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February '09



Chateau Pacific

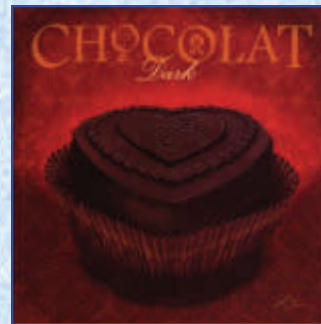
Chocolate



When I think about chocolate the words that come to mind are, rich, creamy, mouthwatering, delicious, sinful and forbidden. It is the number one food craving that people report and for years has been considered verboten in a healthy diet. Enjoying the pleasures of chocolate is often followed by immense guilt for tasting the forbidden fruit. Chocolate was never found on a list of “healthy foods”.

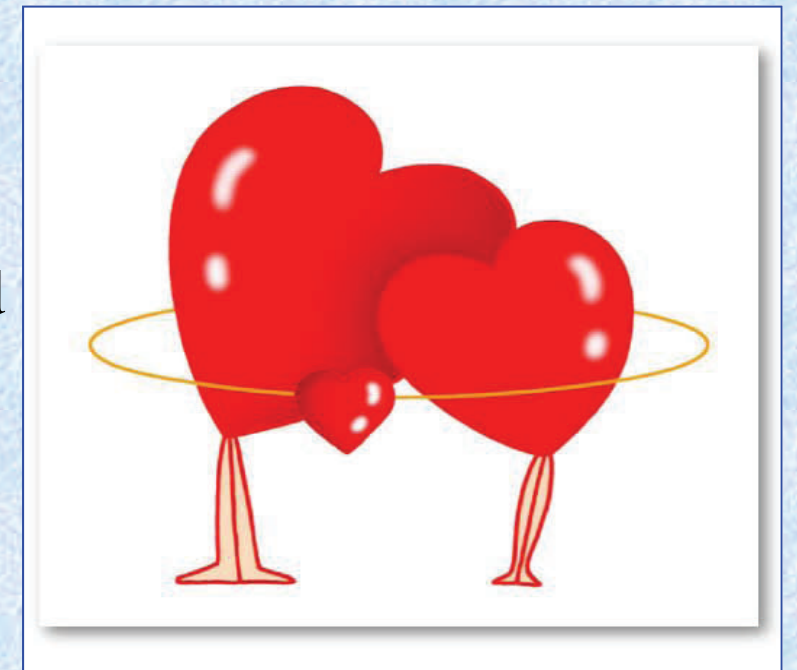
Chocoholics can now take heart and come out of the closet! Chocolate contains flavonoids, a biological component of plant foods that can help reduce risk for heart disease. Various flavonoids have been shown to stimulate the immune system, reduce allergic response, prevent formation of carcinogens and impede cancer cell growth. Chocolate can also influence your mood. Scientists used to think that compounds in chocolate, in particular phenylethylamine, produced endorphins in the brain, elevating mood. But the amount of phenylethylamine in chocolate is so small it's probably not the cause of better feelings. Rather, the combination of sugar with fat can raise serotonin and endorphin levels in the brain. Even better, the tannins in chocolate will prevent cavities from forming and the steric acid contained in the fat will maintain a healthy cholesterol level. Sounds like a win/win situation to me.

With St. Valentine's Day approaching, you shouldn't hesitate to give your sweetheart a box of those lovely confections. After all, it is part of a well balanced diet!



A February Treat: Praline Cherry Munch

- 4 cups frosted flakes
- 4 cups sweetened puffed corn cereal
- 2 Tbsp. butter
- 3/4 cup brown sugar
- 1/2 cup corn syrup
- 1/4 cup butter
- 1/4 tsp. salt
- 1/2 tsp baking soda
- 1 tsp. vanilla
- 1 cup dried cherries or dried sweetened cranberries



Combine cereals in large bowl. Melt 2 Tbsp. butter in jellyroll pan. In large saucepan, combine brown sugar, corn syrup, 1/4 cup butter and salt. Heat to boiling, stirring frequently, about 4-6 minutes. Remove from heat and stir in baking soda (mixture will foam up) and vanilla. Pour over cereals and mix well. Place in buttered jellyroll pan. Bake at 350 degrees for 10-15 minutes.

What does Namaste

Many of you have asked this after a Gentle Yoga class. I was told years ago that it means, "The divine in me honors the divine in you". That's a wonderful interpretation and that's what I mean when I say "Namaste" to end the class. For us to honor each other is divine in itself.

We bring our hands together near our hearts to increase the flow of divine love and respect between us. Bowing our heads and closing our eyes helps our minds surrender to the divine love in our hearts. Namaste allows teacher and students to come together energetically, connecting on a deeper level. Done with heartfelt respect and mental surrender it creates the possibility of a profound union.

Here's another explanation. "Nama" means bow, "as" means I, and "te" means you. Therefore, Namaste literally means "bow me you" or "I bow to you. In cultures where most people are familiar with the practice, the gesture of hands at the heart center and bowed head convey the message without saying "Namaste" out loud. Also, as a sign of the deepest respect, hands are placed in front of the "third eye" in the middle of the forehead, and lowered to the heart center during the bow.

No matter how we express Namaste, the message is the same. The divine in me hon-



February Birthdays

2/2 Louise McCormick
2/4 Jim Julius
2/7 Paul Claassen
2/10 Doris Baker
2/11 Doris Anderson
2/13 Su Miller
2/14 Becky Frederick
2/17 Ruth Greenslitt
2/18 Rose Marie Sofie
2/19 Julia Jensen



From culinary services

Do you have a favorite recipe you'd like to submit for our contest???

During the month of February, you may submit your favorite recipe to Culinary Service.

Culinary Service Directors from all our Chateau locations will choose the winners and implement them in our upcoming Spring/Summer menu cycle.

Here's what you need to know:

Recipe must be complete

Recipe must have 'common' ingredients (ingredients not difficult to purchase)

Recipe must include method of preparation

Recipe may not utilize convenience products

Categories that will be accepted include:

Soups

Salads

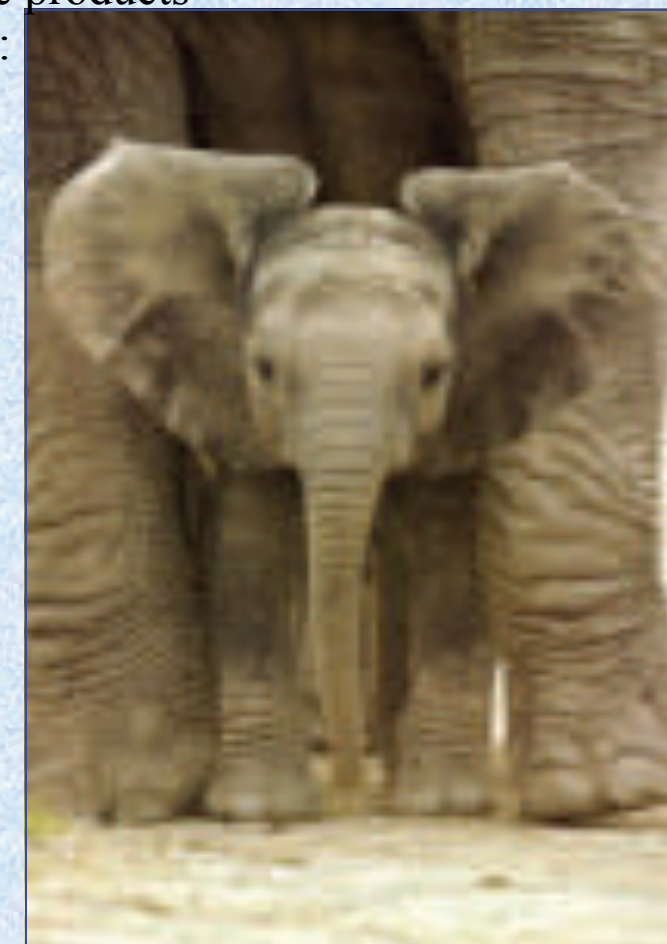
Main Dishes

Side Dishes

Desserts

Also, if you have anything belonging to culinary services such as linen napkins, dishes, glasses or silverware, please return them to us. Thank you for those who have been finding things and bringing them back!

Happy Valentine's Day!



Upcoming events here at Chateau

- 2/1 Super bowl party
- 2/6 Molback nursery and lunch
- 2/11 Alderwood Mall: eat, shop, take in a Matinee
- 2/12 Mary Todd Tea party-Cascade room
- 2/13 Casino
- 2/14 Valentines' dance with Tee and Cakes
- 2/21 Value Village-Jack in the Box shakes
- 2/24 Mardi Gras parade and music
- 2/27 Greek lunch at Voula's

Please welcome our new residents :
John Winder #217
Leon and Olga Spencer #422
Bill Bruns #116
Irv Farrar #139



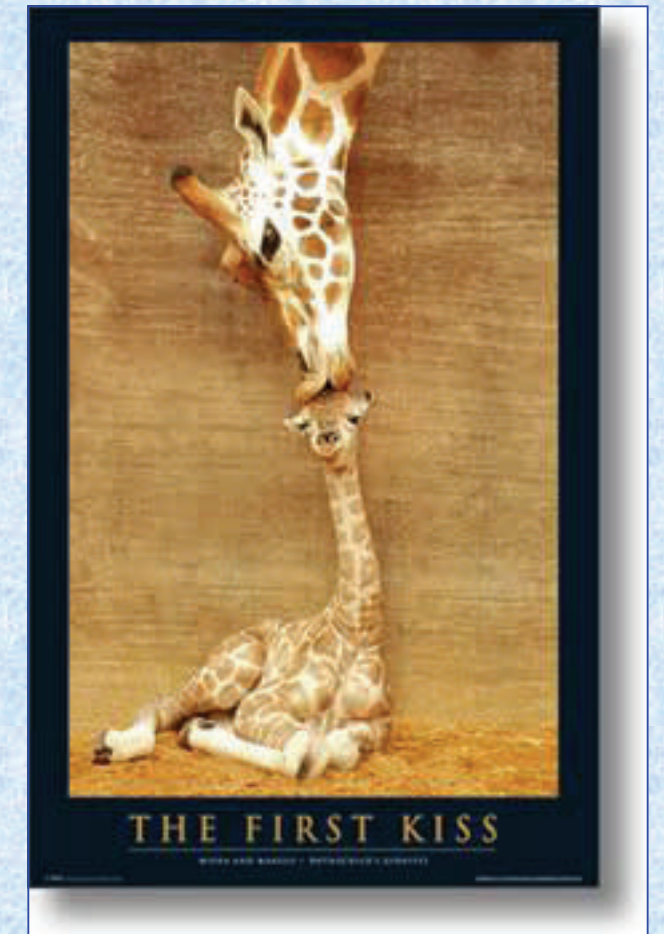
We have received notice sadly, that Joe Sullivan has resigned as our treasurer. We were very lucky to have had such a loyal dedicated and accurate bookkeeper for so many years!!

Dick Johnston has volunteered to become our new treasurer and we welcome him to our group. Also Tricia Emory has also joined us as vice president. Bryanetta Harvey is our new secretary.

We are extremely grateful for their donating their time, energy, and expertise to serve the residents on the resident executive council.

Robin

Executive council news



Chateau is looking for a resident to take over the library and its duties. Bev Clayton has done a wonderful job but has decided to step down and enjoy some much deserved rest and relaxation!! If interested, please talk to Brad in the activities office.