water, and then another, and another!

After each symptom, the list below will show how lack of fluid affects the issue.

1. **Fatigue, Energy Loss:** Dehydration of the tissues causes enzymatic activity to slow down.
2. **Premature Aging:** The body of a newborn child is composed of 80 percent liquid, but this percentage declines to no more than 70 percent in an adult and continues to decline with age.
3. **Excess Weight and Obesity:** We may overeat because we crave foods rich in water. Thirst is often confused with hunger.
4. **High and Low Blood Pressure:** The body's blood volume is not enough to completely fill the entire set of arteries, veins, and capillaries.
5. **Cholesterol:** When dehydration causes too much liquid to be drained from inside the cells, the body tries to stop this loss by producing more cholesterol.
6. **Constipation:** When chewed food enters the colon, it contains too much liquid to allow stools to form properly, and the wall of the colon reduces it. In chronic dehydration, the colon takes too much water to give to other parts of the body.
7. **Digestive Disorders:** In chronic dehydration, the secretion of digestive juices is less.
8. **Gastritis, Stomach Ulcers:** To protect its mucous membranes from being destroyed by the acidic digestive fluid it produces, the stomach secretes a layer of mucus.
9. **Respiratory Troubles:** The mucous membranes of the respiratory region are slightly moist to protect the respiratory tract from substances that might be present in inhaled air.
10. **Acid-Alkaline Imbalance:** Dehydration activates an enzymatic slowdown producing acidification.
11. **Eczema:** Your body needs enough moisture to sweat 20 to 24 ounces of water, the amount necessary to dilute toxins so they do not irritate the skin.
12. **Cystitis, Urinary Infections:** If toxins contained in urine are insufficiently diluted, they attack the urinary mucous membranes.
13. **Rheumatism:** Dehydration abnormally increases the concentration of toxins in the blood and cellular fluids, and the pains increase in proportion to the concentration of the toxins.

Recommended Daily Amount:

Every day you lose water through your breath, perspiration, urine and bowel movements. For your body to function properly, you must replenish its water supply by consuming beverages and foods that contain water.

So how much fluid does the average, healthy adult living in a temperate climate need?



The Institute of Medicine determined that an adequate intake (AI) for men is roughly 3 liters (about 13 cups) of total beverages a day. The AI for women is 2.2 liters (about 9 cups) of total beverages a day.

MORE WATER!! IT'S THAT IMPORTANT!! Thank you Cindy for contributing this article.

Thoughts from Arnaldo Liechtenstein, physician.

Whenever I teach clinical medicine to students in the fourth year of medicine, I ask the following question:

What are the causes of mental confusion in the elderly?

Some offer: "Tumors in the head".

I answer: No!

Others suggest: "Early symptoms of Alzheimer's".

I answer again: No!

With each rejection of their answers, their responses dry up.

And they are even more open-mouthed when I list the three most common causes:

uncontrolled diabetes;

urinary infection;

dehydration



It may sound like a joke, but it isn't.

People over 60 constantly stop feeling thirsty and consequently stop drinking fluids.

When no one is around to remind them to drink fluids, they quickly dehydrate.

Dehydration is severe and affects the entire body.

It may cause abrupt mental confusion, a drop in blood pressure, increased heart palpitations, angina (chest pain), coma and even death.

*This habit of forgetting to drink fluids begins at age 60, when we have just over 50% of the water we should have in our bodies.

People over 60 have a lower water reserve.

This is part of the natural aging process.*

But there are more complications.

Although they are dehydrated, they don't feel like drinking water, because their internal balance mechanisms don't work very well.

Conclusion:

People over 60 years old dehydrate easily, not only because they have a smaller water supply, but also because they do not feel the lack of water in the body.

Although people over 60 may look healthy, the performance of reactions and chemical functions can damage their entire body.

So here are two alerts:

1) *Get into the habit of drinking liquids*.

Liquids include water, juices, teas, coconut water, milk, soups, and water-rich fruits, such as watermelon, melon, peaches and pineapple; Orange and tangerine also work.

The important thing is that, every two hours, you must drink some liquid. Remember this!

2) Alert for family members: constantly offer fluids to people over 60.

At the same time, observe them.

If you realize that they are rejecting liquids and, from one day to the next, they are irritable, breathless or display a lack of attention, these are almost certainly recurrent symptoms of dehydration.

Arnaldo Liechtenstein (46), physician, is a general practitioner at Hospital das Clínicas and a collaborating professor in the Department of Clinical Medicine at the Faculty of Medicine of the University of São Paulo (USP).

Your friends and family need to know for themselves and help you to be healthier and happier.

It's good to share! *For people over 60.

Would You Be Pioneer Ready?



Excerpted from Ready Nutrition by Tess Pennington

If you look at your food preps you have stored away, you will realize that we are very similar to our pioneer ancestors who were getting ready for their arduous journey.

In the land of opportunity, pioneers make their way across the country in order to carve a life. Before they made their arduous journey, they had to make sure that they had everything they could possibly need to survive months of being cut off from everything.

In The Prepper's Cookbook, I describe how homesteading, self-reliance, and what many of us call "prepping" is really neo-pioneerism. When early Americans migrated westward, they had to adapt to a new environment, and their supplies had to be multi-functional.

If you look at your food preps you have stored away, you will realize that we are very similar to our pioneer ancestors who were getting ready for their arduous journey.

While helping my son with a history project on the great state of Oregon, I came across this list of various food items that pioneers needed from an article in the St. Joseph, Missouri Gazette dated March 19, 1847.

OUTFIT FOR OREGON

Mr. Editor;

Subjoined you will find a list of the principle articles necessary for an outfit to Oregon or California, which may be useful to some of your readers. It has been carefully prepared from correct information derived from intelligent persons who have made the trip.

The wagons should be new, made of thoroughly seasoned timber, and well ironed and not too heavy; with good tight beds, strong bows, and large double sheets. There should be at least four yoke of good oxen to each wagon – one yoke to be considered as extra, and to be used only in cases of emergency. Every family should have at least two good milk cows, as milk is a great luxury on the road. The amount of provisions should be as follows; to each person except infants:

*200 pounds of bread stuff (flour and crackers)
100 pounds of bacon [more like salt pork]
12 pounds of coffee
12 pounds of sugar*

Each family should also take the following articles in proportions to the number as follows:

*From 1 to 5 pounds tea
From 10 to 50 pounds rice
From 1/2 to 2 bushels beans
From 1/2 to 2 bushels dried fruit
From 1/2 to 5 pounds saleratus [yeast]
From 5 to 50 pounds soap*

Cheese, dried pumpkins, onions and a small portion of corn meal may be taken by those who desire them. The latter article, however, does not keep well.

No furniture should be taken, and as few cooking utensils as are indispensably needed. Every family ought to have a sufficient supply of clothing for at least one year after their arrival, as everything of that kind is high in those countries. Some few cattle should be driven for beef, but much loose stock will be a great annoyance. Some medicines should also be found in every family, the kind and quantity may be determined by consulting the family physician.

I would suggest to each family the propriety of taking a small sheet-iron cooking stove with fixtures, as the wind and rain often times renders it almost impossible to cook without them, they are light and cost but little. All the foregoing articles may be purchased on good terms in this place.

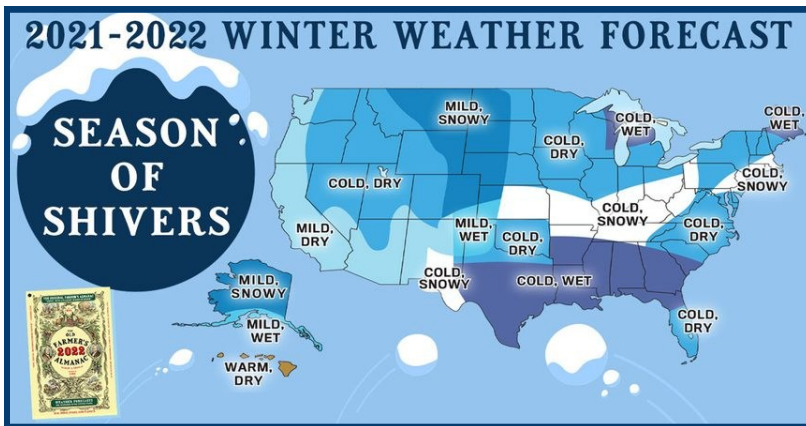
Many of our ancestors had to be ready for what may be on the horizon. Their “make due or do without” philosophy transferred into their food sources, as well. In all honesty, I am surprised that rations of salt or vinegar were not listed as these were pioneer staples that also have multiple uses. That said, with the exception of bacon (I am going to assume was to be used more likely for lard and survival fat sources), this list resembles many of our prep inventories.

To conclude, our preps are our lifeline. The items we choose should be able to carry us, not only through difficult times, but perhaps through impossible times. Having a food supply that not only utilizes the basic kitchen/pantry essentials, but also one that encompasses proper dietary needs will help you thrive in a short or long-term disaster.

Keeping the true pioneer spirit in mind, I encourage you to do an inventory of your emergency food pantries to evaluate your food stores and see if you would be ready to brave the wild like our pioneer ancestors once did.



**Prepare for the unknown by studying how others in the past have coped with the unforeseeable & the unpredictable.
General George S. Patton**



**Lavender Fest July 2018
WE MISS YOU SHERRI !!!!**

Wellness During an Emergency or Disaster

Happiness - What it is - Why it is Important and How to Cultivate More of it

Excerpted from Ready Nutrition by Lisa Egan



What is happiness?

Ask several people this question (including yourself), and you will likely get a wide variety of answers.

While it plays an important role in our lives, researchers have yet to agree on a definition or framework for happiness because it is hard to define scientifically. In fact, happiness guru Gretchen Rubin, author of The Happiness Project, recently told Forbes that there are 15 academic definitions of happiness!

Most of us probably don't think too much about an actual definition for happiness anyway – we know it when we feel it.

However, in the last few decades, researchers have learned a lot about happiness.

Experts have developed several theories about what happiness is.

Researchers in the positive psychology field (the scientific study of what makes life most worth living) use the term *happiness* interchangeably with “subjective well-being,” according to Greater Good Magazine. This is measured by simply asking people to report how satisfied they feel with their own lives and how much positive and negative emotion they're experiencing.

The article What is Happiness and Why is It Important? (+ Definition in Psychology) explains that there are many different theories of happiness, but they generally fall into one of two categories based on how they conceptualize happiness (or well-being):

Hedonic happiness/well-being is happiness conceptualized as experiencing more pleasure and less pain; it is composed of an affective component (high positive affect and low negative affect) and a cognitive component (satisfaction with one's life).

Eudaimonic happiness/well-being conceptualizes happiness as the result of the pursuit and attainment of life purpose, meaning, challenge, and personal growth; happiness is based on reaching one's full potential and operating at full functioning (AIPC, 2011).

In the book, The How of Happiness, positive psychology researcher Dr. Sonja Lyubomirsky describes happiness as “the experience of joy, contentment, or positive well-being, combined with a sense that one's life is good, meaningful, and worthwhile.”

Happiness International has developed a theory on happiness that is largely based on scientific discoveries about how the brain works and on current happiness theories. It “identifies 9 universal and overlapping human needs which go by the handy acronym **WE PROMISE**.” The 9 categories “cover the range of human needs in a very general way and are intentionally overlapping, just as our thoughts and feelings overlap in our mind,” the site explains.

WE PROMISE stands for:

Wellbeing – mind-body connections, aspects of your physical body that affect your mood, and vice versa

Environment – external factors like safety, food availability, freedom, weather, beauty, and your home

Pleasure – temporary experiences such as joy, sex, love, and eating

Relationships – as a social species, relationships are at the foundation of what it means to be human

Outlook – how you approach the world through adventurousness, curiosity, and making plans

Meaning – having a purpose and the wisdom to understand it

Involvement – to be happy you have to be engaged and actively involved

Success – confirmation from yourself and others that what you do has value

Elasticity – how you recover from life's inevitable negative events (source)

There are a few common myths about happiness.

Have you found yourself saying things like “I'll be happy if I get this promotion” or “When I'm married, I'll finally be happy?” If so, you may be falling for some happiness myths, as Dr. Sonja Lyubomirsky explains in The Pursuit of Happiness: 3 Myths Everyone Should Stop Believing:

Psychological research has revealed two important findings when it comes to these beliefs: Things that we think will make us happy never make us happy for as long as we think they will. Conversely, negative life events and challenges don't have as enduring an impact on our happiness as we believe they will, either. (source)

In that article, Dr. Lyubomirsky shares three valuable lessons from her book, *The Myths of Happiness*.

Here's a summary of each.

Myth #1: I won't be happy until I get a promotion or land my "dream" job. The excitement of a new job eventually fades, and often, our expectations about the new position or company might be unrealistic. Instead, try to make the most of the job you have – and keep in mind that that dream job you keep fantasizing about might not be so great after all.

Myth #2: I'm going to lead a sad, lonely life because I'm single. If you aren't happy on your own, why do you believe you will be happy as part of a couple? Sure, it is nice to have someone to share your life with, but that doesn't mean you can't be happy while you are waiting for that special someone. Many people remain single – and happy – for their entire lives, so keep that in mind as well. There are many possible sources of happiness in life – meaningful work, volunteering, and hobbies – to name a few. Going solo doesn't mean happiness has to elude you.

Myth #3: I can't be happy when... Dr. Lyubomirsky explains why this belief is flawed: "We all have dreams that we've harbored since the early years of our lives, but we often have flawed assumptions about whether we can still be happy despite not achieving those dreams. Psychologists argue that to be truly unburdened by regrets involves freeing ourselves from our "lost possible selves"—the neurosurgeon self, the grandparent self, the small-business owner self." She recommends keeping a journal or making lists of the pros and cons of what happened, what might have happened, and what didn't happen. Committing yourself to new pursuits will help you leave the past behind you – and will get you excited about future possibilities.

Experiencing happiness provides many benefits.

Happiness is important because it has some undeniably positive benefits. In an article called [What's So Great About Happiness, Anyway?](#) (The Answer: Plenty!), June Silny outlined 14 answers to that question.

She explained that happy people...

Are more successful: Numerous studies show that happy individuals are successful across multiple life domains, including marriage, friendship, income, work performance, and health.

Get sick less often: A study from Carnegie Mellon University found that people who are happy are less likely to catch colds. Depressed, nervous, or angry people are more likely to complain about cold symptoms. The study also found that the happier study participants weren't infected as often, and experienced fewer symptoms even when they did get sick.

Have more friends: This probably doesn't surprise you – happy people are more fun to be around. Happy people have more friends because they are stable, giving, and supportive.

Donate more to charity: And, giving money to charity makes you happy, too. Generosity lights up the pleasure and reward regions of the brain. Research shows that it works both ways: giving makes us happier, but happy people also donate more to charity than unhappy people.

Are more helpful: Studies show that happy people are more likely to volunteer, and those who do so tend to become happier. This is yet another indication of the circular relationship between giving and happiness.

Have a positive attitude, which makes life easier: An optimistic outlook makes dealing with pain, sadness, and grief a bit easier. Bad things are a part of life, but you deal with them better when you have a positive outlook. For more on this, please read [Stoicism: How This Ancient Philosophy Can Empower You to Improve Your Health and Your Life.](#)

Have a positive influence on others: Just like negative energy, positive energy is contagious. Which would you rather give and receive? If you want someone else to be happy (and in turn, increase your happiness), express your enthusiasm when you greet them.

Enjoy deeper conversations: Negative thinkers engage in gossip. Dr. Matthias Mehl reported in the journal *Psychological Science* that happier people had twice as many meaningful conversations as unhappy people.

Smile more: Smiling is beneficial to your health. It lowers stress hormones and blood pressure, and may even increase your lifespan. Other studies have found that people who smile frequently are rated higher in generosity, trustworthiness, and extroversion by others.

Exercise more and eat more healthfully: Research shows that when you're happy, you're more likely to engage in good habits like exercising more and eating healthfully, which results in greater health and well-being.

Are happy with what they have: The happiest among us know that envying others is a bad use of their time, and if things don't go their way all the time, that's okay. When you're happy, you're less likely to stress out about wanting more, being jealous of others, or about trying to keep up with the Joneses. Being happy with what you've got allows you to concentrate on living your own life to the fullest—to live a life that's meaningful to you.

Are healthy people: Studies have found that people who are in a more positive state of mind have a good chance of experiencing better health in the future.

Live longer: Happy people have been found to live longer lives than those who are not happy.

11 things you can do to increase your happiness.

Discover your strengths – and use them. Research shows that people who identify their strengths and use them in daily life are happier overall. If you aren't sure what your strengths are, try taking an assessment like this one: [Character Strengths Survey](#)

Build healthy relationships. Research consistently shows that social connections are key to happiness. Close relationships and support from others also matter a great deal.

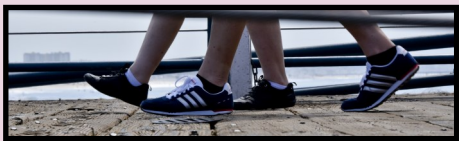
Practice savoring. This is the art of maintaining and deepening positive feelings by becoming more aware of them. "Research suggests that our ability to savor impacts how much of a mood boost we get from happy events," explains [Greater Good Magazine](#). For more on savoring, see [10 Steps to Savoring the Good Things in Life](#).

Be forgiving. Studies show that forgiving people helps us feel better about ourselves, experience more positive emotions, and feel closer to others.

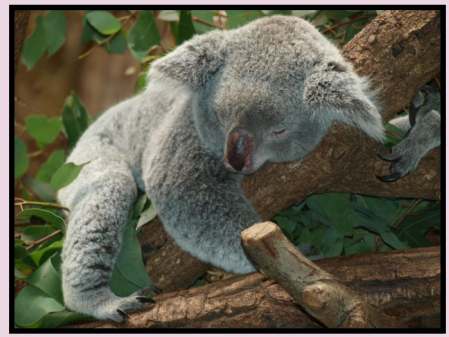
Express gratitude. Every morning when you wake up, and every evening before you go to sleep, think of at least one thing you are grateful for. Keeping a gratitude journal can also help you learn to recognize and appreciate all the little (and not so little) things that matter.

Be kind to others. In his book, [Flourish: A Visionary New Understanding of Happiness and Well-being](#), Martin Seligman explains that helping others can improve our own lives: "...we scientists have found that doing a kindness produces the single most reliable momentary increase in well-being of any exercise we have tested." And, research has revealed that people report greater happiness when they spend money on others than when they spend it on themselves. And, neuroscience research shows that when we do nice things for others, our brains light up in areas associated with pleasure and reward.

Get moving. Studies consistently show that physical activity does wonders for mental health and has profound positive impacts on happiness and overall well-being. Even a few minutes a day can help – some is better than none, so do what you can. You don't need fancy equipment or a gym membership. Schedule time to walk every day, if you can. For more on how to build a regular walking routine, please see [Why You Should Walk 10,000 Steps Per Day, and How to Do It](#).



Spend time outside. "Being connected to nature and feeling happy are, in fact, connected," reported a 2014 study. Time spent in nature reduces stress and boosts your mood.



Get adequate sleep. How can you expect to be happy if you are sleep-deprived? Research has consistently linked lower sleep to less happiness. A study led by Nobel Prize-winning psychologist Daniel Kahneman that involved more than 900 women found that getting just one more hour of sleep each night might have a greater effect on happiness than a \$60,000 raise. For a list of things you can do to naturally improve the quality and quantity of your sleep, please see [Six \(More\) Reasons to Get Better Quality Sleep](#).

Be mindful about spending. How you spend money matters a great deal, according to [Greater Good Magazine](#):

Spend money in the right ways by buying social experiences, giving to others, and expressing your identity.

But don't focus on material wealth: After our basic needs are met, research suggests, more money doesn't bring us more happiness—in fact, a study by Kahneman found that Americans' happiness rose with their income only until they'd made roughly \$75,000; after that, their happiness plateaued. And research by Richard Easterlin has found that in the long run, countries don't become happier as they become wealthier. Perhaps that's why, in general, people who prioritize material things over other values are much less happy, and comparing ourselves with people who have more is a particular source of unhappiness. It also suggests why more egalitarian countries consistently rank among the happiest in the world. (source)

Study Stoic philosophy. Stoicism is an ancient philosophy that can help you find the strength and stamina to gracefully handle the challenges of everyday life, improve your health, and experience true happiness. As I explained in [Stoicism: How This Ancient Philosophy Can Empower You to Improve Your Health and Your Life](#):

Stoicism is an *eudaimonic* philosophy. *Eudaimonia* is a term that means *a life worth living*, often translated as "happiness" in the broad sense, or more appropriately, *flourishing*.

It teaches us to embrace problems, accept them, prepare to challenge them, and take action to overcome them.

Stoicism is a vibrant, action-oriented, paradigm-shifting way of living. It is an ideal philosophy for those seeking the Good Life.

A Preparedness Guide for Women: Hygiene and Feminine Needs When Supplies Are Running Short

By Sara Tipton - Reprinted from Ready Nutrition



The prepper community can often feel like a “Men’s Only” club. But there are women who want to prepare themselves and their families for the worst. Many ladies often feel like it’s a “guy thing” to get in the survivalist mindset. I’m here to say, we may be few and far between, but we are out there and ready to help support women in their desire to prepare for anything!

Whether we like it or not, we ladies have different bodies and different needs than our fellow male preppers. We also need to prepare differently because of this, and we’ve compiled some tips for a series dedicated to women; some of which need to be discussed even though they are downright uncomfortable.

Sanitation is a critical component of being prepared for extended emergencies. In “The Prepper’s Blueprint”, Some of the greatest threats in an emergency occur *after* the disaster. Lack of accessible clean water following major disasters can quickly escalate and create secondary problems in a post SHTF situation. Additionally, those unsanitary conditions can exacerbate the spreading of diseases, infections and health risks.

With that in mind, since this is the first of the just for ladies series, let’s start with the most uncomfortable topic first:

FEMININE HYGIENE

The question I am asked most often when other women discover my family is one of “preppers” is how do women deal with their monthly visitor when feminine hygiene products are not readily available. This one is uncomfortable, but it has an easy answer: Menstrual cups.

These have the added benefit of not being disposable and are better for our Earth and will save you a ton of money over time. One menstrual cup can last for 5 years! Disposable pads and tampons could run out if there’s a run on a grocery store, but women can prepare by keeping a menstrual cup on hand or in a bug out bag [LINK]. Heck, why not have a couple in case something goes wrong?

The key to making a menstrual cup work is finding one that YOU like. This is a very personal decision, as menstrual cups are not “one size fits all.” Not all menstrual cups are created equal and you may need to try a few before you are comfortable with their use and find one that will work for YOU. Look around on Amazon and you will see many different options. Two popular versions are the Diva Cup and the Athena Menstrual Cup. These are shaped slightly different and only the woman using it can possibly know what shape will fit her body the best.

Once you’ve selected a menstrual cup, the process of learning how to use it begins. Trigger warning: it can it icky. Menstrual cups are designed to be inserted into the vagina where they collect the menstrual blood rather than absorb it such a tampon. However, after you remove the cup, you simply dump the contents away and rinse it off for another use.

When you first begin the use of the menstrual cup, it’s wise to use a pad (disposable or otherwise) because there is a learning curve involved. We would suggest getting to understand how to use it before something bad happens, just to be certain you know what you’re doing. Plus, again, disposable pads won’t be readily available. You will want something you can reuse, and “period underwear” is an excellent option. It isn’t actually as uncomfortable as you’d think, but much like the menstrual cup, finding the right pair for YOU is essential. While they won’t be effective as your only protection, they will be invaluable while learning to use the menstrual cup and could come in handy on the lighter days you just don’t need a cup for!

OVERALL FEMININE HYGIENE

The last thing you'll want is an infection when the SHTF, so it's important to wash everything you use well and disinfect the menstrual cup. There may not be a way to completely eliminate your risk, as any catastrophe will be a difficult situation for everyone. But you can mitigate the risks by keeping your hygiene top notch.

Once you are done menstruating, you will want to store your cup in a bag (most come with one.) Don't just toss your cup into a backpack, as it'll get dirty. But first, before you even consider storing your cup for use next month, soak it in hydrogen peroxide for a few minutes to make sure it's clean, and let it air dry.

INCREASE WATER AND PEROXIDE STORAGE

Maybe this is a good time to stock up on some peroxide, just in case. Not only that, if you are in a situation in which you must store water (you don't have a well and an electricity-free way to get water out of it) you need to save extra for your personal hygiene and care of your women's items. You will need to wash your period underwear as well as you possibly can considering where they will be on your body. That said, make sure you never neglect your feminine hygiene, as it could cause you to get a yeast infection and that won't be fun at all in a SHTF situation!

Of course this is an uncomfortable topic, however, we need to discuss it as women and preppers. We definitely have different needs than men, and we will need to prepare for those regardless of how uncomfortable those topics may be.

5 Reasons to Store Vinegar

1. **Cleaning** – vinegar makes an excellent cleaning solution when used for a variety of different things. When there is no way to go to the store and grab your favorite cleaner, vinegar will do the trick! It can be used to clean and disinfect wood cutting boards, polish chrome, or remove pet urine from carpeting. It will also cut the grease on pans or other surfaces.
2. **Pet Care** – Since you'll be taking your four-legged friend through the worst of times with you, vinegar can be used to help keep fleas off him! Just add a little vinegar to a dog or cat's drinking water. Be careful not to overdo it. Vinegar is very acidic, and dogs aren't often big fans of the flavor. Vinegar can also help remove that pungent skunk odor from your dog too! Just rub his fur with full strength vinegar and rinse.
3. **Medicine** – gargle some vinegar to soothe a sore throat. 2 tsp of apple cider vinegar in one cup of water can also help with an upset stomach. Vinegar can also be used to fight dandruff! Just rinse clean hair with vinegar. Some say you can even remove warts with it, but you will also need some glycerin. Mix the glycerin and the vinegar 50/50 and apply to a wart daily until it is completely gone!
4. **Food Preparation** – not only can vinegar be used to make dressings or in place of lemons when fresh fruits are not readily available, but it can be used to preserve the food you do have. You can water bath can your vegetables if you pickle them in vinegar first.
5. **Pest Control** – you can kill weeds in the cracks of your sidewalk using vinegar, and it's safer for the kids and your pets than using weed killer. You can also trap fruit flies with it! Just put some apple cider vinegar in a Mason jar and poke a few holes in the lid large enough for them to get in. The fruit flies be drawn to the smell, then die in the jar.

These are only a few ways that vinegar can be used both before the SHTF and after. **Vinegar has an indefinite shelf life because of the acidic properties. It will never expire, making it perfect to store and save for later use. And the other bonus? Vinegar is inexpensive. It's one of those things almost every prepper suggests you hoard and store – just in case.**

But you can also use it beforehand too! **Vinegar can help remove the smell from washing machines and keep mildew at bay. It is also becoming more popular for those who homestead or live a more natural lifestyle to use as a cleaning product instead of the toxic options available commercially.**



It's Almost That Time Of The Year!!

Companion Planting Guide



radishes



cucumbers,
carrots, onions,
beets, cabbage,
kale, lettuce,
spinach + squash



corn



green beans,
cucumbers,
peas, pumpkins,
melons + squash



carrots



tomatoes, leeks,
rosemary, sage
+ chives



tomatoes



basil, marigolds, carrots,
asparagus, celery, onions,
lettuce, parsley + spinach



cucumbers



nasturtiums, marigolds,
beans, celery, corn, lettuce,
dill, peas + radishes



lettuce



chives, corn,
garlic, peas,
beans,
beets,
broccoli,
carrots
+ radishes



onions



carrots,
cabbage, lettuce,
parsnips
+ tomatoes



peppers



basil, onions,
spinach + tomatoes

corn,
beans,
peas, dill,
radishes +
marigolds



squash



FOLLOW THESE GUIDELINES to BOOST YIELDS, MINIMIZE PEST or DISEASE PROBLEMS and MAKE GARDEN MANAGEMENT EASIER.

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Things to Do, Learn & Buy This Quarter

TO DO

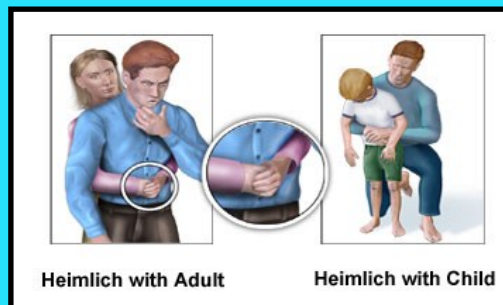
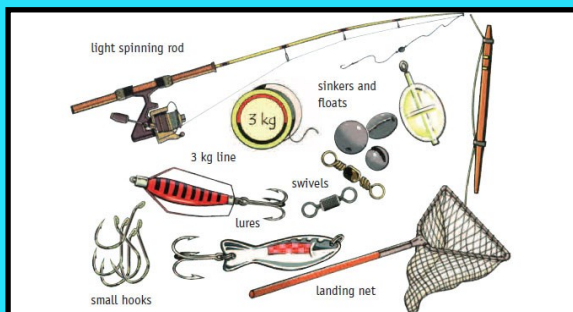
- Review life insurance coverage of all family members
- Schedule dentist appointments for all family members
- Make a list of resolutions/goals of things you want to improve upon this year
- Declutter entryway and hall closets
- Create a food storage inventory
- Inventory your winter wear
- Organize your garage so that you can get to items in an emergency situation
- Have maps, bug-out-bags and simple camping gear in all vehicles
- Bake biscuits from scratch using only your storage items
- Put mylar emergency blankets in your car's glove compartment

TO LEARN

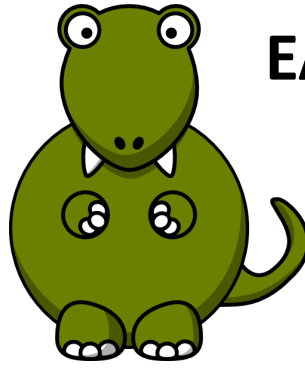
- Write down what your family uses for a week (soap, toilet paper, etc) Base your short term storage supply on this list
- Learn the steps to escape a sinking car & have a glass breaking tool in each vehicle
- Get trained in using the Heimlich Maneuver, as well as other ways to save someone from choking
- Learn how to make tortillas
- Learn how to bottle fruits and vegetables
- Learn how to fish/obtain supplies/go fishing
- Research how to dispose of bathroom waste and trash
- Read about protecting your mental health in an emergency or disaster

TO BUY

- 5# of powdered milk or the equivalent of canned
- Buy an extra ham and can using a pressure canner
- Extra herbs, spices and salt
- Purchase extra food for animals and pets including cat litter
- Buy some extra canned stews, soups and chili
- Check thrift stores for board games, card games and books



HOW DO YOU



EAT A DINOSAUR?

The same way you prepare for an emergency or disaster: 1 bite at a time!!

What to buy in:

January

Chocolate (Christmas clearance)
Soda
Oatmeal
Diet Foods
Soups & Chili
Crackers
Chips
Condiments

Anything from Thrift Stores

Vitamins & Supplements
Beauty Products
Cold Medicines
Health Products
Pain Relief

Linens/Bedding/Towels
Winter Clothes
Toys on Clearance
Bicycles & Sporting Goods
Christmas Wrap/Cards/Decs
Sneakers
Motorcycles/Road Bikes/Helmets
Cookware
Gas Grills
Sewing Machines
Water Filters
Air Conditioners
Furniture/Carpeting/Flooring
Digital Cameras
TV & Electronics
Fitness Equipment
Large Appliances

February

Canned Fruits & Vegetables
Chocolate (post Valentine's Day)
Oatmeal
Pancake Mix/Syrup
Raman
Supplements
Wine
Canned Salmon & Tuna

Vitamins & Supplements
Aspirin
Dental Care Products
(toothpaste, toothbrushes,
mouthwash, floss)

Motorcycles
Boats
Gas Grills
Candles
Mattresses
Linens/Bedding/Towels
Air Conditioners
Tools
Appliances
Furniture
Housewares
Cameras

March

Baking Supplies
Frozen Anything
Corned Beef

Cleaners

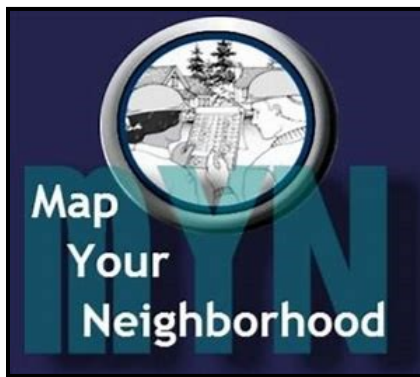
Luggage
Sewing Machines
Boats
Grills
Road Bikes & Helmets
Winter Coats & Boots
Winter Sporting Equipment & Apparel
Televisions
Running Shoes
Digital Cameras
Gardening Tools



REMEMBER: WHEN DISASTER STRIKES, THE TIME TO PREPARE HAS PASSED.



For information about upcoming 2021-2022 CERT Classes:
Contact Cindy Zechenelly at 360-504-2531
or cindyiz@hotmail.com or czechenelly@ccfd3.org.



Get to know your neighbors! Learn how to prepare your neighborhood for a major emergency or disaster. Meetings are scheduled weekdays, nights and weekends. Over 1300 trained so far!! For all information, contact Lynne Schlosser at lynne5977@live.com.

Our immense thanks to KSQM 91.5 FM for their support!!!

Have an idea for a future article? Want to contribute an article?

Email to Lynne Schlosser at lynne5977@live.com

Coming up in our next issue!

A message from Assistant Division Chief Keith Koehler (aka Mr. Wizard)

Meet our newest MYN Facilitators!

More MYN Neighborhoods Getting Ready for Cascadia Rising 2022!

No Yard, No Problem. You Can Still Grow Food (ran out of room in this issue)

A Preparedness Guide for Women, Part 2

The Big, Big, Big Reading List - a special request from a reader!

Wellness - How to Find Hope in Hopeless Situations

AND LOTS MORE!!!