



3333 148th St SW . Lynnwood, WA 98087
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February 2010

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Assisted Living Director

Roxanna Paslavsky

Housekeeping Director

Brad Hagen

Activities Director

Barbara Kells

Culinary Services Director

Pam Rizzuto

Human Resources Manger

Chris Ann Scott

Fitness Director



Gift Shop News

Jan Nesbit has once again put some more wonderful gift baskets for St. Patrick's Day and other occasions in the gift shop

Refer a Friend!

Would you love to have your friends as your neighbors?
So would we!

We'll reward you with **\$1,000** for recommending

CHATEAU PACIFIC!



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MARCH HISTORY CORNER

1692 - The Salem Witch Trials began.

1932 - Charles Lindbergh's baby was kidnapped for ransom.

Vermont was [admitted to the union](#) as the 14th state.

1945 Allied troops crossed the Rhine during World War 2.

1933 Franklin Delano Roosevelt gave the first of his "fireside chats.

1981 Ronald Reagan survived an assassination attempt.

1910 3 passenger trains buried at Steven's Pass. 118 die; worst snow slide in US history.

1983 Final episode of Mash; 125,000,000 viewers.

1977 Bette Davis is first woman to receive Lifetime Achievement Award.

SPOTLIGHT ON HILDA ENTWISTLE

by Thelma Cagle

We did not have electricity in our home. We had gas lights in the ceilings, with mantles that needed to be replaced often. If we touched the mantles they disintegrated. We had to put a shilling (1/20th of a pound) into the gas meter. One night we had no change, so our house had no gas lights. My boyfriend, Ted, came for a visit and found the house dark. He rang the bell and my father answered. There stood a young RAF man in uniform whom he had never met. Father called out to me, "Hilda, there is someone here to see you." Ted was invited in and my father left to pick up his blind friend, John William Roylance, to take him on their weekly visit to the local pub for a drink. John lost his eyesight in World War I.

At 10 P.M. I told Ted he had to leave because my father would be returning. Ted gave me a quick hug and kiss and left. When my father returned he said to me, "Hilda, you are very audacious!" I heard his admonition as I quickly ran upstairs. That is all he said to me regarding Ted.

We had no way to keep food cold – no refrigerator, no ice box. We kept milk outside if it was cool enough. Mother shopped daily; the grocery store and other shops were two miles away. We did not have leftovers because there was no way to keep them from spoiling. I remember slicing a block of cheese and finding maggots inside.

Ted and I became engaged when I was 19, and married on May 15, 1946. We expected Ted to be released from the RAF, but they sent him to Egypt with a special crew. I stayed home with my parents and worked in a factory near our home, packing items into boxes.

I was playing dominoes with a bunch of old ladies at the Parish Hall on the day Ted came home. My brother, Joe, came to the hall looking for me and announced indignantly, "Here you are Hilda, playing dominoes! Don't you know that your husband has just arrived home? Shame! Shame!" I left the ladies and the dominoes and raced home.

After throwing my arms around my husband and kissing him, Ted said to me, "I've brought you a surprise, Hilda!" He pulled some items out of his kit bag that thrilled me. There was a set of Egyptian cotton sheets and pillow cases and a set of colorful towels. We still had rationing and could not easily procure sheets or towels.

Because there was a housing shortage, we stayed with Joe and his family. After six months with them, we found a house to rent.

Ted found a job in a factory that made automobile parts. He became an expert as a Metal Model Maker, making, by hand, concept cars that were the "cars of the future." (to be continued)

Pied Piper of Hamelin

Come be part of this hilarious musical production every Tuesday at 2:00 pm in the Community Room.



Look forward to a production in May at Chateau Bothell. Everyone's Welcome !

HAPPY BIRTHDAY

Thelma Cagle	3/01
Inez Squire	3/08
Ed Sundstrom	3/04
Karl Kaibe	3/08
Stu Christensen	3/10
Lila Schultz	3/17
Trudy Lehn	3/24
Helen McGee	3/25
Dorothy Wilcox	3/27
Eleanora Richards	3/27

Scenic Bus Trip



On the 5th of March we will be taking a scenic drive up the Chuckanut Drive. Chuckanut Drive takes you through gorgeous farmlands, in and out of the towns of Allen & Bow. The drive continues all the way to the 1880's brick town of Fairhaven, now a suburb of Bellingham. Lunch will be at The Oyster Bar with a spectacular view of Lake Samish.



Arlington Eagle Festival

Last month on the 6th a group of us left the Chateau for the Arlington Eagle Festival. We were introduced to some pretty amazing birds of prey.

Sarvey Wildlife Center



Sarvey Wildlife's mission is to rehabilitate and release wildlife back into their natural habitat, and for those who can not be released, such as these birds, they are used for educational purposes at various community functions.



Wit and Wisdom

"By the time you're eighty years old you've learned everything. You only have to remember it."

"When I was young I was called a rugged individualist. When I was in my fifties I was considered eccentric. Here I am doing and saying the same things I did then and I'm labeled senile."

"Acting is all about honesty. If you can fake that, you've got it made."

"A good sermon should have a good beginning and a good ending, and they should be as close together as possible."

**COOKIES AND COFFEE
ARE SERVED IN THE
NORTH LOUNGE
DAILY AT 3 P.M.
Come and get together for
some
Conversation.**

Irish Cream Rice Pudding



Ingredients:

1 quart whole milk
1 cup Arborio rice
2/3 cup sugar
3/4 cup dried currants, plumped in warm water and drained
1/2 cup Irish cream liqueur
Butter cookies, for serving

Directions:

1) Preheat the oven to 300. Butter a 9-inch Square baking dish. In a medium saucepan, bring 3 cups milk to a simmer. Add the rice and sugar and stir until the sugar is dissolved. Spread the mixture in the prepared dish, cover loosely with foil and bake for 30 minutes. Stir and continue baking until the rice is tender, about 30 minutes more. Remove from the oven and stir in the remaining 1 cup milk and the currants; let cool.

Divide the pudding among 6 whiskey glasses and top with Irish cream.



Invite your family and friends to a wonderful Irish dinner of corn beef & Cabbage, and stay for the music of the Emerald Bards.

Food Myths: Healthy or Not?

No need to feel guilty about that double shot of Americano that gets you going in the morning. In fact, coffee is looking more and more like a health drink. Among its remarkable benefits, new research shows, coffee may reduce the risk of diabetes, heart attack, gallstones, Parkinson's disease, kidney stones, and cirrhosis. One caveat is that black coffee may lead to thinner bones, especially in women, but the simple solution is to add milk to your coffee.



Committees

Executive Council:

Robin Kontoudios, Pres., Tricia Emory, VP, Dick Johnston, Treasurer, Jim Julius, Adv., Paul Claassen, Joan McGirr, Secretary

Committees and their Chairs:

Activities:

Eleanora Richards, Chair, Darlene McIntosh, Art Reddick, Eleanor Sundell, Susan Weber, Betty O'Brien, Lois Parker, Gerda MacCormac, Joanne Johnson. Ron and Norma Forsman

Hospitality/Welcoming:

Thelma Cagle, Chair, Dick Johnston, Recorder, Loretta Johnston, Card Lady, Al LeMoine, Dorcas LeMoine, Edna Surface, Anna Jungck, Elsie Stevens

Dining Room:

Joyce Julius, Chair; Jim Julius, Robin Kontoudios, Paul Claassen, Edna Elder, Joan McGirr, Dorothea Satterfield, Helen Werner, June Williams.

Building/Grounds and Safety:

Kay Gilmore, Chair, Jim Julius, Recorder, Bob Miller, John Quatsoe, Art Reddick, Tricia Emory, Stu Christensen, Leon Spencer, Eleanora Richards