

DORON WEISBARTH
Designated Broker/Owner

HOMeward BOUND

More Than Just Real Estate News

Disaster Preparation – What’s for Dinner?

If a serious disaster strikes, you could end up having to fend for yourself for several days, or perhaps longer. Crippling power outages, natural disasters, and cyber-attacks are impossible to predict. But you can still be prepared in case something like that happens. And the first thing to get on the table is, what’s going to be on the table? The dinner table, that is.

In this second part of our series on disaster preparation, let’s talk about food. What food, other than canned food, should you plan to have on hand in case you need to sustain yourself for more than just a few days? Here are several excellent ideas:

ROLLED OATS

Rolled oats contain fiber, protein, and vitamin B6, and they are easy to store. When placed in an air-tight container in a cool, dry location, these will last for 30 years.

This is a great example of survival food you can prepare once and then stock away somewhere. You may never need it. But if you ever do, you’ll be glad it was there.

DEHYDRATED FOOD

If you buy a dehydrator, you can prepare all sorts of food, and some can last for years, and they are healthy and tasty too. Dehydrated foods are also available commercially. Some examples include dehydrated corn will last at least 10 years; dehydrated carrots can last almost 20 years. Dehydrated fruit won’t last as long as veggies,

(continued inside left)

How Childhaven Transitions Kids into Kindergarten

When children first come to Childhaven, many have already suffered from fractured relationships. Bonds of trust have been broken. Childhaven works to heal those wounds and restore the child to a healthy social and emotional state.

But what happens to all this progress when the child has to leave for kindergarten?

Suddenly, they’ll be faced with new teachers, kids they don’t know, new rules, new social situations, and new emotions. It’s hard on any kid to make this transition, let alone kids who are used to watching adults leave or neglect them.

So how does Childhaven manage the transition to kindergarten?



(continued inside right)

The Sizzle Is Back (continued from back)

These are phenomenal numbers, no doubt. 2024 seems to be shaping up to be a great year for buying and selling.

And while I use these King County and Seattle to illustrate my point, we see similar trends in Pierce and Snohomish counties, and other areas in western Washington.

I think that what we're seeing are reflections of the pent-up demand and supply that built up last year, while interest rates scared a lot of buyer and sellers away from the market. On the supply side, we're seeing new construction homes taking a sizable share of the overall inventory. This, again, is a reflection of the lower interest rates that we're seeing this year.

How long will these trends last? There's no way to know for sure. If my hunch is correct, then we haven't yet exhausted the pent-up demand or pent-up supply. Barring

any unforeseen circumstances, and if the interest rates just maintain their position – let alone if they drop further – then I expect that the market activity will remain strong.

So if you, or someone you know, is looking to buy or sell this year, I urge you take advantage of our free, no-obligation consultation offer. We'll show you how the market dynamics in general affect the particulars of your market and, more importantly, how to harness that information and convert it into an action plan that will help you get the most from your transaction. And remember that a good portion of our income then goes to support the kids at Childhaven. You can reach me directly through my website or by phone at 206.779.9808. Happy Spring!



Disaster Preparation – What's for Dinner? (continued from front)

but you'll still get a solid five years or more with berries, apricots, and many other fruits. You can also dehydrate meats to make jerky, which will serve as a good source of protein.

LENTILS

For non-meat sources of protein, it's hard to do much better than lentils. These have at least a 5-year shelf life, and they are packed with protein and other nutrients. They're also very easy to store and prepare, and are reasonably flavorful even without too much seasoning.

CHICKPEAS

Also known as garbanzo beans, this is another excellent source of protein that will last for decades if stored properly. Put them right next to the rolled oats, and you can feast on these even if a serious disaster happens decades from now.

NUTS AND NUT BUTTERS

Peanut butter, almond butter, sunflower butter – all these last for years if properly stored, and they taste great, fill you up, and have good amounts of protein healthy lipids, and many other good nutrients. You can also go straight to the source and just have a variety of nuts tucked away for emergencies. They are tasty and easy to store.

PASTA

You'll need energy, and pasta has the carbs your body will want. It's easy to store and lasts for years. The only challenge will be the requirement to boil water, which can be tricky if the problem is a power outage. But there are ways around that, and not all disasters cause a loss of power.

INSTANT POTATOES

An unopened package of instant potatoes will last for at least 15 years, making this another easy item to stock away that you may never need to use. The great thing about these is they mix well with other items, such as dehydrated veggies.

POWDERED MILK

Lastly, for some dairy, powdered milk has lots of nutrients and is a great item to keep stocked away for a disaster. The shelf life here isn't quite as long, more like 2-4 years. Keep rotating it out every few years, and you'll have it on hand if ever needed.



How Childhaven Transitions Kids into Kindergarten

(continued from front)

First, they focus on the social learning aspect. They teach kids how to calm themselves and be aware of their feelings. They talk about what it means to say goodbye, and how they can take their memories with them to the new place.

Next, they help them feel secure, even in this change. Kids know they can come back to visit their teachers at Childhaven if they need a familiar face. When they know this adult still cares, they can feel better stepping forward into a new place.

And sometimes, when possible, the Childhaven staff even takes a field trip to the school the child will be attending. This gives them a chance to enter the new setting with an adult they trust.

With methods like these, kids who graduate from Childhaven have a very strong track record of success in school settings.

We support Childhaven because of their attention to all these sorts of details. It's not just a program. And that's why we donate a portion of our revenue to this great organization.

Check out more about Childhaven:
childhaven.org



The 2024 Weisbarth Team

We're looking for a few good people to join our team. Know any top candidates? Call Doron at 206-779-9808.



Doron Weisbarth



Michelle Shafagh



Debbie Sipes



Chris Masseth



Mary Cha



Dominic Wood



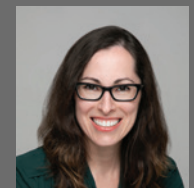
Ashley Heim



Cade Coleman

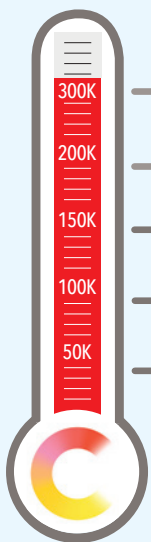


Steve Thompson



Laura Villar

Our donations to date for Childhaven!



A portion of every sale from Weisbarth & Associates is given to Childhaven and in the past 7 years we have donated over **\$300,000** to them.

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Like and follow us on:



Your business and referrals help the kids at Childhaven

Through all of COVID-19 the Childhaven staff continues to care for every child, delivering counseling, developmental therapy, wrap-around supports, home learning, meals, family meetings, and much more.

Every referral you send our way helps the kids at Childhaven, because we donate a substantial portion of our income from every home sale to this amazing organization. If you know anyone considering buying or selling, you have three options:

1. Send an email with your referral's name, phone and email to refer@weisbarth.com
2. Call me direct or pass on my number – **206.779.9808**
3. Go to our website at Weisbarth.com/refer



Our team offers a no-obligation consultation to show you how to maximize your results from buying or selling a home.

Find out more at Weisbarth.com



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Also In This Issue:

- > The Sizzle Is Back
- > How Childhaven Transitions Kids into Kindergarten
- > Disaster Preparation – What’s for Dinner?
- > Your Referrals Help Kids In Need

If your home is already listed, this is not intended as a solicitation

AS SEEN AND HEARD ON:



Real Estate Results That Move You

7000 Greenwood Ave N
Seattle, WA 98103

The Sizzle Is Back

2023 was a bit of a slog for real estate, and never really got going. But 2024? March has only just begun, and already the heat is on. Let’s take a look at several of the most revealing metrics.

Leading the way is the median sales price for single family homes (SFH), which in February is up 16.1% from this time last year in King County, with an average sales price of \$935,000. In Seattle, it’s up 13.1% at \$927,450.

Notably, both these figures are already higher than the highest median sales price for all of last year (\$933,750 and \$916,975 respectively). And the spring sale has just begun!

Other key indicators SFH are also up in King County and Seattle: new listings are up 39.4% and 36.1% respectively, and pending home sales (home that received an offer but had not yet closed) are up 15.7% and 21.3% respectively.

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