



THE LANDING NEWS

January
2009

INSIDE THIS ISSUE

FRONT PAGE 1

**BIRTHDAYS
MANAGER'S
NOTE** 2

**SHARING
CORNER** 3

FITNESS 4

**RESIDENT
RAMBLINGS** 5

**NOTES FROM
THE KITCHEN
AND ASSISTED
LIVING** 6

**NOTES FROM
COMMUNITY
RELATIONS
AND EMPLOYEE OF
THE MONTH** 7

**DESCRIPTION
OF SPECIAL
EVENTS** 8

Happy New Year!

It is a new year and now we can start again with new projects, new programs, new president, and even a new building. Wow! It should be an interesting and fun year. So, have you made your New Year's Resolution?

The celebration of the new year is the oldest of all holidays. January 1 has not always been New Year's Day. In the years around 2000 B.C., the Babylonian new year began with the first new moon after the Vernal Equinox (the first day of spring). In order to set the calendar right, the Roman senate in 153 B.C. declared January 1 to be the beginning of the new year. But tampering continued until Julius Caesar in 46 B.C. established what has come to be known as the Julian calendar. In most countries in Europe and North and South America, people celebrate New Year's on January 1. In other places, such as China, Thailand, and Cambodia, the new year comes at a different time each year.

GOOD LUCK TRADITIONS:

Austria- the suckling pig is the symbol for good luck for the new year. It's served on a table decorated with tiny edible pigs. Dessert often consists of green peppermint ice cream in the shape of a four-leaf clover.

England- the British place their fortunes for the coming year in the hands of their first guest. They believe the first visitor of each year should be male and bearing gifts. Traditional gifts are coal for the fire, a loaf for the table, and a drink for the master.

Greece- a special New Year's bread is baked with a coin buried in the dough. The first slice is for the Christ child, the second for the father of the household, and the third is for the house. If the third slice holds the coin, spring will be early that year.

Spain- when the clock strikes midnight, the Spanish eat 12 grapes, one with every toll, to bring good luck for the 12 months ahead.

United States- the kiss shared at the stroke of midnight in the US is derived from masked balls that have been common throughout history. As tradition has it, the masks symbolize evil spirits from the old year and the kiss is the purification into the new year. **HAPPY NEW YEAR!**

Brandon's Corner

We have had quite a winter so far this year. I have been living in the Seattle area for 10 years now, and have never seen so much snow accumulation. I was so surprised that I had to check and make sure I was really in Seattle, and not somewhere in Minnesota or North Dakota. The snow was beautiful to look at, but treacherous to move in and proved to be very debilitating for people who needed to get out of town. I was off the week of Christmas, which proved to be the worst of the storm that hit us. I want to take this opportunity to recognize my staff for carrying on as much of a sense of normalcy for all of you as humanly possible.

I checked in often, and was kept up to date on the happenings of the community during the week. The weekend before Christmas was when the storm hit with a vengeance. Denise Lamb and Kate Ross stayed in an empty apartment through Monday to make sure they would have no trouble preparing and serving the food for Sunday and Monday. Brian Griffiths picked up some of our staff on Sunday and also later in the week to make sure they could be here for all of you. Margo Milandin and Judy Hamilton were both able to get in through the storm in making sure the bases were covered, with Margo also coming in on a Sunday to fill in at the front desk for the morning. Whitney Phelps transported some of her staff through the week to make sure caregiver shifts were properly staffed. Jane Sayer was here through the week covering the front desk despite the snow, and the other shifts remained staffed as well. Denise reported to me that the dining and kitchen staff was there for each shift, and they covered each other when necessary. Aside from some transportation issues the same was true for the Assisted Living staff. Housekeeping and maintenance were solid as well-keeping the sidewalk clear and twice having our parking lot shoveled. Jill Connor, one of our housekeepers, even filled in at the front desk for a shift during the height of the storm. There were also a couple of shipments of food that Brian Griffiths and Mike Heise had to go pick up down at another community due to the conditions of our parking lot; loading 1700 lbs. of product in the back of Mike's truck. All of that to make sure we had the food necessary to create the meals you have come to expect.

I know there are people I am missing, and for that I apologize. I realize more than ever just how blessed I am to be working with such a tremendous staff and, beyond that, to be surrounded by people who take their jobs as seriously as they do. That sense of ownership in the care of all the residents here is what drives each of us to do whatever is necessary to get the job done regardless of the circumstances. While I know that there were days the weather made it challenging to get in and out of this community, I hope that you will all agree that the staff did a wonderful job taking care of you during times of inclement weather. I am proud of their accomplishments and look forward to what we can accomplish in 2009.

Happy Birthday!
Join us on B1 January 28
at 2:30 pm to wish all the
Birthday Folks for
January a
Happy Birthday!

Estelle Smith
1/17

Belle Marie
Rightmire
1/23

Janet Eisman
1/30

HAPPY
NEW
YEAR!

Have a
Great One

MEN'S LUNCH OUT.....

Well, it is time for our first men's lunch of 2009! We will be visiting Typhoon in Redmond this month for some Thai Cuisine. We will be departing on Wednesday, January 21st. Please sign up at the front desk if you are interested in joining us. Meet in the lobby on the 21st at 11:30am for our departure. I look forward to seeing all of the men for the lunch!

Brandon

Welcome New Residents!

**Liz Smith
Joanne Kimball**

List of Your Administrative Staff

Executive Director– Brandon Dalke
Community Relations Director–Margo Milandin Leatham
Activities Director– Judy Hamilton
Assisted Living Director– Whitney Phelps
Culinary Services Director– Denise Lamb
Maintenance Director– Brian Griffiths
Office Manager–Aprill Uskoski
Fitness Director–Chris Ann Scott
Business Director– Lynette Hatscher
Accounts Payable– Olga Babadzhanova

YOUR RESIDENT COUNCIL

EXECUTIVE COUNCIL

Meets the 1st Tuesday of every month at 3:00 pm in Library

President	Jim Horsley
Vice President	Pat Hansen
Secretary	Jeanne Whiting
Treasurer	Frances Boddy

HOSPITALITY/WELCOMING COMMITTEE

Meets the 2nd Thursday at 4 pm in the Library

Chairperson	Andrea Maynard
Members	Alice Lawrence, Frankie Burrus, Jim Horsley, Aria Cock, Sue Gould, MaryLee Dunbar

BUILDING & GROUNDS COMMITTEE

Meets the 2nd Monday at 1:30 pm B1

Chairperson	Jan Routley
Members	George Zellensky, Jean Strand, Marilyn Horner, Nancy Borsini, Ray Gould, Howard Scheinholz, Jim Horsley, Nancy Fuller

ACTIVITY COMMITTEE

Meets the 1st Thursday at 1 pm Library

Chairperson	Pat Hansen
Members	Jeanne Whiting, Andrea Maynard Edythe Whittlesey, Marie Castiglia, Frances Boddy

DINING ROOM COMMITTEE

Meet the 2nd Thursday at 3 pm 3rd Floor

Chairperson	Howard Scheinholz
Members	Mary Ann Trahan, Pat Reiman, Frankie Burrus, Lois Witmer, Mary Beaulaurier Belle Marie Rightmire, Lorraine Bowerman, Eleanor Stabbert

LIBRARY BOARD

Meet the 3rd Tuesday at 3:30 pm in the Library

Chairperson	Marie Castiglia
Members	Adolph Whiting, Alice Lawrence, Pat Reiman., Jean Irvine, Velma Shattuck Edythe Whittlesey, Mary Lee Dunbar

INTEGRATION COMMITTEE

Chairperson	Ray Gould
Members	Sue Gould, Adolph & Jeanne Whiting, Jim Horsley, Dorothy Rupprecht

DON'T FORGET TO MARK YOUR CALENDARS

**YOU CAN WATCH THE PRESIDEN-
TIAL INAUGURATION ON THE BIG
TELEVISION ON B1 ON JAN. 20**

Come on and take a "Cruise"

On Jan. 14 at 4:45 pm on the 3rd Floor

Music by Barbara Leggitt

**Plan on attending the
MONTHLY BIRTHDAY
PARTY WITH THE CHATEAU
SINGERS**

January 28 at 2:30 pm on B1

REMINDER

**The Executive Council of the Resident
Council will now meet in the Library on
the 1st Tuesday of every month at 3 pm.
Please note the change.**

Fitness Fun and Facts!

Chris Ann Scott
Fitness Director

There are many components to good physical fitness. Adequate water is a very important one. Your body is about 75% water. Being dehydrated is similar to running your car without oil. The parts rub, grind and drag.

When you are dehydrated;

- Your brain doesn't work as well. Memory, reasoning ability, coordination, mood and balance are affected.
- Your eyes get dry, itchy and uncomfortable.
- Your skin gets drier and more prone to itching and rashes.
- Your digestion bogs down, leading to constipation, gas and bloating.
- Your joints can't lubricate themselves adequately.
- Your blood thickens, increasing the risk of clots and making your heart work harder to circulate it.
- Your kidneys and bladder aren't adequately flushed out and cleaned.

Yes, it's inconvenient to go to the bathroom, but not as inconvenient as all the problems caused by dehydration. And you're right; we usually talk about this in the summer, when the weather is warm. But it's just as important now.

This month, as a reward for attending at least 8 fitness classes, you'll receive a water bottle to carry with you to stay well hydrated and healthy while you are improving your physical fitness. We'll resume the lunches and walks when the weather improves in the spring.

Resident Rumbings

Some people seemed revolted when I mentioned in early December that Jeanne and I were going to a lutefisk dinner. I will now explain myself in order to regain acceptance by our polite society.

Lutefisk means Lye-fish. The word is pronounced *Loot-eh-fisk*; the stress is on the first syllable; enunciate the “t” clearly; say the word rapidly and you’ll have the Scandinavian pronunciation.

I know some of you are prejudiced by people like Garrison Keillor. Just because he grew up in Minnesota and discovered Lake Wobegone he poses as an expert on lutefisk. Here’s a man who’s made a good living writing funny stuff about Norwegian bachelor farmers (He claims they change their underwear only twice a year) and he spouts off about lutefisk, saying, “It tasted of soap and gave off an odor that would gag a goat.” Obviously he had tasted badly prepared lutefisk. Unfortunately, if you let the fish soak too long in lye what little fat is in it turns to soap. But, you can tell, Keillor met novice cooks who weren’t properly taught about lutefisk. And, because it’s ordinarily only eaten once a year, cooks don’t get much practice. It’s best cooked by people who learned early in life, coached by loving mothers. The process can easily go wrong; when it does, it’s a disaster. When it succeeds, it’s not only good food; it’s a victory of optimism over doubt and despair.

Lye fish - it’s true; in Norway it’s codfish that has been air dried and later tenderized in lye. After the lye is removed by soaking in frequent changes of fresh water, it is broiled or baked and served with melted butter, boiled white potatoes, cole slaw and lefse (leff- seh). Lefse is a potato based flatbread as thin as a tortilla. It is buttered and sprinkled with a mix of sugar and cinnamon. That’s how it’s served at the Bothell Sons of Norway Lodge by beautiful Scandinavian women some of whom are dressed in traditional Norwegian regional costumes. The fish tastes pretty much like boiled cod, except it’s a little more definitely cod. One shouldn’t eat it when alone. (Don’t infer that could be dangerous.) It should be enjoyed with a family or hundreds of Scandinavians at their lodges or churches. Eating lutefisk is a celebration. I don’t know for sure what is celebrated, but I got the feeling as a child in Minnesota that it’s for being Norwegian or a descendent.

Picture this: His heart uplifted, his stomach thrilled, the Scandinavian approaches the Bothell lodge with family members all in animated conversation. The building is a dignified, white, one story structure set in a cathedral of towering Douglas firs. One end of the lodge is a big meeting hall. He can see, through its windows, people moving busily about. He hears jovial conversation as he approaches the long line of celebrants inching toward the door. He enters after friendly greetings to others and is seated at one of many long, narrow tables. Happy friends and family are joined as they watch servers carry platters loaded with chunks of near-limpid fish, quivering slightly with the impact of the server’s footfall. Other cheerful servers bring the steaming white potatoes and melted butter. (A person can, if he wishes, supplement the fish with Swedish meatballs.)

Once they acquire a taste for it, Scandinavians crave lutefisk at least once a year otherwise their blood levels get desperately low. The Bothell S/N Lodge serves as many as 1800 people in a six hour period. Add to this number the many churches and other lodges who serve it in this area and you’ll realize that I’m not at all strange for liking it.

A M Whiting 2/01/09



HOT OFF THE GRIDDLE

Happy New Year to everyone! The culinary staff is excited to enjoy the upcoming year with all of you. 2009 brings us an opportunity to share more special moments, laughs and maybe even more chicken dances.

This month we will be having a special cruise themed diner. A variety of foods from around the globe will be served. Be sure to wear your favorite "cruise" outfit to get into the spirit of things.

I would like to remind all of you about the dining room committee box located near the front desk. Please use it to leave any comments or suggestions for the kitchen.

Have a wonderful new year and I'll see you in the dining room.

-Denise Lamb
Culinary Service Director

NURSING NOTES:

We have had a trying year but now we have a new year! The way to start the year is with LAUGHTER! Laughter may be good medicine but it's the thought that counts when it comes to beating stress. New research shows that anticipating a funny event may be enough to get your stress-busting hormones flowing and trigger a healthy response in your body. Can you imagine! Just the thought of something funny.....WOW! Get those funny thoughts going and get that stress down. If you can not come up with any funny thoughts then read something funny or watch a funny movie.

And remember that laughing is infectious and is found to do wonders for lowering blood pressure, reducing stress, and boosting the immune system. Works also as a natural pain killer; and of course produces a general sense of well being. Take time to do it you will see how great you will feel.

Join us at the Humor Club on January 7 at 3 pm on B1 You can bring a funny story or joke and share or just come and have a laugh.

LAUGH AND THE WORLD LAUGHS WITH YOU.....

CBL Community Relations Update by Margo Milandin Leatham

Before we opened 6 and half years ago, no one could find us via the computer systems. After several years and numerous calls to the city and various businesses, in the last year or two most the computer systems such as Map Quest, Google & Yahoo Maps got their directions corrected so they could get people to our door. The more sophisticated Global Positioning Systems (GPS) still can't find us though. We've had pilots insist that they have the best, most up-to-date system and sure enough we get a call asking where we are because they are on Norway Hill and are lost. It's a beautiful neighborhood with a foot path which likely began as a deer trail that connects us to where people end up. Maybe that was supposed to be a street instead of a deer trail, we don't know. We try our best to intercept anyone that hasn't been to us before so we could get them on the right track. Thank goodness most people with GPS's have cell phones as well. Who knows how many folks get frustrated and never do find us? It has always amazed me how fast our community filled up (9 months) and has maintained a relatively high occupancy in spite of not being easily found. We're going into the New Year with only one vacancy. I'm going to make one of my work related New Years Resolutions be to pursue the GPS 's and get us on the map. At least the good old fashion paper maps have the streets right.

CSL Community Relations Update by Chris Serold & Everett Butler

The New Year is upon us and it's looking to be an exciting one for the Chateau. Our newest community, Chateau St. Laurent (CSL), is quickly coming together just in time for its grand opening in the Spring. The latest addition to the campus, the sky bridge, has been constructed and will play an important part in keeping the communities interconnected. We also have plans to build a covered walkway between Chateau Bothell Landing (CBL) and Chateau St. Laurent so residents can move freely between the communities without having to take a step outside. We are very excited at the prospect of having new residents and fresh faces to get to know. Thank you for being patient with the process and if you would like more information about Chateau St. Laurent please feel free to pop into the model on the 3rd floor off from the dining room anytime and speak with Everett or Chris.

EMPLOYEE OF THE MONTH:

Priscy Zhen is a receptionist at the Frontdesk she has been with us over 1 year she is always friendly and would do whatever comes her way to make everyone happy.

Keep up the good job Priscy we appreciate everything you do.

Please stop by the Frontdesk and congratulate her on being employee of the month.

Aprill Uskoski
Office Manager

OUR HATS OFF TO YOU FOR A
JOB WELL DONE!

THE NEWSLETTER OF
CHATEAU AT BOTHELL
LANDING

**WE ARE
ON THE
WEB!**
www.chateau
retirement.
com



You can also view our
newsletter and calendar
on our web site.

DESCRIPTION OF EVENTS

JAN. 1- You can watch the “Rose Parade” on the large screen TV on B1.
HAPPY NEW YEAR!

JAN. 14- Starting at 4:45 pm on the 3rd floor we will go on a “Cruise” so get ready for good food and good music by “De-Lively” jazz trio.

JAN. 15- The “Afternoon Tea Party “ with Adam Conley(remembering Frederick & Nelson) and author Ann Wendell. Bring you tea cup and join us on B1 at 2:30 pm.

JAN. 16- The Traveling Library will be here for your convenience in the lobby at 10:30 am.

JAN. 17- Joan Oquist will be on B1 starting at 10:30 am to show us how to make beautiful and clever greeting cards.

JAN. 19- Martin Luther King Jr. HOLIDAY

JAN. 20- Watch the history making presidential inaugural ceremony on the big screen TV on B1.

JAN. 21- The Men’s Lunch Out with Brandon so be sure to sign up at the front desk.

JAN. 26- The Book Club will meet at 4 pm in Library. Reviewing the book “The Samurai’s Garden” by Gail Tsukiyama.

JAN. 28- Come down to B1 at 2:30 pm for the Monthly Birthday Party with the Chateau Singers performing.

CHATEAU AT BOTHELL LANDING
RETIREMENT & ASSISTED LIVING
17543 102ND AVE NE
BOTHELL, WA. 98011

Help us conserve our natural resources.

If you do not wish to continue to receive the
Landing News Letter, please call the

Receptionist (425)485-1155

**WE ARE ON
THE WEB!**
[www.chateau
retirement.
com](http://www.chateau
retirement.
com)



You can also view our
newsletter and calendar
on our web site.

DESCRIPTION OF EVENTS

JAN. 1- You can watch the “Rose Parade” on the large screen TV on B1.
HAPPY NEW YEAR!

JAN. 14- Starting at 4:45 pm on the 3rd floor we will go on a “Cruise” so get ready for good food and good music by “De-Lively” jazz trio.

JAN. 15- The “Afternoon Tea Party “ with Adam Conley(remembering Frederick & Nelson) and author Ann Wendell. Bring you tea cup and join us on B1 at 2:30 pm.

JAN. 16- The Traveling Library will be here for your convenience in the lobby at 10:30 am.

JAN. 17- Joan Oquist will be on B1 starting at 10:30 am to show us how to make beautiful and clever greeting cards.

JAN. 19- Martin Luther King Jr. HOLIDAY

JAN. 20- Watch the history making presidential inaugural ceremony on the big screen TV on B1.

JAN. 21- The Men’s Lunch Out with Brandon so be sure to sign up at the front desk.

JAN. 26- The Book Club will meet at 4 pm in Library. Reviewing the book “The Samurai’s Garden” by Gail Tsukiyama.

JAN. 28- Come down to B1 at 2:30 pm for the Monthly Birthday Party with the Chateau Singers performing.

HAPPY 2009! HAVE A GREAT NEW YEAR

Thank You to the Following People:

1. Big thank you goes out to all the folks that volunteer their time to help with the Activities program: Joan Oquist- (Edythe Whittlesey’s daughter) for coming once a month with supplies to make beautiful greeting cards. Mr. and Mrs. Norm Skaftun- the chaplains that come once a week to do our Vespers group. Jeanne Whiting- prepares the Chateau Singers for the wonderful programs they bring us all year. The Resident Council officers Jim Horsley, Pat Hansen, Jeanne Whiting, Frances Boddy and all the committee members. The Traveling Library Bus and the Free Hearing Aid check, and many more. **THANK YOU ALL.**
2. Big thanks to all the folks that help more chairs back after programs and all the various donations of goodies for all to enjoy throughout the year and during the holidays.
3. Big thanks to Jean Strand for planning a wonderful “Christmas Remembered” program that was enjoyed by many. Also involved were the Whittings, Eugenia Thalle, Jan Routley, Jerry Rutherford, and others.
4. Big Thank You...to all the employees who really made the effort to keep things running smoothly over the holidays. They went the extra mile!