

The Wave #31



Riding the wave of more effective communication together

PHOTOS INTO PAINTING BY MICHAEL CAMPBELL



My name is Michael Campbell and I made art for 30 years. I always wanted to be able to paint but I wasn't great at it, so I decided to use photography to make art. I used a combination of photos and paintings.

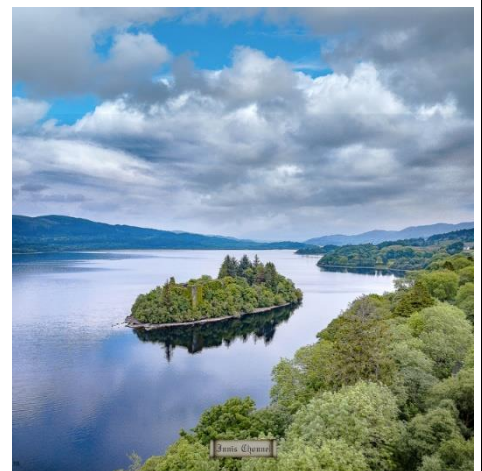
For this painting, I used the Corel Painting program to create the piece. This beautiful woman won a contest and became the model.

I went to England several times to give a lecture explaining how to complete these photos. I was maybe one of the first people to do this kind of photography.



I took this picture above in the garden about a year ago. I used high speed photography to capture these images of birds frozen in flight.

I flew a drone way high in the sky and through the trees to take this picture of the Innis Channel.



DEER AND SNAKES BY CHARLIE SHEPHERD



I went on a really cool trip to Colorado and saw a lot of different mountains. There was snow on the mountain tops but not where we were staying. I stayed at a friend's house with three other people. We went for hikes, ate some good dinners, and listened to a lot of heavy metal music! We saw deer and snakes!



I love snakes; I actually used to own 4 big ones! I had a boa constrictor and pythons. This is how they looked:



COVID BOOSTER SHOTS

You can now get a booster shot for COVID-19. Here are the guidelines:

- If you got the **2-shot Pfizer vaccine** or the **2-shot Moderna vaccine**, you can receive a booster if it has been six months after the second shot and if you are
 - 65 years or older
 - Age 18+ who live in long-term care settings
 - Age 18+ who have underlying medical conditions
 - Age 18+ who work or live in high-risk settings
- If you got the **1-shot Johnson & Johnson vaccine**, you can receive a booster if it has been two months after the shot and if you are 18 and older.

The Food and Drug Administration also okayed the option for eligible people to “mix and match” vaccines, meaning if you got one kind of vaccine for the initial dose, you can receive a get a booster shot of a *different* vaccine.



Does the Need for Booster Shot Mean That the Vaccines Don't Work?

No. The extra dose simply helps increase your protection – even more for people who might not have responded fully to the primary vaccine series (like people with weakened immune systems) or whose vaccine protection is going down over time.

GRATITUDE – IT'S NOT JUST FOR THANKSGIVING ANYMORE BY DAVE VALIULIS

A study in the *Journal of Personality and Social Psychology* found that people who wrote about their gratitude showed greater signs of emotional well-being compared to people who wrote about negative or neutral life events.

This is the **power of gratitude** that people like Tony Robbins and Oprah Winfrey frequently talk about. A conscious focus on blessings – both large and small – seems to have emotional and interpersonal benefits. For example:

- **It boosts your mental health.** Practicing gratitude may help train the brain to be more sensitive to the experience of gratitude down the line, and this could lead to improved mental health.
- **It helps you accept change.** When we make it a habit to notice the good change brings, we can become more flexible and accepting and have more optimism.
- **It can lessen stress, anxiety, and depression.** The regions associated with gratitude are part of the neural networks that light up when we socialize and experience pleasure. Feeling grateful and recognizing help from others creates a more relaxed body state.

Easier said than done, especially for people who are grappling with disabilities.

Gratitude can sometimes be hard to find. We can find ourselves sad, angry, frustrated, fearful, ashamed, or worried or overwhelmed by physical discomfort or emotional trauma. We may face money problems or feel disconnected from our communities. Amid such struggles, it is hard to bring to mind the positives in our lives.

Yet even for us, making Thanksgiving an everyday occurrence can make a big difference.

When you're getting started with a *gratitude list*, sometimes the simplest things can be most compelling. For example:

- A special connection with a significant other, family member, or friend.
- Access to conveniences like electricity and running water.
- The beauties of nature.
- A connection with God or faith.
- A happy memory from childhood or a proud moment in your life.
- Practice saying "thank you" in a real and meaningful way.



PUMPKIN ROLLS BY JANE DEMARCO

On Thanksgiving, I always make pumpkin rolls. It has been a tradition for me for 30 years. It is everybody's favorite dessert! Here is the recipe:

(Prep time: 15 mins. Cook time 25 mins. Additional time: 20 mins. Total about 60 mins.)



Ingredients:

- 3 eggs
- 1 cup white sugar
- $\frac{3}{4}$ cup pumpkin puree
- $\frac{1}{2}$ tsp. ground cinnamon
- $\frac{1}{2}$ cup flour
- 1 tsp baking soda
- 2 tbsp softened butter
- 8oz cream cheese
- 1 tsp vanilla extract
- 1 cup confectioners sugar plus extra for dusting
- 1 cup walnuts



Instructions:

1. Preheat the oven to 375 and grease a 10x15 jelly roll pan
2. Mix in a bowl: blend together eggs, sugar, cinnamon, and pumpkin puree.
3. In a separate bowl, mix together flour and baking soda.
4. Add in pumpkin mixture and blend together smoothly.
5. Evenly spread the mixture over the prepared jelly roll pan.
6. Sprinkle walnuts over the pan.
7. Bake 15-25 minutes in the preheated oven.
8. Remove from oven and let it cool for a while. Remove the cake from pan and place it on a tea towel.
9. Roll the cake inside the towel.
10. Prepare the frosting: mix together the butter, cream cheese, confectioners sugar, and vanilla.
11. When cake is completely cooled, unroll and spread cream cheese filling.
12. Roll the cake back up and sprinkle with confectioners sugar.
13. Wrap with plastic and chill until ready to eat.



STEAM ENGINE MUSEUM BY RANDY NYGAARD



I was very interested in agriculture growing up. I was very involved with Future Farmers of America. The **Antique Gas & Steam Engine Museum** in Vista houses local items that pertain to this category.

I first found out about it when my daughter had to attend an event as a volunteer for her club to make money. I was not aware of the museum at that time. I was really impressed with the museum, as it is very interesting to our family, and to show support to our daughter, Kelsey. Our whole family found interest in different exhibits at the museum, especially the

blacksmith shop, model trains, and the sawmill.

1. Blacksmith shop

- To drive numerous stations for forging metal, big bellows keep oxygen going on for the coal burners.
- Keep coal burning constantly because each pile of coal has iron in it. They need to keep it hot, so the metal stays pliable.
- Twice a year, they have events open for visitors to display the function of steam engines and farm implements from years past.



2. Short Track Railroad

- Model trains can be set at any level. It can be as complicated as a city or as minor as a wood track.
- However, the Steam Engine Museum is more advanced because there is a lot of terrain.
- The layout is for all ages, adults to kids.



3. Sawmill

- Cuts wood for lumber.
- Powered by a belt that was driven by steam energy.
- Uses steam power to run the sawmill.
- The saw was retrieved from the town of Fawnskin at Big Bear



If you find this interesting, check out the website for the dates for future events: <https://www.agsem.com>.

MY PHOTOGRAPHY BY BRIDGETT DESONIA



Way back when I taught high school, I imagined a hobby that could make money if you do it right. It's photography!

Very first time I photographed a family at the Pine Valley hiking trails and when I got home, I edited it straight away. I loved it.



Years later, I had gathered hundreds of clients. I had families, couples (who were celebrating their love with the fiancé's heart-to-heart or fifty years of marriage), teens who are going to dance the night away, baby bumps, weddings, and receptions. I met all kinds of people who were really nice but 2 or 3 were not nice at all!

I am on Facebook (<https://www.facebook.com/DeSoniaPhotography>)

and have 2 websites (<https://desoniaphotography.weebly.com> and <https://desoniaphotography.smugmug.com>).

So check them out!



SKYFALL BY STEVE RAHE



Thanks to the generosity of my son Christopher who was 19 at the time, for my 50th birthday he took me skydiving in Northern Colorado. (In the car on the way, Christopher told me that 18 months prior someone had died at that skydiving location.)

After we watched a short video, we both went up in a small plane. When we reached the right altitude, the fella in charge looked at me and said "It's go time!" and we were out the door.

Next thing I noticed it was very loud inside my helmet and that was the wind going past my ears. Then I was rushing towards the ground. It was a stunning view! I was attached to the instructor who warned me that we would slow down pretty quickly once the chute was pulled.

Once the parachute was pulled, it was much more like a floating experience. The entire view floating to the ground looked like an aerial photograph. Once my feet touched the ground I started giggling and wished that the experience wasn't over. It is a trip I highly recommend for you or a loved one!

SUMMER VACATION AND FOOTBALL BY GALEN "BUTCH" LANGE



This summer I visited my son, his wife, and my grandchildren in North Carolina for four weeks. My son is the head athletic trainer at a high school, and I was able to attend the first 5 games. We visited two breweries and attended a Durham Bulls game. I was also able to see my grandson Carson's first little league game. My favorite memory was watching football games with my family.

On Sundays, I enjoy watching football. Football Sundays start at around 10:00am and end around 8:00 or 9:00pm. I usually watch 3 games every

Sunday. My favorite football team is the Houston Texans but my son likes the Carolina Panthers. On Superbowl Sunday, I enjoy barbecuing hot dogs and hamburgers with a root beer on the side.



I also enjoy watching baseball. My favorite team is the Houston Astros. Unlike football, there are baseball games every day.

HOW TO BECOME A WILDLAND FIREFIGHTER BY FRANK ROMERO

These are the steps to become a wildland firefighter:

- You must be 18 years old and take a physical exam, The Work Capacity Test, because the work is difficult.
- Then you must complete 80 hours of training taught by a group of firefighters in a classroom.
- After this, you must pass a series of tests including the S130 test and S190 test.
- Next, is fire shelter deployment class and then you must perform it out in the field. In this class you learn how to use and sharpen the tools. This includes landscaping tools like a rake, shovel, McLeod, and Pulaski.
- You also must complete some physical training like hiking, running, push-ups, and sit-ups.
- From 10:00 to 4:00 the firefighters leading the course drill the students with questions about their 10's and 18's (10's are the standard firefighting orders and 18's are watch-out situations). This is when the LRPG booklet comes into play. This is a tool that we always carry with us.
- Once you complete these steps you are ready to apply to fire modules for example a fire engine, hot shots, or helicopter. Once you make your decision, you receive specific training for that module.



This is a photo of me as Smokey

VERY PEACEFUL SUMMER VACATIONS BY BRUCE HEIMBACH

This year, we had two beautiful summer vacations. I drove, without a mask, to the Grand Canyon NP and Lake Tahoe. I experienced a lot of fresh air, fewer people, and unbelievable scenery. Most of the days there were light winds and no rain.

We visited the Grand Canyon the third week in May and stayed in the park. We walked around the rim of the canyon. It was mostly flat. One day, we hiked down on the South Kaibab trail, for some 'light exercise.'

I went to Squaw Valley, near Lake Tahoe. We have a timeshare there in the summer. They closed the Inn in 2020 and they added another week in 2021 summer for two weeks. Another variable, there were some fires in California forests, but those fires were not close to our Inn. It was a little different: very few people, and some haze in the air.



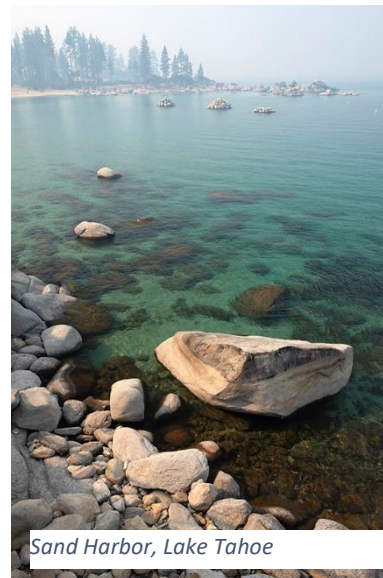
Yaki Point, Grand Canyon



Yavapai Point View, Grand Canyon



Smoky Pier Picnic, Tahoe City



Sand Harbor, Lake Tahoe

FYI: You can always read previous issues of *THE WAVE* by going online to the Speech-Language Clinic page of the CSUSM website: <http://www.csusm.edu/slp/clinic/thewave.html>