

April/May 2013



# The Ram's Horn

**A Monthly Publication of Christ Lutheran Church**

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*Living in God's amazing grace*

Christ Lutheran Church  
Mission:

*"Our Mission is to reach  
out and share the Gospel  
with our Community."*

## Inside this issue:

CLC Staff & Officers 2

CLCCC Board 2

Worship Services & Dates  
For your Calendar 2

Words of Wisdom 3

Miscellaneous News 4 - 6

CLCW & WELCA News 4 - 6

Announcements 7

Parish Nurse 8 - 9

CLCCC News 10 - 11

News & Views 12 - 14

Calendar 15

## STUNNING SCENES SEEN AT STAIRCASE



**Above:** This is a great example of trees growing out of a "nurse log". The trees sprouted on the log and got nutrients for growth from the decaying wood.

*Photos: Dave Stewart*

**Below:** The hikers are shown on a suspension foot bridge on the trail. See more photos pages 12 & 13.



A group of twelve hikers from CLC hiked up the *Staircase Trail* on Saturday, March 9, 2013. This was the first of several monthly outdoor outings we have planned. In April, it is a bike ride, in May a boating day. Stay tuned for details. Our next hike is scheduled for June. All are welcome.

### Christ Lutheran Church Staff

**Pastor**

Pastor Julie Kanarr

Office: 275-3354

e-mail: clcpastor@wavecable.com

**Office Staff:**

Volunteers

Office: 275-3354

e-mail: clcoffice@wavecable.com

**Lay Minister:**

Allen Nesper

Home: 275-0708

**Child Care Director:**

Rose Moore

Home: 275-5587

Office: 275-0499

**Organist:**

Kristi Booth

### WORSHIP & EDUCATION HOURS

**SUNDAYS**
***Worship 10 AM***
***Sunday School 10AM***
***Fellowship 11:00AM***

### Executive Committee

**President:**

Dave Haugen

Home: 275-6217

E-mail: dlhbel@yahoo.com

**Vice President:**

Phyllis Newman:

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**Council Secretary:**

Becky Newbill

Home: 275-6026

E-mail: beckybob@msn.com

**Treasurer:**

Karen Belford

Home: 275-3368

E-mail: ksbelford@msn.com

### Council Members

Karen Belford	275-3368
Dana Clauson	275-5386
Dave Haugen	275-6217
Cliff Little	275-4247
Phyllis Newman	275-3524
Becky Newbill	275-6026
Byron Ruck	275-6013
Donna Thompson	621-9441
Shannon Walker	275-3088
Mandy Wendell	275-9365
Glenn Zimbeck	275-9420

**Financial Secretary**

Dick Granquist

Home: 275-8496

e-mail: rgranquist@wavecable.com

### DATES TO PUT ON YOUR CALENDAR

Men's Bible Study and Breakfast	March 30
First Sunday Potluck	April 7
Dorcas Circle	April 8
CLCCC Board Meeting	April 9
Bicycle Ride-Olympic Discovery Trail	April 13
CLC Church Council Meeting	April 16
Family Night	April 26
Quilt Blessing	April 28
Kayaking/Boating Day	May 4
First Sunday Potluck	May 5
Men's Bible Study and Breakfast	May 11

### CLCCC Board Members

Bob Newbill, President	275-6026
Lois Ruck, Vice President	275-6013
Monna Haugen, Secretary	275-6217
Rose Moore, Child Care Director	275-0499
Gary Cornell	360-427-1948
Ron Jensen	275-5639
Jerry Kabelac	275-3318
Dick Quay	275-5067

**WORDS OF WISDOM****Pastor Julie Kanarr**

Easter eggs may come in pastel colors, but I am pretty sure that “pastel” doesn’t do justice to Easter. Pastel is too pale, too gentle. It’s the same with eggs that are hard-boiled. Hard boiled eggs are pretty safe. If you drop a hard-boiled egg, the shell will crack, but that’s about it. The inside of that egg remains neatly contained and it doesn’t make a big mess on the floor. Hard boiled eggs, pastel colors, and plastic grass suggest that Easter is calm, serene, sweet... and domesticated.

While those items are fun accessories—and there is nothing wrong with that-- (I like chocolate bunnies and hard boiled eggs)-- they don’t really do justice to Easter. Easter isn’t pale pastel. Easter is bold and messy-- like blindingly bright colors and raw eggs broken open with their insides oozing out in all directions. The women who came to Jesus’ tomb weren’t serene and happy to discover that the tomb was empty. They were shocked and afraid. This isn’t a pastel moment! Their expectations were shattered. The tomb, broken open, is empty.

New life emerges, oozing out in all directions like the insides of a raw egg that cannot be put back into its shell.

Resurrection life breaks open all of our nice neat categories. God keeps breaking out of all the boxes we use to try to contain the divine, leaving behind the shattered pieces of our expectations. Resurrection life isn’t pastel; it is bold... and it is messy! The risen Christ still bears the wounds of crucifixion in his body, a sign that suffering and death are not erased, but transformed. Neither Christ nor his message could be tamed or domesticated. The cross is not the end, but a new beginning. The tomb is empty, broken open, and new life oozes out in all directions. Death could not contain it, and fear could not constrain it. The women disciples who first came to the tomb, grieving the death of their friend Jesus, and expecting to minister to his lifeless body with their spices and perfumes, were surprised to find the tomb empty. They heard the news, “Jesus isn’t here. He is risen and is going ahead of you to Galilee.”

Resurrection life flows out into the world. Resurrection life flows into us, and flows through us. The risen Christ sends his disciples out from behind the safe walls and locked doors of their upper room. The risen Christ goes ahead of us to Galilee – to the place of mission and ministry. Christ is out in the world breathing life into his community of faith. He is out here in the messiness of our world, boldly seeking the lost, reconciling enemies, forgiving sins, transforming life, filling us with hope, and inviting us to share the story of God’s unwavering love for all. So let us be bold to proclaim,

“Alleluia, Christ is risen!”

**Scripture readings for April and May...****Second Sunday of Easter**

April 7, 2013

Acts 5:27-32, Psalm 118:14-29 (28) or Psalm 150 (6), Revelation 1:4-8, John 20:19-31

**Third Sunday of Easter**

April 14, 2013

Acts 9:1-6 [7-20], Psalm 30 (11), Revelation 5:11-14, John 21:1-19

**Fourth Sunday of Easter**

April 21, 2013

Acts 9:36-43, Psalm 23 (1), Revelation 7:9-17, John 10:22-30

**Fifth Sunday of Easter**

April 28, 2013

Acts 11:1-18, Psalm 148 (13), Revelation 21:1-6, John 13:31-35

**Sixth Sunday of Easter**

May 5, 2013

Acts 16:9-15, Psalm 67 (4), Revelation 21:10, 22--22:5, John 14:23-29 or John 5:1-9

**Seventh Sunday of Easter**

May 12, 2013

Acts 16:16-34, Psalm 97 (12), Revelation 22:12-14, 16-17, 20-21, John 17:20-26

**Vigil of Pentecost**

May 18, 2013

Exodus 19:1-9 or Acts 2:1-11, Psalm 33:12-22 (20) or Psalm 130 (4), Romans 8:14-17, 22-27 John 7:37-39

**Day of Pentecost**

May 19, 2013

Acts 2:1–21 or Genesis 11:1–9, Psalm 104:24–34, 35b (30), Romans 8:14–17 or Acts 2:1–21, John 14:8–17 [25–27]

**The Holy Trinity****First Sunday after Pentecost**

May 26, 2013

Proverbs 8:1-4, 22-31, Psalm 8 (2), Romans 5:1-5, John 16:12-15

## KIDS ARE FED DURING SPRING AND SUMMER BREAKS THANKS TO CHRIST LUTHERAN

Kids are fed when there is no school, THANKS TO CHRIST LUTHERAN! Christ Lutheran provides a small storage room for food and lets the Coalition of Churches & Community schedule the large room in the Lodge for weekly packing of the School Break Nutrition Food Boxes to be delivered to the "Backpack kids" whose families fill out the permission slip.

When school is not in session, there are no school meals and no weekend backpack food coming home. With almost 3,000 miles of bus routes in our NM and Grapeview school districts, it is impossible for these kids to make it to a central location, so volunteers deliver these weekly boxes of food!

Want to help? 1. Join the fun of packing and maybe delivering the food boxes! (April 2nd at 9 am in the Lodge for the Spring Boxes.) 2. Donate food by bringing any of the items listed below and place them in the CLC grocery cart. 3. \$\$\$ Donations are always appreciated and can be directed to NMCCC, Food for Kids, and put in the offering, or mailed directly to NMCCC, PO Box 1331, Belfair, 98528.

## CHRIST LUTHERAN EATS SO THAT OTHERS MAY HAVE FOOD!

Many thanks for the great turnout at the NM Coalition of Churches & Community's Annual CRAB FEED! CLC once again had the largest group.

Many thanks to Linda Zeh for helping to organize us!

THANK ALSO for hosting the "Loaded Potato Bake" fund raiser to take advantage of the generous 50% matching funds from Thrivent Financial!

A special thank you to our Thrivent Representatives, Merry Quy and Sherry Ortman, for arranging for us to apply for these funds, including the \$5,000.00 donation that Thrivent gave us to help feed our hungry kids!

## WELCA CELEBRATES 25TH ANNIVERSARY

### Reprinted Article

Women of the ELCA's mission is mobilizing women to act boldly on their faith in Jesus Christ. We know that each woman will act boldly in a way that's unique to her, so we talk about each of us "finding our bold." This is a phrase that has caused more than one editor to pause, scratch his or her head (usually his), and say, "There's something wrong with this sentence." No, there's nothing wrong. Boldness comes in many forms. Some boldness is firm and quiet. Some is bright and loud. We want to help each other find that bold, live it out and celebrate it.

Bold Women's Day—observed annually on the fourth Sunday of February—celebrates all Lutheran women who have acted or are acting boldly on their faith in Jesus Christ. Some women are bold in their unceasing prayers. Other women are bold in their service to those in need. Still other women are bold in their advocacy or through their hospitality. Whether you live out your bold story of faith in the workplace, family or community, your faith compels you to make a difference in the

lives of others. It's all about living out your baptismal call, about being a disciple of Christ.

Lutheran women aren't the only ones who think about being bold. Emily Dickinson reminded us that "fortune befriends the bold." Robert Frost said that "freedom lies in being bold." Of course, Martin Luther is known to have weighed in on boldness too. While "sin boldly" is the popular Luther reference, Luther's statement is often not understood in its full context. Luther was writing to his friend, Philip Melanchthon, in 1521, admonishing him to "preach a true and not a fictitious grace; if grace is true, you must bear a true and not a fictitious sin," as one translation puts it. Luther reminds Melanchthon that God does not save those who are only imaginary sinners. Luther recognized that we are sinful in this life even as we respond to our baptismal call to discipleship. "Be a sinner, and let your sins be strong," says another translation, "but let your trust in Christ be stronger" yet and rejoice in Christ who conquers sin, death and the world. We Lutherans have a theology that gives us great freedom to be risk takers. Our ability to act boldly is rooted in our baptism and continually enabled, empowered and supported by God's grace.

**Be bold, take risks on account of the gospel, but believe more boldly still in Christ Jesus; that's what Luther tells us. and that's what Women of the ELCA celebrates through bold Women's Day: women who are bold, women who take risks on account of the gospel, women who believe more boldly still in Jesus Christ.**

*Celebrate Bold Women's Day articles "Reprinted by permission from January 2013 Interchange, the churchwide newsletter of Women of the ELCA, Copyright 2013 Women of the Evangelical Lutheran Church in America."*

### OLYMPIC CLUSTER SPRING CELEBRATION

by Linda Zeh

The annual gathering of the Olympic Cluster was hosted by Silverdale Lutheran Church in Silverdale on March 16<sup>th</sup>. Ladies representing our church was Monna Haugen, Barb Granquist, Merry Quy, and Linda Zeh. During the business session Merry Quy was elected to serve as a member of the Olympic Cluster Board. CONGRATULATIONS MERRY!

Our day was filled with special fellowship, inspiration, and lots of laughter. Pastor Beth Orling was the presiding pastor. Rabbinic Chaplain (Reb) Stephanie Tivona Reith led us in "Reflections on Divine Love in Hebrew Scripture." We sang holy ancient words spoken by our Lord Jesus. We learned that it is almost impossible to translate Hebrew into Greek, English, etc. because of all the meanings attached to one word. Rabbi Stephanie is part of the renewal movement "Mystical Jews" to bring back the mystical connection in the Jewish faith, which was lost during the "Years of Enlightenment" (1600-1700).

Several workshops were offered:

"Rejoice, Renew, Re-Discover the Tonic of Laughter by Sharon McIntyre." She offers Laughter Enrichment presentations and has taken her Laughter Yoga to care centers, schools, churches, corpo-

rate businesses and hospitals to help others use the tools they were born with, to reenergize their spirit. She literally had us laughing and left us with this affirmation: "As you wake up in the morning, open your heart to joy—whether it be looking at a picture, walking in the wilderness, picking a flower, or just enjoying the moment."

Pastor Beth Orling inspired us with "Embodying Prayer: Creating Body Prayers." Did you know that your body is in constant prayer? When you wave goodbye you are blessing people in their travel, the splashing of water is a reminder of our baptism, the sign of the cross is our acknowledgement of faith, opening the Bible comes with a prayer for wisdom and discernment, walking the labyrinth is an embodying prayer, when Mary poured costly ointment on Jesus feet and wiped them with her hair was an embodying prayer

The Labyrinth was available during the day and we were provided with a photo copy of the Labyrinth and a nail to use with our hands and mind. We were also provided with instruction and the purpose of the walk. it can be used as a path of prayer, a time of renewal, to quiet the mind, to evoke images, dreams, memories, and more.

We gathered to Reflect, Renew, and Rejoice!

### FELLOWSHIP

Remember to take a turn at providing refreshments on a Sunday. Something simple is enough, even "store bought".

Please remember to donate a little something each week to help defer the expenses of plates, forks, napkins and coffee.

### WOMEN OF THE ELCA

Dorcas Circle will meet on Monday, April 8, 2013 at 9:30am in the Resource Room. The **eighth session of *Gathered by God*** can be found on **page 30** in the **April** issue of ***Gather***. The title is *Storytelling* by Audrey West. The contact person for Dorcas Circle is Barbara Granquist (275-8496).

Altar Guild is a group of people who are doing tasks to help with worship: communion setup, altar preparation for worship, keeping the paraments clean and in good repair, and making new paraments. If you would like more information about Altar Guild, please feel free to call and talk to Jan Jensen at 275-5639.

Quilting is going again and it is being done in the lodge on Wednesday mornings. If you'd like to find out more about how to help with quilting, call Mandy Wendell at 275-9365.

World Relief. If you have something you would like to donate for one of the kits, bring it to the resource room and make sure it is marked. If you need a list of the items needed, **please contact Phyllis Newman (275-3524)**. The contact people for certain kits are as follows:

**Baby Layettes:** Ann Sprague

**Personal Care Kits:** Teri Jelinek

**Bars of Soap:** Merry Quy

**School Supplies:** Phyllis Newman

**Quilt Coordinator:** Mandy Wendell

**Sewing Kits:** Jan Jensen

**This information is updated each month.**

## FIA ST. PAT'S DINNER

Many Thanks to all of Christ Lutheran for your continued support of all we do here at Faith In Action! I am sending a copy of our press release as it gives all the information of how we did on March 9th this year. Even with the 2 events side by side, this was our 2nd to the best year ever.

An unusually beautiful March Saturday heralded a great St. Pat's Dinner and Auction for Faith in Action and North Mason Seniors. Almost 100 neighbors came to celebrate the holiday by enjoying great food, great fellowship and a large array of auction items.

Leading up to the event 20+ volunteers logged in over 300 hours of "sweat equity" to help their neighbors enjoy a better life. Due to the generosity of event sponsor Kitsap Bank, and the great donations of many, many community supporters, Faith in Action netted almost \$6500. This money will help them help their neighbors through providing volunteer based services, supplying free durable medical equipment, and helping with emergency financial needs.

Faith in Action's mission is to "Support Seniors Living Independently". Thanks to the help of donors, volunteers, and event attendees, we will continue to do just that.

*For more information on the event, please feel free to call.*

Faith in Action



(360)275-0535

[www.FIAWS.org](http://www.FIAWS.org)



## A BICYCLE RIDE

Come and enjoy a bicycle ride with Christ Lutheran on Saturday April 13, 2013 along the Olympic Discovery Trail. We will meet at the church at 8:00 am for carpooling. All types of bicycles and all riding abilities are good for this outing. Even if you have not ridden in a while, this ride is for you. We will pedal at a social pace and stay together. If your bike needs a tune up, there is still time to take it to the bicycle shop now.

The ride will be on part of the Olympic Discovery Trail, a wide, paved pathway on the Olympic Peninsula passing through forests of Fir, Hemlock, and Cedar. Our route is 6 ½ miles from Blyn, WA through Sequim Bay State Park, across Johnson Creek RR trestle, to Carie Blake City Park in Sequim, WA. The park is a great place for a picnic lunch followed by our return ride back to Blyn. Please contact Bob Newbill 275-6026 for questions

## MAY KAYAKING EVENT

Come enjoy a day of kayaking (and other human-powered watercraft) at Christ Lutheran Church. Saturday, May 4, starting at 9:00 a.m. at our very own beach. Bring your kayak, canoe, stand up paddleboard, or rowboat and related accessories (such as life jackets). No boat? No worries! -- Pastor Julie will bring her whole fleet (4 single kayaks and one 3 person rowboat) and can accommodate six other people. Beginners welcome. This will be a casual outing, staying close to shore. If we have more people than boats, we'll take turns so that everyone will

have a chance. We'll have a picnic in our gazebo. (If it is too windy, we will postpone.) Bring appropriate clothing (including shoes that you don't mind getting wet), and your own lunch. Or... if you don't want to be out on the water, bring your lawn chair and your lunch, and enjoy some time hanging out at our beach, and join us for the picnic! Questions? Ask Pastor Julie.

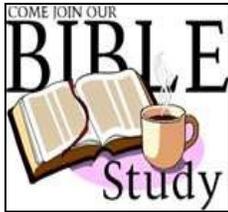
## ITEMS NEEDED FOR LWR KITS

We will have the blessing of the quilts on Sunday, April 28<sup>th</sup> before sending them together with our Lutheran World Relief kits the following Saturday. We have inventoried items gathered to date and in order to complete kits, the following items are much needed:

- \*70-sheet (8 X 10-1/2) spiral notebooks
- 30 centimeter rulers
- 16 or 24 pack crayons
- \*Bath size towels (52"X27" – dark colors)
- \*Hand Towels (dark colors)
- \*Bath size bar soap (gentle or regular in original wrapper)
- \*Socks for babies (up to size 1)
- \*Baby Tee-shirts w/o snapping at crotch (up to size 1)
- \*Baby gowns/sleepers w/o feet (up to size 1)
- Receiving blankets (cotton, flannel, crocheted or knitted) up to 52"
- \*Most needed.

We appreciate anything you are able to donate. If you would rather contribute financially, please talk to Phyllis Newman (275-3524) as we would be happy to purchase items for you. Thank you for your dedication to this ministry!!!

**MEN'S BIBLE STUDY & BREAKFAST**



The Men's Saturday Bible Study will be meeting again on **Saturday, May 11 at 8:00am in the resource room.** Pastor Clauson will be leading.

**RAM'S HORN DEADLINE**

**May 15, 2012**

Send articles to Barb Granquist  
**rgranquist@wavecable.com**

**FAMILY NIGHT**



Please save the following dates for the next two months IF you like to: have fun, don't like to cook but appreciate great dinners, AND love fellowship and your church family:

**Friday, April 26 at 5:00 pm**  
**Friday, May 31 at 5:00 pm**

More information will be forthcoming from your Family Night Committee but for now just remember to put these dates on your calendar!!



**SPRING EVENT**  
**COMING APRIL 21st.**



Anyone with a talent they would like to share (singing, dancing, poetry, break-dancing, etc) please contact Merry at 275-5067. Thank you.



**SOME FOODS NEEDED FOR SCHOOL BREAK NUTRITION FOOD BOXES:**

Canned fruit and vegetables    Peanut Butter  
Canned chicken                      Jam or Jelly  
Canned tuna fish  
Roast Beef (at Costco)  
Cold Cereal, MultiGrain Cheerios are a nutritious favorite!  
Thanks for all you do, CLC, to be sure no kid goes hungry in our local community

**SPECIAL DATES IN APRIL**

- 1 Dave Haugen
- 1 Austin Gilseth
- 6 Neil Bloom
- 7 Dorothy Olson
- 8 Ron & Donna Massie (A)
- 13 Carol Schacht
- 14 Millie Braun
- 16 Jim & Millie Braun (A)
- 20 John Clauson
- 22 Ina Olsen
- 29 Dick Klein
- 30 Loren & Tina Chilson (A)

**SPECIAL DATES IN MAY**

- 4 Byron Ruck
- 5 Veater & Norene Barton
- 6 Frank & Ethel Coleman (a)
- 6 Dick Quy
- 9 Ann Sprague
- 11 Ed Iversen
- 14 Allen & Barb Nesper (a)
- 19 Laura Otto
- 23 Sue Strand
- 23 Dick Granquist

*\*If any of this information is incorrect, please let the office know so it can be corrected.*

**PRESENTATION OF THE HAGGIS**

*A celebration of Food, Friendship & Frolic!*  
Wednesday, April 3, 2013 \* 5 pm - 8 pm  
Theler Community Center \* \$20 per person  
**Haggis:** *the nourishment that gives Scotsmen the courage to wear kilts!!*  
**\*\*Bagpipes, Kilts, Haggis & Sheppard's Pie, Family searches & More!!** Tickets can be purchased from Cheryl Moore, at the Community Food Pantry or from Mari at Olympia Federal Bank.  
*All proceeds to benefit the Community Food Pantry*

## VERY IMPORTANT ANNOUNCEMENT

Please mark your calendar for May 5th. After church service, we will have a easy and fast lesson on how to operate the AED in case of an emergency at our church. Please come and Captain Carl Ehresman from our fire department will show us how to properly use this life saving equipment. We will meet in the Resource Room so we can hear and see the demonstration better. It won't take long and lets show our appreciation for them coming out on Sunday to show us.

Thanks,  
Mandy Wendell, Parish Nurse

## AED

### How Does An AED Work?

The Automated External Defibrillator is a microprocessor controlled and verbally automated device that is able to detect and analyze a person's heart rhythm through electrodes on the victim's chest. The computer inside determines whether or not the person's heart is in a condition called "Ventricular Fibrillation". The condition mentioned occurs during Sudden Cardiac Arrest (SCA). SCA is when the largest chambers of the heart quiver and blood is not pumped through the body. Eventually, the heart stops unless an AED delivers an electrical current to the heart. The shock is the only definitive treatment for this condition and can return the heart back into a normal beating heart rhythm. No accidental shocks are given because the machine can detect

normal heart rhythms and will verbally advise the operator that no shock is advised. If the victim has no pulse, CPR should be started immediately. The device gives voice automated prompts to guide the operator through the whole process. By allowing the automated external defibrillator to do the analysis and advise you when a shock is needed, the user only has to be responsible for pushing the button. Therefore, in the event of Sudden Cardiac Arrest, after first making sure that the victim is not breathing and there is no pulse, simply apply the device and leave it in the hands of the AED to make the decision to give the therapy. If defibrillation is not needed, the AED will advise the user, and CPR may begin immediately.

### What are the liabilities incurred by setting up AEDs in our facility, or by not having AEDs on location?

The risk of liability is minimal because of the Good Samaritan laws that every state has passed. Additionally, the Cardiac Arrest Survival Act, which was passed by Congress and signed by President Clinton in 2000, provides AED users and acquirers with protection from liability. This will help make AEDs the standard of care for Sudden Cardiac Arrest. With proper training and the AEDs easy-to-use design the risk of misuse is low.

### Do I Need Malpractice Insurance?

All 50 states have passed Good Samaritan laws that cover properly trained AED users against liability. As of the date of this writing, there have been no lawsuits filed against persons acting in good faith assisting a person who had collapsed, by applying an AED.

## PARISH NURSE NEWS

*This is the second in a series of articles regarding Emergency Preparedness from the CDC web-site.*

We live in an earthquake prone area.

### Inspecting for Possible Home Hazards

An important step in earthquake preparedness is to inspect your home and its surroundings for possible hazards and then take action to lessen those hazards. Remember: anything can move, fall, or break during an earthquake or its aftershocks.

The following is a basic checklist to help you identify and correct possible home hazards.

#### Rooms in the Home

Look for the following hazards in each room:

- Windows and other glass that might shatter
- Unanchored bookcases, cabinets, refrigerators, water heaters, and other furniture that might topple
- Heating units, fireplaces, chimneys, and stoves that could move or fall
- Areas that could be blocked by falling debris

#### Securing Appliances

- Secure your large appliances with flexible cable, braided wire, or metal strapping.
- Install flexible gas and water connections on all gas appliances. This will significantly reduce your chances of having a major fire after an earthquake.
- Brace and support air conditioners, particularly those on rooftops.

The typical water heater weighs about 450 pounds when full. In an earthquake, the floor on which it

is standing tends to move out from under the heater, often causing it to topple. The movement can also break the gas, electric, and water-line connectors, posing fire or electric shock hazards, and can shatter the glass lining within the water heater.

Here are two suggestions on how to secure your water heater:

- Wrap at least a 1/2-inch wide metal strap around the top of the water heater and attach it to wall studs with 3-inch lag screws. Attach another strap about 2/3 of the way down from the top of the water heater. OR...
- Wrap steel plumber's tape around the entire water heater at least twice. Then secure the tape to two different wall studs with 3-inch lag screws.

#### **Securing Items in the Bathroom**

Replace glass bottles from your medicine cabinet and around the bathtub with plastic containers.

#### **Hanging and Overhead Items**

- Inspect and anchor overhead light fixtures, such as chandeliers.
  - Move heavy mirrors and pictures hanging above beds, chairs, and other places where you sit or sleep. Otherwise, anchor these items with wire through eye-screws bolted into wall studs. Or place screws on both sides, top, and bottom of the frame and screw these into the studs.
  - Determine whether the full swing of your hanging lamps or plants will strike a window. If so, move them.
  - Secure hanging objects by closing the opening of the hook.
  - Replace heavy ceramic or glass hanging planters with lightweight plastic or wicker baskets.
- Shelves, Cabinets, and Furniture**

- Identify top-heavy, free-standing furniture, such as bookcases and china cabinets, that could topple in an earthquake.
- Secure your furniture by using:
  - "L" brackets, corner brackets, or aluminum molding to attach tall or top-heavy furniture to the wall
  - eyebolts to secure items located a short distance from the wall
  - Attach a wooden or metal guardrail on open shelves to keep items from sliding or falling off. Fishing line can also be used as a less-visible means of securing an item.
  - Place heavy or large objects on lower shelves.
  - Use Velcro®-type fastenings to secure some items to their shelves.
  - Secure your cabinet doors by installing sliding bolts or child-proof latches.

#### **Hazardous Materials**

Identify poisons, solvents, or toxic materials in breakable containers and move these containers to a safe, well-ventilated storage area. Keep them away from your water storage and out of reach of children and pets.

#### **Inspecting and Securing Your Home's Structure**

Examine the structural safety of your house. If your house is of conventional wood construction, it will probably be relatively resistant to earthquake damage, particularly if it is a single-story structure. For information on structural safety standards and qualified contractors in your area, contact your city or county government office on community development or building code enforcement.

The following suggestions will take an investment of time and money but will add stability to your home. If you want to do the work yourself, many hardware or home-improvement stores will assist you with information and instructions.

#### **Foundation**

- Check to see if your house or garage is securely fastened to the foundation. (If your house was built before 1950, it probably does not have bolts securing the wood structure to the concrete foundation.) If your house is not secured to the foundation, take the following steps: Using a hammer drill and carbide bit, drill a hole through the sill plate into the foundation. Holes should be approximately 6 feet apart. Drop a 1/2- x 7-inch expansion bolt into each hole and finish by tightening the nut and washer.

#### **Beams, Posts, Joists, and Plates**

Strengthen the areas of connection between beams, posts, joists, and plates using the following hardware:

- "T" and "L" straps
- Mending plates
- Joist hangers
- Twin post caps
- Nails and lag screws

Pay particular attention to exposed framing in garages, basements, porches, and patio covers.

From the CDC Website

Centers for Disease Control and Prevention  
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Atlanta, GA 30333, USA  
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(800-232-4636)  
TTY: (888) 232-6348  
[Contact CDC-INFO](#)

## CLCCC NEWS



*I praise you, for  
I am fearfully  
and wonderfully  
made.*

Psalms 139:14

The next verse tells us that we were made in secret. How totally cool is that! Our God loves us so much that he wove us together in secret and made us each to be unique and to share God's love with each other. Our students will be learning this month about their senses and how our creative God made them.

April 1-5 is spring break at the NM School District. So we have lots of outside activities planned for our school-age class. We will be doing our Pre-Kindg. Testing in April also. We will be having the mentors from our Early Achievers Grant in the building and also the Infant Toddler Grant staff.

We will be closed May 27 for Memorial Day.

Themes for April & May:

April 1- 5 Circus Stars

April 8-12 Old McDonald  
had a Farm

April 15-19 Look, Listen,  
Scratch & Sniff

April 22-26 Veggie Tales

April 29-May 3 Dinosaurs

May 6-10 My Mom is  
Special

May 13-17 Pond Life

May 20-24 Sea Life

May 27-31 Pets

We will be going to Theler Center and CLC beach to compare plant and sea life at the 2 sites in May.

God bless your many activities this spring—

CLCCC STAFF

CHILD CARE NEWS  
AND VIEWSCHILDCARE WEBSITE

[www.clchildcare.com](http://www.clchildcare.com)

CLCCC is collecting Campbell soup labels to get new equipment. Last year we were able to buy 4 CD players and 4 DVD/VHS players. Keep them coming in. Thanks!



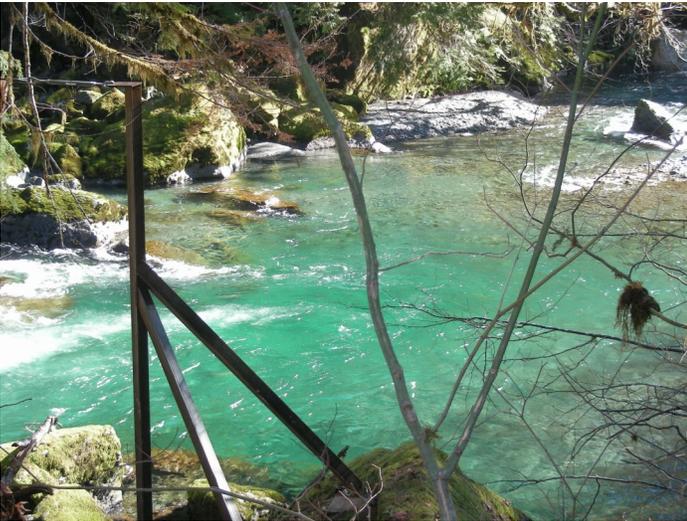
SPRING  
IS IN  
THE AIR



**Left page:** Miss Sarah shows the children how to plant primroses in the dirt. **Top left above:** Miss Sandy helps with a puzzle. **Above right:** The kids play in the dirt with a work of art in the foreground. **Above and right:** Miss Marie and Miss Shawna help the children paint with Jello.

*Photos: Barb Granquist*

## A HIKE ON STAIRCASE TRAIL

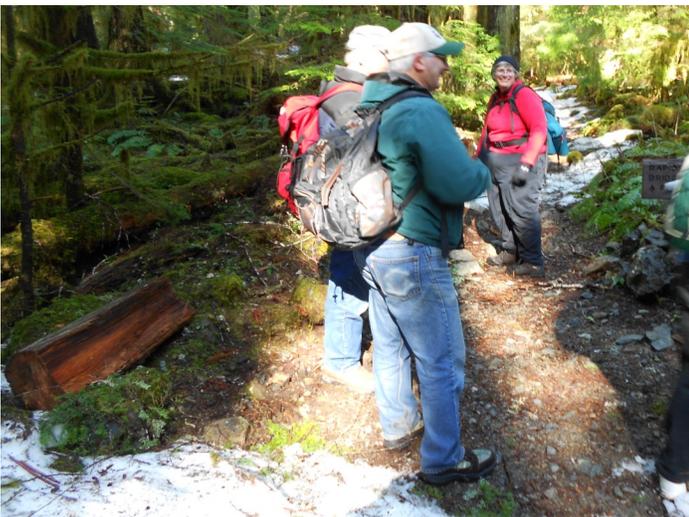


**Top left:** Dave, Pastor Julie, Bev, Bob, Adrian, Donna, Jesse, Jerry, Glenn, Ron S. , and Bev. **Top right:** They found snow along the trail in places. **Above left:** The river was a beautiful color. **Above right:** It was a beautiful day and the sky was a brilliant blue. **Below left:** The hikers posed to have their picture taken by Ron J. with his camera. **Below right:** The hikers crossed the river in another place by walking on a log.

*Photo below: Dave Stewart*

*Photos: Ron Jensen*





**Top left:** The group paused to rest and eat . **Top right:** The hikers stretched out in a long line as they hiked on the trail. **Above left:** Ron, Jerry and Pastor Julie pause to talk on the trail. **Above right:** Bob and Jerry and the rest of the hikers cross the river on this amazing bridge. **Below left:** The group paused to eat by the river. **Below right:** Jesse, Dave and Janice's son, stands by huge rocks by the trail. This gives a great perspective of the size of the rocks.

*Photos: Dave Stewart*



NEWS AND VIEWS



**Top left:** Pastor Beth Orling led a class on Embodying Prayer at one of the sessions at the Cluster meeting at Silverdale Lutheran Church on Saturday, March 16. **Top right:** Merry’s nieces, Merry and Linda were listening to Pastor Orling as she demonstrated during her class. **Above left:** Bibi, Mandy, Donna, Karen, Becky, Jan, Donna, Ina and Betty are around the table and Linda Zimbeck is standing as they listen at a CLCW meeting. **Above right:** Merry, Linda, Adrian, Bibi and Mandy are also attending the meeting. **Below left:** Jan, Ron and Donna are cracking crab at the coalition dinner. **Below right:** Pastor Julie talks with Neil and Lori.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 10:00a-12:00p Monday Morn- ing Men	2	3 10:00a Quilt- ing	4	5	6
7 10:00a Wor- ship 10:00a Sunday School 11:00 First Sun- day Potluck	8 10:00a-12:00p Monday Morn- ing Men 9:30a -12:00 Dorcas Circle	9 4:00p CLCCC Board Meeting	10 10:00a Quilting	11	12	13 8:00a Meet at Church for carpool to Sequim for Bike ride
14 10:00a Wor- ship 10:00a Sunday School 11:00 Coffee Fellowship	15 10:00a- 12:00p Monday Morning Men	16 5:30p CLC Council Mtg	17 10:00a Quilting	18	19	20
21 10:00a Wor- ship 10:00a Sunday School 11:00 Coffee Fellowship	22 10:00a- 12:00p Monday Morning Men	23	24 10:00a Quilting	25	26 5:00p Family Night	27
28 10:00a Wor- ship - Blessing of the Quilts 10:00a Sunday School 11:00 Coffee Fellowship	29 10:00a- 12:00p Monday Morning Men	30				

**April 7, 2013**  
 Reader: Sue Strand  
 Ushers: Phyllis Newman & Dick Quy  
 Greeters: Merry Quy & Adrian Lartz  
 Communion Assist.: The Wendells  
 Counters K. Belford & B. Newbill  
 Refreshments: First Sunday Potluck  
 Flowers:  
**April 14, 2013**  
 Reader: Bob Newbill  
 Ushers: Glenn & Linda Zimbeck  
 Greeters: Betty Webber & Ron Jensen  
 Communion Assist.: P. Newman & D. Kabelac  
 Counters: P. Newman & M. Wendell  
 Refreshments:  
 Flowers:

**April 21, 2013**  
 Reader: Jan Jensen  
 Ushers: Phyllis Newman & Norene Barton  
 Greeters: Merry & Dick Quy  
 Communion Assist.: The Wendells  
 Counters: Karen Belford & Dave Haugen  
 Refreshments:  
 Flowers:  
**April 28, 2013**  
 Reader: Lois Ruck  
 Ushers: Glenn & Linda Zimbeck  
 Greeters: Doris & Gary Cornell  
 Communion Assist.: The Wendells  
 Counters: D. Haugen & Phyllis Newman  
 Refreshments:  
 Flowers:

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**Christ Lutheran Child Care Center**  
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