



Rainbow Springs Community Club, Inc., P.O. Box 388, Granite Falls, WA. 98252 | Phone: 360.691.2683

<http://www.rscconline.org> info@rscconline.org

Third Annual Holiday Lights Contest Returns to RSCC

By RSCC BOD

It's time again to shine with the Third Annual Holiday Lights Contest.

There will be three prizes awarded. One prize will be awarded in each in the following categories.

■ ***Most Lights***

■ ***Best Theme***

■ ***Most Creative***

Judging for the contest will take place on Wednesday, December 16th directly following the monthly Board of Directors Meeting. Make sure that your lights are on that evening.

Board members are not eligible to compete in the contest and will serve as judges. If you would like to help judge this year's winners, you can accompany the Board Members and meet afterwards to tally the votes.

The Monthly Board Meeting will be held at Granite Falls Station 17 on the corner of Granite Ave. and Galena, at 6:30 PM.



Welcome to Our 3rd Edition Online

Inside This Issue

Holiday Lights Contest	1
Monthly Meeting Date Change	1
Flood Information	2
Flood Information, continued	3
Money Saving Tips	4
Pet Snowball	5
New Keychain Sized Gate Remote Controls	5
Surviving a Heart Attack	5
Calendar of Upcoming Events	6

All Monthly Board of Directors Meetings for the Rainbow Springs Homeowners Association will permanently move to the third Wednesday of each month (instead of the last Wednesday) beginning this month.

This move is to accommodate the Fire Department class schedule at Granite Falls Station 17

Meetings begin at 6:30 PM and all new business will be reserved as the last item on each meeting's agenda

Winter Floods a Concern for River Residents of RSCC

By RSCC Board of Directors

If you were a resident of Rainbow Springs during the floods of 2003 and 2006, then you remember what devastation occurred during the rainy season. River residents are asked to have an emergency plan in place for the occupants of your homes. Please don't forget to make arrangements for your pets as well. If you are at work during times the river is expected to rise, please have a neighbor or friend on standby to remove people and animals. Please plan ahead. In the 2006 flood some residents were caught off guard, unprepared, and needed to rely on a water rescue team. Let's do our best to avoid tying up those precious life saving assets.

Make sure that appliances and items that could be water damaged are not stored on the ground floor during flood warnings. Unsecured propane tanks become quite buoyant and can float away in flood waters.

Your vigilance in following weather forecasts and river conditions is your first line of defense. **River residents are encouraged to move any vehicles out of harms way ahead of rising flood waters. Temporary parking at the Lake Park is available during such emergencies, until the water recedes. Your vehicles will not be towed during flooding emergencies. Vehicles must be moved back home, after the water is no longer a threat. Please do not leave vehicles parked at the Lake Park indefinitely.**



Swift water rescue team mobilizes airboat to rescue river residents in flood of Nov. 2006

If you live along the river, you should know who your neighbors are for the safety and security of your neighborhood and property. Have emergency phone numbers in your cell phones, be ready to pull together and lend a helping hand. When the river rises, **GET OUT FAST!** Do not delay! Prepare for the worst and hope for the best.

Review your flood insurance coverage and make any needed adjustments before the risk of flooding occurs. Standard homeowners insurance does not cover flood damage. Instead, special flood insurance covers that risk, and many find it a wise investment. Your insurance agent can give you coverage information or a no-obligation quote. Flood insurance pays for covered losses quickly. FEMA, Government loans and grants take a great deal of time to process, and not cover all of your losses. In addition to insurance, use the following tips to further protect your family and belongings from flood.

Flood Preparations – *continued*

Before the Flood

Before flood warnings are issued in your area, make these helpful preparations:

- Keep an up-to-date home inventory and other important papers in a secure place. If you must evacuate, take these items with you. Also, keep exact copies in a place away from home, such as a bank safety deposit box. Add your insurance agent's name and phone number to your cell phone directory.
- Keep a video diary of possessions and property for your insurance agent – store away from home
- Check with local authorities to identify the best escape routes. Highlight these roads on an up-to-date map for quick and handy reference.
- Utility services may be disrupted during floods. Stock non-perishable food that requires little or no cooking. Buy bottled water or prepare jugs for filling with water.
- Check portable radios and flashlights. Make sure you have new batteries on hand.
- Keep your car's gas tank filled. Also, keep oil and gas tanks for your home heating system filled. This will help keep them from coming loose and causing damage to the foundation.
- Using plastic sheeting and a staple gun, cover basement window wells and the lower parts of doors. This may reduce the water damage, especially in low-water flooding situations.

During the Flood

Annually, flash floods kill more people than any other natural disaster. Further, more people drown in their cars than anywhere else, according to FEMA. If rising waters threaten, follow these tips:

- If time permits, place valuables, food, water, and other essentials on the second floor of your home, or as high as possible.
- ***Leave immediately when authorities tell you to evacuate. Delay can trap you without an escape route.*** Because flooding changes the way areas and landmarks look, you can become disoriented easily.
- Before leaving your home, unplug appliances and turn off the electricity at your circuit breaker or fuse box.
- Do not walk through flowing water. As little as six inches of fast-moving water can knock down an adult.
- Because water depth on the road can be deceptive, do not drive through flooded areas or around barricades. Two feet of water can float a car. Six inches of water can stall or damage new cars with low engine air intakes.
- Be especially careful when traveling through flooded areas at night. It is more difficult to see flood dangers in the dark.

After the Flood

As with any disaster, recovering from a flood can be stressful to a community and its residents. Although your area may avoid actual flood waters, lack of public services and disruption to work, education, and similar routines can widen the impact of flooding.

- Stay away from disaster areas while rescue and other emergency operations are taking place.
- When you return home, throw away fresh food, cosmetics, medicine, etc. that flood water may have soaked. Also, do not use or drink water that flood water may have contaminated.
- Be alert to downed electrical wires and gas leaks. Electricity travels through water, so report downed wires as soon as possible.
- Even unplugged, some appliances, such as televisions, can cause a shock. Also, before using electrical devices and heating and air conditioning equipment, have a trained professional check them. The damage may not be obvious if the equipment was under water or exposed to moisture.
- Contact your insurance representative as soon as possible. Document the damage with photos and video. Keep evidence of damage and loss for the claims adjuster.

Money \$aving Tips

By Alicia Henson, RSCC Secretary-Treasurer

Times are tough. We hear news regarding our economy daily. Some people feel helpless, but the reality is, we need to face it. We need to be more conscience of our spending and more proactive in our savings. I am not a certified financial advisor, but I am a mother of three who manages our household's finances on a fixed income. I have made it my job to save my family money each month. I have had great success in doing so. With the Holidays coming up, I thought I would pass along what I have learned over the years. I hope this helps.

PLAN YOUR MEALS AHEAD OF TIME: Every Sunday, I jot down a weekly menu on a dry erase board that hangs in our kitchen. By planning meals ahead of time, you are less likely to fall into the routine of relying on expensive take out meals. I like sticking to the basics, (easy, inexpensive & edible for all ages) I rarely spend over 30 minutes in the kitchen, and most of my meals feed my family of five for under \$10.00. While I'm on the meals topic, are you aware that the Granite Falls McDonald's offers Hamburger Kid meals for only \$1.00 each, on Tuesdays and Thursdays from 5:00-8:00 PM? You get the burger, fries, drink and a toy all for only \$1.00 !!! If you MUST have fast food, I would suggest going then.

TRACK YOUR SPENDING HABITS: I keep a drawer full of the current month's receipts. On the first of each month, I take out all the receipts and calculate how much we've spent in each category. For example; On average my family spends about \$600 a month of food. By knowing what your spending "norm" is we're more likely to keep our spending in check. This also makes budgeting a lot easier.

MAKE WISE PURCHASES: Knowing what a good price is for certain items is essential to saving money. Many people will buy groceries as needed. Too many of us don't even bother to look at the ads and compare prices. Let's take something simple. Say you want spaghetti for dinner. You go to the store and buy a pound of beef for \$3.99 a pound, a bag of salad for \$2.50, a package of pasta for \$1.99, and a jar of marinara sauce for \$2.89. You just paid \$11.37. If you had stocked up on the beef when it was \$1.99 a pound, got the salad, pasta, and sauce when it was on sale for \$1.00 each, you would have saved \$6.38. If you could save that much on one meal per day, imagine how much you could save in a year. Stock up on the items your family uses most, when they are on sale. Do not stock up on items that you will not use, or items that will likely expire before you get a chance to use them.

PRACTICE SAVING STRATEGIES: Use coupons when you can. Albertson's will often have 3 "double your coupon" coupons in the Sunday paper. By using these, I often get 3 items for FREE. IGA (aka Red Apple) accepts some of their competitors coupons, so be sure to take advantage of that as well. Don't be afraid to ask. I recently purchased a coffee table at Fred Meyers. It was on sale for \$179.99, but still had the sales sign on it for \$159.99 from the previous week. I asked the sales clerk if they would honor the lower price, and they said, "yes". I just saved \$20.00. Then, the next week, it went on sale for \$139.99. I took my receipt in and asked for a price adjustment. They gave me the difference back in cash! I really liked this coffee table and would have probably paid the original sales price, but by asking questions I saved \$40.00.

I know that not everyone has the same household size, and eating habits as I have, but if this is beneficial to anyone, I'm glad to have helped. These are just some of the few things I do to save money. For more ideas including inexpensive meals, time savers, and more money saving tips, look in future newsletters.

I made myself a snowball,
As perfect as could be,
I thought I'd keep it as a pet,
And let it sleep with me.
I made it some pajamas,
And a pillow for its head,
Then last night it ran away,
But first-- it wet the bed.



HOW TO SURVIVE A HEART ATTACK

Let's say it is 6:15 P.M. and you're driving home from work, (alone of course) after an unusually hard day on the job. You're really tired, frustrated, you're really stressed and upset. Suddenly you start to experience severe pain in your chest that starts to radiate out into your arm, and up into your jaw. You are only five miles to the nearest hospital near your home. Unfortunately you do not know if you can make it that far.

WHAT TO DO?

You have been trained in CPR, but the guy that conducted the course did not teach you how to perform it on yourself.

HOW TO SURVIVE A HEART ATTACK WHEN ALONE?

Since many people are alone when they suffer a heart attack, without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing conscious.

WHAT TO DO??? ANSWER:

Do not panic, but start coughing repeatedly and very vigorously. A deep breath should be taken before each cough. The cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated every 2 seconds, without let-up, until help arrives, or until the heart is felt to be beating normally again. Deep breaths get oxygen into the lungs, and coughing movements squeeze the heart and keeps the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way the heart attack victims can get to a hospital.

Article published in Number 240 Rochester, Journal of General Hospital, Rochester, New York.

Keychain Gate Remote Controls Now Available



A new smaller version of the gate remote control is now available. These handy compact keychain remotes are available for residents to purchase at our monthly RSCC Board Meetings. The gate remote controls are priced at \$15 each.

Regular larger sized gate remotes are also still available for the same price.

Avoid having to roll down your window at the gate keypad during harsh weather by purchasing a gate remote control. To purchase by mail send your request to:

RSCC
P.O. Box 388
Granite Falls, WA 98252

Please include an additional \$5 for priority mailing for a total of \$20. At this postal rate you can purchase up to two remotes (at \$20 each the total w/ postage is \$35). Once your check clears, the remote(s) will be sent out. Please include your name and address, and the number, and size of the remote controls you are requesting.

Please do not drop by Board Members homes to try and purchase remote controls, or to conduct other RSCC business.

DISASTER COMMUNICATION:

Avoid making non-urgent phone calls during a disaster - even if phone lines are undamaged, increased phone traffic can jam phone circuits. Cordless phones or phone systems require electricity; have a backup phone that requires no electricity. Keep coins or a pre-paid phone card, in your Go-bag. Payphones may work before other phone lines. Keep a battery operated, or hand-crank radio to stay updated on weather and emergency disaster information.

Check out our community
website

<http://www.rscconline.org>

Calendar of Upcoming Events**DECEMBER 2009**

- Wed. Dec. 16th - 6:30 PM - Monthly BOD Meeting @ Granite Falls Fire Station # 17
- Wed. Dec. 16th - Holiday Lights Contest Judging
- Friday December 25th - Christmas Day

JANUARY 2010

- Friday Jan. 1st - New Years Day
- Wed. Jan. 21st @ 6:30 PM; Monthly BOD Meeting @ Granite Falls Fire Station #17

FEBRUARY 2010

- Sun. Feb. 14th - Valentine's Day
- Wed. Feb. 17th @ 6:30 PM; Monthly BOD Meeting @ Granite Falls Fire Station #17

URGENT: Important Flood Information

**Rainbow Springs Community Club
P.O. Box 388
Granite Falls, WA 98252**