

FORTUNA SENIOR SCENE

Vol VIII, No. 4

July/August 2011

Tsunami in the Eel River Valley

By Dr. Lori Dengler

[This is a follow-up article to the excellent presentation by Dr. Dengler at the May 21 monthly meeting.]

If you live in Humboldt or Del Norte County, you live atop a subduction zone, the same type of fault system that produced the Japan and Indonesian earthquakes. We call it the Cascadia subduction zone and it extends from Northern California to Vancouver Island. The last great earthquake on the Cascadia subduction zone occurred in 1700 and was probably very similar to the March 11, 2011 earthquake in Japan. The 1700 tsunami arrived at our coast in less than 15 minutes.

When it comes to tsunamis, the size of the earthquake is what matters. The bigger the magnitude of the quake, the larger the dimensions of the fault, and the greater the slip (the movement of rock on the two sides of a fault); all have a direct impact on the size of the tsunami. In the Japan earthquake, parts of the overriding North American plate moved more than 50 feet relative to the Pacific Plate beneath it. A fault of this dimension bulges up the sea floor, causing a lot of water to be displaced, and giving birth to the tsunami that quickly hit the nearby Japan coastline and eventually reached our coast over nine hours later.

A tsunami is a series of water surges usually caused by an earthquake beneath the sea floor. As the ocean shallows near the coast, the water height builds. A major tsunami may be only a few feet high in deep water, but can grow to a

towering 30 feet or more at the coast. Tsunamis can trick you! The first wave is not the largest. It is not unusual for tsunami surges to last at least 12 hours and in some cases much longer. Just when you think it is all over, another very large surge may come.

The most important lesson is **NEVER GO TO THE BEACH TO WATCH A TSUNAMI**. In March, a young man died because he got too close. Unless you have seen a major tsunami before, you have no idea what a beast it can be. The water is faster, the currents much more complicated, and even people familiar with the ocean can be easily tricked. Even bluffs can be at risk – when strong surges undercut the base and bank failures occur.

Two Ways to Know If a Tsunami is Coming

Natural Warning – Earthquake ground-shaking, a loud ocean roar, or the water receding unusually far and exposing the sea floor, are all Nature's warnings that a tsunami may be coming. If you observe any of these signs, immediately move to higher ground or inland. A tsunami may arrive within minutes. Stay away from low coastal areas until told by officials that the danger has passed. Waves may attack the coast at irregular intervals for twelve hours or longer.

Official Warning – You may learn that a Tsunami Warning has been issued by listening to TV and radio stations, NOAA weather radios, or, in some cases, by announcements from emergency officials, reverse calling, or outdoor sirens. A Tsunami Warning means trouble is on its way and there is a good chance some dry land will be flooded. Move away from beaches or harbor areas and seek more information without using a phone. You may be asked to evacuate. If you are, be prepared to stay away from the coastal area for days or even longer if significant

(Tsunami - continued on page 4)

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Fortuna Senior Services, Inc.
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Board of Directors Election

Congratulations! go to Dick McDowell for being elected to the Fortuna Senior Services Board of Directors at the June Monthly Meeting.

Fortuna Senior Services is here to
“**Enrich, Empower, Involve Seniors**
of the Eel River Valley Area”

MONTHLY MEETINGS

Fortuna United Methodist Church
922 N Street, Fortuna

July

No meeting this month.

August 20, 2011, 11:30 a.m.

Annual Picnic in the Park. Watch for a postcard or an email in early August for details.

MINI -TRIPS

To make a reservation or for information regarding Mini-Trips, call the office 726-9203

July - no trip scheduled

August 12 - Senior Day at Humboldt County Fair in Ferndale

Thanks to all our special volunteers who lead our activities. Also, thanks for updating our calendar and letting the FSS office know of any changes. Fortuna Senior Services would not be the same without you!

Pat Stolte	Walking – Riverwalk (M-W)
Nan Heidtman	Exercise
Letha Rogers	T'ai Chi
Doris Cleaver	Line Dancing
Chris Wennerholm	Stitchery
Rosemary Moore	STRONG class
Marla Acridge	STRONG class
Meryl King	Walking - Rohner Park (Th)
Wanda Cope	Mini-Trips
Carol Kinser	Mini-Trips
Linda Gillette	Mini-Trips
Lee McDowell	Mini-Trips
Chris Wennerholm	Senior Social Club
Carol Kinser	Senior Social Club
Dick McDowell	Open Mic Jamboree
Kay Connors	Cards & Games
Lynn Crosthwait	Hiking
Jack East	Biking
Neena Olson	Grandparents Support Group
Carol Kinser	Grandparents Support Group
Chris Wennerholm	Book Club

WEEKLY EVENT CALENDAR

Monday

8:30am *Walking Group*, River Lodge
9:00am & 10:20am *Moving It Off*,
United Methodist Church
9:30am *T'ai Chi*, Presbyterian Church
11:00am *Line Dance*, Presbyterian Church
2:00pm *Book Club* (1st Monday),
United Methodist Church
5:00pm *STRONG exercise*,
United Methodist Church

Tuesday

8:30am *Walking Group*, River Lodge
9:00am & 10:10am *Maintaining Mobility*,
United Methodist Church
10:30am *Grandparents Support Group* (2nd and
4th Tuesdays), United Methodist Church
1:30pm *Senior Stitchers*,
United Methodist Church
2:00pm *Seated T'ai Chi*, Presbyterian
Church
3:00pm *STRONG Exercise*,
Presbyterian Church

Wednesday

8:30am *Walking Group*, River Lodge
9:00am and 10:20am *Moving It Off*,
United Methodist Church
Noon *Senior Social Club* (1st Wed.) - Lunch, call
Chris 725-2020 or Carol 725-2931
1:00pm *T'ai Chi*, Presbyterian Church
5:00pm *STRONG Exercise*,
United Methodist Church

Thursday

8:30am *Walking Group*, Rohner Park Trails
9:00am *Cards & Games*,
Presbyterian Church
9:00am and 10:10am *Maintaining Mobility*,
United Methodist Church
3:00pm *Seated T'ai Chi*, Presbyterian
Church

Friday

8:30am *Biking Group*, call 725-5869
8:30am *Hiking Group*, call 725-7953
9:30am *Fun & Games*, Presbyterian Church

Note: The 10:20am *Moving It Off* class on
Mondays and Wednesdays will be temporarily
cancelled for most of July. Please contact the
FSS office at 726-9203 for more information.

Note: On Monday, July 4, only the Walking
group will meet.

Pinochle Tournament

August 25th at 9am

For further information, contact
Bernice Reynolds at 725-4851.

Fortuna Seniors Social Club

The Fortuna Seniors Social Club met for lunch on
Wednesday, June 1, at the Bear River Casino with
nine in attendance. The Club also attends plays,
movies, fairs, and other local events. We meet for
lunch on the first Wednesday of each month at 12
noon at various area restaurants. Our next luncheon
will be Wednesday, July 6, noon at Gill's By the Bay.
If you would like to attend, or for carpooling, please
contact Chris Wennerholm at 725-2020 or at
chrissie.wen@gmail.com



Tsunami cont.

damage occurs. You don't have to go very far – just out of the tsunami zone. Follow the instructions of emergency personnel.

Warnings work well when the tsunami source is far away. Tsunamis traveling to us from Alaska take about five hours, nine hours from Japan, and more than fourteen hours from Chile. If the earthquake source is nearby, the ground shaking may be your only warning. In this case, we won't have the luxury of hours to prepare an orderly evacuation. The sirens will likely NOT go off, and no one will knock on your door to tell you it's time to evacuate.

How Can I Tell If an Earthquake is Big Enough to Cause a Tsunami?

If you are on the beach and feel an earthquake, no matter how small, immediately move inland or to high ground. In other low lying areas, **COUNT how long the earthquake lasts**. If you count 20 seconds or more of ground shaking and are located in a tsunami hazard zone, head to high ground as soon as it is safe to do so. Go on foot. Roads and bridges may be damaged by strong ground shaking. Avoid downed power lines. If evacuation is impossible, go to the upper floor of a sturdy building or climb a tree, but only as a last resort.

If you own a boat, you need a personal plan and know what to do. Make sure your contact information with the Harbor District is up-to-date. Add the Tsunami Warning Center, <http://wcatwc.arh.noaa.gov>, to the weather, tide and other sites you probably already check before you leave. You will also feel the earthquake if you are at sea. The earthquake may feel like a series of strong bumps as if you are hitting the bottom. It is your warning to get to deeper water, if you are able.

The good news is that most of the places you live and work are safe from tsunamis, including all of McKinleyville, most of Arcata, Eureka, Fortuna and

Crescent City north of 9th Street. If you live or work in Samoa, Manila, King Salmon, Fields Landing, Crescent City, and many other coastal communities, practice walking to safe areas. Make sure everyone in your family knows the route.

You can download maps that include Humboldt and Del Norte County at www.humboldt.edu/rctwg/ (select the download Tsunami Maps and Flyers on the right). Locate where you live, work, or spend recreational time; if you are in the white area, you are safe no matter how big the tsunami is likely to be. You can also find out if you are in a tsunami zone at <http://myhazards.calema.ca.gov/>. Just enter your address, and you can learn not only about tsunamis but earthquake and flood hazards as well.

What You Can Do Before the Next Tsunami: Be Prepared – Know the best evacuation route – practice walking your route at night and in stormy weather. Keep a “grab and go” kit by the door. Discuss emergency plans with family, coworkers, and neighbors. Have a NOAA Weather Radio at home and at work. Consider how to evacuate pets (leashes, crates, etc.). Prearrange assistance from neighbors if you need help evacuating. Questions or want more information? West Coast Alaska Tsunami Warning Center at www.wcatwc.arh.noaa.gov/ or Living on Shaky Ground at www.humboldt.edu/shakyground/

Earthquake Reminders: Most injuries are caused by non-structural hazards – breaking glass, falling ceiling tiles, bookshelves and heavy furniture toppling. To avoid possible injury, **DROP, COVER, and HOLD ON**. Drop down to the ground (so you won't fall), protect your head by covering it with your arm, and look to see if there is a sturdy desk or table nearby. If you can scoot under it, hold on and ride out the earthquake with something solid overhead to protect you. [A less safe option is if an inside doorway is immediately close to you (five feet), crouch under it. Farther away and you could become injured or fall trying to get to the doorway.] Count how long the earthquake lasts; this can also keep you focused and calmer.

Thursday and Friday Card Play

By Kay Connor

It is so heartwarming to see our seniors come in with their big smiles, eager to start a fun day of pinochle with their friends. There are six or seven tables in play each week and, surprisingly, the roster has the same number of men as women.

The pinochle players had their first tournament recently which was officiated by Bernice Reynolds. The men winners were Doug Fountain 1st and Jim Wingo 2nd. The women winners were Bernice Reynolds 1st and Elvi Niemi 2nd. It was so successful, they want more tournaments and are setting future dates.

Fortuna definitely is a pinochle city, but we still keep a couple of tables of bridge in session. I would appreciate you asking everyone you meet if they play bridge as we can always use Subs if they do not want to be tied down. This would also help to recruit new regular members. We recently added Bridge Bidding Boxes to solve the problem for people wearing hearing aids. This was an essential need for our players; now, bids no longer have to be repeated, our room is much quieter, and it speeds up play.

We have Cribbage on Thursday and you will find them a very enjoyable group of players. Cribbage is a great way to brush the cobwebs off your brain.

Our Friday Fun and Games are great stress-breakers. Who doesn't need some hearty laughs at least once a week? Change your routines and make time for this friendly, almost boisterous, group. We will learn your game or you play ours. Currently, we like Hand and Foot, Mexican Train, Spinners, and Canasta. If you are unable to play Pinochle on Thursdays, we also have two or three tables in play on Friday.

Thursday cards start at 9:00am and Friday games start at 9:30am. Both meet at the Presbyterian Church on Ross Hill Road. Call Kay at 725-7870 for more information.

Note: Thank you, Bridge players, for your donations.

AARP Driver Safety Program

By George Johnson, AARP DSP Instructor

An AARP Driver Safety Program refresher class will be offered on Saturday, August 20, at the Rohner Park classroom. This is a four-hour refresher class for senior drivers who have previously completed the Driver Safety Program course (eight hour). It will be a fast-paced review of safety strategies, rules of the road and our vehicles, as well as how aging affects our driving and what positive things we can do about it. We have room for 25 students and space will be reserved in the order that class payment fees are received. The fee for classroom materials is \$12 for AARP members and \$14 for non-members. Most insurance companies offer insurance premium reductions for Driver Safety Program graduates. Drivers should contact their insurance agents for details.

Note: The Fortuna Senior Services will have registration forms in late July.

Recycling Donations

Remember to recycle and credit our Fortuna Senior Services Account #115 at Eel River Resource and Recovery Station. AliceHerman just reported recycling \$26.00 for FSS. Thanks, Alice!

Fortuna Luncheon Speakers

The speakers for July at the Fortuna Senior Dining Site at the Mountain View Village will be:

July 19 - Michael Canning from Food for People will talk about Cal Fresh which is the new version of the old food stamp program.

July 26 - Bill Lemley will speak about the Braille Transcriber program.

All speaker programs begin at 11:30am.,with lunch from 12:00noon to 12:30pm. Call 725-6245 for lunch reservations.

It Is Your Choice

By Jim Stanfield

At a recent meeting I attended, the speaker was talking of the need for all of us to have a valid will. This particular speaker pointed out that our estates can be distributed in only three places. You may leave your estate to your family and friends, to charities, or to the government. By creating a will, you can be in control of who acts as your executor and where and how your estate, whatever it may be, is distributed. You can also create a living will to state what medical treatment you want to receive in case of a life-threatening injury.

There are many excuses for not having a will, but few, if any, valid reasons. For sure, we are all going to need to distribute our estates at some point in time, so consider the many options you may have as you prepare a will. Speak to your friends; ask them if they have a will. It isn't that difficult and, contrary to popular opinion, it need not be expensive. You have choices and you can leave a legacy to something you value.

Many people choose to include non-profit organizations in their wills or trusts, while others make bequests through their IRAs, life insurance policy, or retirement plans. It won't affect your current financial situation and is easy to modify if your circumstances change. It may also help your family avoid some future estate and income taxes. It is important to explore your options with an estate-planning attorney or accountant to maximize your tax benefits. Remember, it is your choice.

**REMEMBER TO RENEW YOUR
2011-2012 MEMBERSHIP**

Need Handyman Services?

Kent Wrede, FSS member, has volunteered to do small/odd jobs (especially plumbing and electrical) for our members. For questions and inquiries, call Ken at 725-2637. Thanks, Ken.

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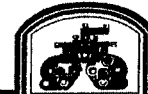
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Happy Birthday!!

JULY

- 1 Barbara Wilson, Vincent Peloso
- 2 Linda Clark
- 4 Donna Feddersen
- 7 Marla Acridge, Chris Wennerholm
- 9 Yueh-o Cheng
- 10 Paul Mikels
- 12 Shirley Corwin
- 13 Holly Wilson
- 14 Audrey Gipson, Lucille Redtfeldt
- 16 David Hull
- 18 Charles Clem
- 19 Jim Neal, Patricia Stolte
- 21 Linda Schanze
- 22 Catherine Culver, Gail Sisson
- 23 Anne Christen, Mike Willis
- 24 John Koerschgen, Joyce Tompkins
- 25 Billie Boyett, Lavinia Stephens
- 28 Richard Laven
- 29 Ernestine Porro
- 31 Laura Clark, Ellen Emmons, Helen Overholt, Bob Rode, Sue Tosten

AUGUST

- 1 Sandra Hunsaker
- 3 John Mogel, Neena Olson
- 4 Jack Bellah, Claudia Nelson, Judy Willis
- 5 Kenneth Zanzi
- 7 Beverly Russell
- 9 Don Loudon, Kenneth Rigby
- 11 Shirley Dunton
- 13 Doris DeLong, Albert Driver, Jeanne Phillips
- 14 Francis Dennison, Linda Gillette
- 16 Bob Besanceney, Dean Glaser, Margret Gow, Jay Grunert
- 18 Virginia Short
- 19 Eva Fry
- 21 Claudia Rogers, Norma Wynne
- 22 Lila Reynolds
- 23 Virginia Bradley, Dale Harris, Lenore Krader
- 24 Dorothey Lancaster
- 25 Oakley Giffin
- 27 Jim DeHaan
- 29 Jerry Ward
- 30 Donna Jacob, Jim Stanfield
- 31 Gerry Glaser, John McHargue

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MEMBERSHIP is open to everyone 50 and older, and residing in the Eel River Valley (including Carlotta, Ferndale, Fortuna, Hydesville, Loleta, Rio Dell, Scotia, and the County).

ANNUAL DUES: July 1 through June 30 (or pro-rated monthly at \$2/individual; \$3/couple)

Individual \$24 _____	Couple \$36 _____	Friend \$50 _____
Sponsor \$100 _____	Supporter \$500 _____	Life Membership \$1,000 _____

Name(s) (1) _____ (2) _____

Mailing address _____

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