



MONTREUX News . December 2012

MONTREUX News

Web Site – www.montreux-hoa.org

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PRESIDENT'S LETTER

Judy Fenyk-Melody, MONTREUX HOA President

My thanks to the MONTREUX Board Members and other volunteers who have done such a great job all year of keeping MONTREUX the beautiful and friendly community that it is!

What fun it is to drive through Montreux this time of year when the neighborhood's holiday lights come on at dusk. Is it really only 4 pm when that happens this time of year? Doesn't the Montreux entrance look spectacular? Thank you Myrt Nelson and Chris Steele for your design input to the lighting company! So many Montreux homes are delightfully festive with roofs, trees and bushes showing off their holiday lights. It is fun to see our newest neighbors and homeowners (yes, homes are selling!) showing that they too are ready to welcome the holiday season by expressing their creativeness in outdoor holiday decorations!

Personally, our family is looking forward to having some extra time off from work and school in the coming weeks. We love this time of year when it is allowed to eat a few extra calories, put on a few pounds, and enjoy our time catching up or celebrating with family and friends. The shopping list may not yet be completed, but it doesn't matter! The holidays still come and go like a blink with or without all the "to dos" done. And then, we will be counting down to next year's holidays (and getting back to the gym).

We wish you a very safe, healthy, joyous holiday season and a Happy New Year!

FROM THE EDITORS

Doris & Duane Burke



This is a time of year to reflect on all of our blessings. On a personal note, we celebrate our 63rd wedding anniversary on December 25th - that is our greatest blessing (a tribute to Doris' patience and understanding).

We also celebrate 12-1/2 years as residents of this great community, MONTREUX. We are thankful for our friends and neighbors and appreciate the commitment that all have to keeping MONTREUX a beautiful place to live.

This is also a good time to recognize and express our appreciation for current and past MONTREUX Board Members who have done such a wonderful job of managing the community's affairs! Thank you all. - Best holiday wishes to all!

THOUGHTS FOR THE HOLIDAYS

In the busyness of the holiday season, we offer the following thoughts:

Slow Down

Slow down
Stop the hurry.
Be still and quiet
so the words
that tiptoe along the edge,
that pause just beyond the horizon of thought,
can find you and you can hear them
when they tap-tap at the door
of your heart.

-- Sr. Kay McMullen

Love

Blessed is the season which engages the whole world in a conspiracy of love.

-- Hamilton Wright Mabie

Are you willing to believe that love is the strongest thing in the world - stronger than hate, stronger than evil, stronger than death - and that the blessed life which began in Bethlehem nineteen hundred years ago is the image and brightness of the Eternal Love? Then you can keep Christmas.

-- Henry Van Dyke

The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart. Wishing you happiness.

-- Helen Keller

Did we mention chocolate?

"All I really need is love, but a little chocolate now and then doesn't hurt!"

-- Lucy Van Pelt in Peanuts, by Charles M. Schultz

"There's nothing better than a good friend, except a good friend with chocolate."

-- Linda Grayson

This is my wish for you:

Peace of mind, prosperity through the year, happiness that multiplies, health for you and yours, fun around every corner, energy to chase your dreams, joy to fill your holidays!

-- D.M. Dellinger

TIPS FROM THE CENTER FOR DISEASE CONTROL

Give the gift of health and safety to yourself and others by following these holiday tips. You can sing along to The 12 Ways to Health Holiday Song, listen to a holiday health podcast, and send the song to your friends and family in a holiday health-e-card!

Wash hands often to keep yourself from spreading germs and getting sick. Wash your hands with soap and clean running water for at least 20 seconds.

Bundle up to stay dry and warm. Wear appropriate outdoor clothing: layers of light, warm clothing; mittens; hats; scarves; and waterproof boots.

Manage stress. Don't overcommit yourself and prevent holiday anxiety and pressure.

Get enough sleep.

Don't drink and drive or let others drink and drive.

Be smoke-free. Avoid smoking and secondhand smoke.

Fasten seat belts while driving or riding in a motor vehicle. Always buckle your child in the car using a child safety seat, booster seat, or seat belt according to his/her height, weight, and age. Use a seat belt on every trip, no matter how short the trip.

Get exams and screenings. Ask what exams you need and when to get them. Update your personal and family history.

Get your vaccinations, which help prevent diseases and save lives.

Monitor the children. Keep potentially dangerous toys, food, drinks, household items, and other objects out of kids' reach. Dress warmly for outdoor activities. Develop and reinforce rules about acceptable and safe behaviors including electronic media.

Practice fire safety. Most residential fires occur during the winter months, so be careful to never leave fireplaces, space heaters, stoves, or candles unattended. Have an emergency plan and practice it regularly.

Prepare food safely. Remember these simple steps: wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures, and refrigerate promptly

Eat healthy, and get moving. Eat fruits and vegetables. Limit your portion sizes and foods high in fat, salt and sugar. Be active for at least 2½ hours per week.

STAY HEALTHY DURING HOLIDAY TRAVEL

If you are thinking about traveling during the holidays, but you're worried about staying healthy, I have one piece of advice: Stay home. Don't even think about heading to an airport or spending hours in a tiny space sharing the air with people who are sick.

However, I know that's not a practical solution, so if you're determined to take a trip to visit the relatives or just get away to a different climate over the holidays, here is my best advice to stay healthy while you travel.

- **Hand sanitizer wipes** - Every surface you touch in the airport, in the bathroom, and on the plane is a potential transmission point for germs. As much as you can, wipe down every surface you are going to touch before you put your hand on it. That includes door handles, paper towel dispensers, and even your chair arms in the waiting area and on the plane. I prefer wipes over liquid or gel sanitizer, because once the liquid evaporates, the benefits are gone. My favorite wipes are Herban Essentials, which come in amazing fragrances such as lemon, eucalyptus, lavender, and even peppermint for the holidays. Each wipe is individually wrapped so they are easy to carry. Bring along some extras to share - I always have people ask if they can have one.

- **Protect your nose** - I like to dab a little Neosporin ointment in my nose to help fight off bacteria and other germs. If you tend to get sick easily, give yourself some extra protection by wearing a mask you can pick up at a drug store. If you are sick and absolutely have to travel, please keep your germs to yourself. Buy a mask and wear it for the duration of your travels. Everyone around you will thank you.

- **Boost your immunity** - I like to take EmergenC as a precaution before I travel and while I'm away from home. It provides a big dose of vitamin C, as well as other nutrients, to help boost your immune system. It comes in a variety of flavors as a powder in single serve packets. Just pour a packet into a 16-ounce water bottle, shake well, and you'll be boosting your immunity while you stay hydrated.

- **Hydrate** - Make sure you drink plenty of water while you are away from home. You can't take water through the security checkpoint at the airport, but once you pass the detectors, you can pick up a bottle and get started on it in the waiting area, before taking it with you on the plane. If you bring your water with you, you won't have to wait for the flight attendants to get everyone settled or start their drink service. If you forget to pick up a bottle - or if you finish it off - just ask the flight attendants for more. Some will even give you the entire bottle if you ask.

- **Pack a snack** - Your fellow passengers aren't the only ones who can pass on germs while you travel. Flight attendants can easily pass germs from one person to another. So if possible, pack your own snacks for the trip so you won't be tempted to eat food that was touched by someone who might be sick. Just remember, the 3-ounce TSA rule for liquids applies to things like salad dressing. Sunflower seeds, nuts, and other dry items are a good choice.

- **BYOM** - Bring your own magazine. Don't handle the items in the seat pocket in front of you unless you have to.

Once you land, don't think you're safe from germs just because you made it through your flight. Be as careful in your destination airport as you were at your departure area. Use your wipes to clean bathroom door handles, or open them with a tissue. As soon as your luggage comes off the carousel, wipe off the handles. Also, don't forget to wash or wipe your hands often, especially after you touch a public surface like the handrail on an escalator.

Staying healthy isn't easy when you're traveling, because you can't control everything in your environment. You can be your own best health advocate by thinking ahead before you touch anything and consciously working to stay as germ-free as possible while you are away from home.

Michelle King Robson (pronounced robe-son) is one of the nation's leading women's health and wellness advocates.

EASING TENSIONS OVER THE HOLIDAYS

For many, the holidays are associated with family celebrations and long-held traditions. While these events can be experienced as loving and supportive, all of this holiday closeness with family members can be stressful.

The following suggestions can help reduce normal tensions.

Call a truce on unfinished business. Avoid disagreeable topics and focus on the positives of enjoying your time together.

Don't overextend yourself with family traditions. Simplify things. When needed, create new traditions that are more fun and less stressful.

Don't forget your immediate family. Include them in the fun of holiday planning and preparation. Remember that things do not have to be elaborate to be enjoyable.

Approach time spent with difficult relatives with a new attitude. Including good friends in your traditionally "family only" celebrations may help to ease tensions.

Maintain a sense of humor.

Take care of yourself. Schedule some alone time daily.

Don't deny feelings of grief that may be part of the holiday. Family members may have different ways of reacting and coping with a loss during the holiday season.

Remember the true meaning of the holidays and the importance of family.

Focus on having fun, and enjoy this holiday season with your family and/or special friends.

This article has been edited from the original.

UW CareLink – Faculty and Staff Assistance Program with services provided by APS Healthcare is available to help you manage the holidays, family, or any personal concerns that may be causing you stress. Call for confidential assistance.

UW CareLink is available 24 hours a day, seven days a week at toll-free 1-866-598-3978.

Source: Inter Personal Best

HOLIDAY TIPS FROM LAW ENFORCEMENT

Following is the most comprehensive list of police tips that we found posted on the Internet.

Holiday Safety Tips

The following Holiday Safety Tips were compiled, in cooperation with the LAPD Crime Prevention Section, to contribute to the safety and security of people during the holiday season. The holiday season is always a special time of year. It is also a time when busy people become careless and vulnerable to theft and other holiday crime. We can never be too careful, too prepared or too aware. Please share this information with family, friends and neighbors.

Driving

Avoid driving alone or at night.

Keep all car doors locked and windows closed while in or out of your car.

Set your alarm or use an anti-theft device.

If you must shop at night, park in a well-lighted area.

Avoid parking next to vans, trucks with camper shells, or cars with tinted windows.

Park as close as you can to your destination and take notice of where you parked.

Never leave your car unoccupied with the motor running or with children inside.

Do not leave packages or valuables on the seat of your car. This creates a temptation for thieves.

If you must leave something in the car, lock it in the trunk or put it out of sight.

Be sure to locate your keys prior to going to your car.

Keep a secure hold on your purse, handbag and parcels. Do not put them down or on top of the car in order to open the door.

When approaching or leaving your vehicle, be aware of your surroundings.

Do not approach your car alone if there are suspicious people in the area.

Ask mall or store security for an escort before leaving your shopping location.

Automated Teller Machine (ATM)

If you must use an ATM, choose one that is located inside a police station, mall, or well-lighted location. Withdraw only the amount of cash you need.

Protect your PIN by shielding the ATM keypad from anyone who is standing near you.

Do not throw your ATM receipt away at the ATM location.

Shopping

Shop during daylight hours whenever possible. If you must shop at night, go with a friend or family member.

Dress casually and comfortably.

Avoid wearing expensive jewelry.

Do not carry a purse or wallet, if possible.

Always carry your Driver License or Identification Card along with necessary cash, checks and/or a credit card you expect to use.

Even though you are rushed and thinking about a thousand things, stay alert to your surroundings.

Avoid carrying large amounts of cash.

Pay for purchases with a check or credit card when possible.

Keep cash in your front pocket.

Notify the credit card issuer immediately if your credit card is lost, stolen or misused.

Keep a record of all of your credit card numbers in a safe place at home.

Be extra careful if you do carry a wallet or purse. They are the prime targets of criminals in crowded shopping areas, transportation terminals, bus stops, on buses and other rapid transit.

Avoid overloading yourself with packages. It is important to have clear visibility and freedom of motion to avoid mishaps.

Beware of strangers approaching you for any reason. At this time of year, "con-artists" may try various methods of distracting you with the intention of taking your money or belongings.

Children

If possible, leave small children at home with a trusted babysitter.

Teach your child to go to a store clerk and ask for help in case your child is separated from you.

Teach children to stay close to you at all times while shopping.

Never allow children to make unaccompanied trips to the restroom.

Children should never be allowed to go to the car alone and they should never be left in the car.

Teach children their full name, address and telephone number to give to police officers or mall security. Teach children to immediately inform you if a stranger is bothering them.

At Home

Be extra cautious about locking doors and windows when you leave the house, even for a few minutes.

When leaving home for an extended time, have a neighbor or family member watch your house and pick up your newspapers and mail.

Indoor and outdoor lights should be on an automatic timer.

Leave a radio or television on so the house looks and sounds occupied.

Large displays of holiday gifts should not be visible through windows and doors of your home.

When setting up a Christmas tree or other holiday display, make sure doors and passageways are clear inside your home.

Be sure your Christmas tree is mounted on a sturdy base so children, elderly persons or family pets cannot pull it over on themselves.

If you use lights on your Christmas tree ensure the wiring is not damaged or frayed. Frayed or damaged wiring can cause a fire.

Place your Christmas tree in water or wet sand to keep it green.

Never place wrapping paper in your fireplace.

Operation Identification

The goal of Operation Identification is to deter property-related crime and to assist the Los Angeles Police Department in their efforts to find and return stolen or lost property to its rightful owner. Remember the following:

Mark gifts with your Driver License or Identification Card number.

Do not use your Social Security Number.

For items that cannot be marked with an engraver, photograph or videotape the items.

Strangers at Your Door

Be aware that criminals sometimes pose as couriers delivering gifts.

It is not uncommon for criminals to take advantage of the generosity of people during the holiday season by soliciting donations door-to-door for charitable causes although no charity is involved.

Ask for their identification, and find out how the donated funds will be used. If you are not satisfied, do not donate.

Donate to a recognized charitable organization.

Hosting a Party

Have non-alcoholic beverages available for party guests.

Find alternative transportation for intoxicated guests.

Arrange for an official designated driver for your party who will not drink at all.

Attending a Party

Have something to eat before consuming alcoholic beverages.

Eat high protein foods that will stay in your stomach longer and slow the absorption of alcohol into your system.

Remember only time will eliminate the alcohol from your body.

Know your safe limit.

Never drink and drive.

TIPS FOR PET SAFETY OVER THE HOLIDAYS

"There are ten common hazards that pet owners should be aware of at this time of year," says Doctor Doug Aspros, President of the American Veterinary Medical Association. "If you keep these at the top of your mind and away from pet, everyone will enjoy the holidays free from trips to the emergency clinic."

10) Table scraps: Mother was right; don't feed the dog under the table.

9) Candy: There are a number of things about candy that are bad for pets, but among the worst is the wrapper.

8) Decorative injuries: The decorations you set up around the house may look great, but they could be a source of injury for your pets.

7) Tasty decorations: Some decorations are so pretty they look good enough to eat.

6) Flowers and plants: Many times we put out new plants, flowers or trimmings, depending on the holiday, and these can be poisonous and deadly.

5) Sugar-free snacks: Xylitol is a common artificial sweetener in baked goods and sugar-free gum and candy. It's also poisonous for dogs.

4) Chocolate: Chocolate is a big part of many holiday celebrations, but not for pets.

3) Guests: Many pets can become downright panicked when faced with a lot of new visitors.

2) Candles: A lit candle can provide a real hazard.

1) Pets as presents: The American Veterinary Medical Association (AVMA) advises against giving pets as presents, because the recipient doesn't have the opportunity to have an active role in selecting the animal.

For more holiday pet safety tips, visit www.avma.org.

About AVMA

The American Veterinary Medical Association (AVMA), established in 1863, is a not-for-profit association representing more than 82,500 veterinarians working in private and corporate practice, government, industry, academia, and uniformed services. Structured to work for its members, the AVMA acts as a collective voice for its membership and for the profession.

MONTREUX BOARD MEMBER REPORT

Covenants, Conditions, and Restrictions (CC&R)

John Kuechle - CC&R Enforcement Officer

A reminder on these dark nights that driveway entrance lamps, with automatic on-off device (timer or light sensor), must be properly functioning; as this is necessary due to absence of conventional streetlights in Montreux. Also, it is a good idea to keep vehicles off the streets and courts so that snow-plows can adequately clear them if necessary.

Have a Happy Montreux Holiday!

RECOMMENDED SERVICE PROVIDERS

One or more Montreux residents have recommended the following service providers

Yard Maintenance

Sear An, tel. 206-434-9684

Lotus Landscape Design, tel. 425-378-7789

<http://www.lotuslandscapedesign.com/review.php>

RB Landscaping, tel. 206-293-7769, 206-251-5436

Gutter Cleaning

Chad Sullivan, tel. 425-444-2423

unclechaddy@yahoo.com

Wayne Whitney, tel. 206-354-9406

House Cleaning

Brenda's Home Cleaning, tel. 206-293-7547, Brenda Aguilar - owner

Homecleaningmakeover@gmail.com

Norma Palayo - owner, tel. 253-486-7172

Carpet Cleaning

George Andrew Sedlack, owner; office: 206-283-9915, cell: 206-730-5825

Dog Walking

Austin Melody, tel. 425-283-6480

Reily Wilken, 425-223-5996

Tara Woo, 425-533-6446

Garage Doors

All City Door, Inc., tel. 425-865-8188

Ric's Garage Door Repair, tel. 425-827-6257

Electrical

WE Electric Contracting, tel. 425-508-6382, Jake Longfellow, Owner

Sprinklers Systems & Backflow Testing

Alpine Sprinklers, tel. 425-391-8701

Painting

Antonio Roman, tel. 425-443-8590

Granite Countertops

Costco, tel. 425-313-0965

Roofing Contractors

CERTIFIED CONTRACTORS, INC.

1551 127th Place NE, Bellevue, WA 98005

(425) 646-9441 (425) 451-3904 (Fax) (888) 206-3676 (Toll Free)

Medical & Dental Services

Mayo Clinic, Rochester, MN, tel. 507-284-2111

Dr. Robert L. Frye, Cardiologist

Overlake Clinic & Hospital, Bellevue, tel. 425-688-5000

Dr. Joseph W. Doucette, Cardiologist

Dr. Allen J. Geltzer, Internist

Overlake Clinic, Issaquah, tel. 425-313-0151

University of Washington Medical Center, Seattle, tel. 206-598-3300

Dr. Michael Rizen, Ophthalmologist, Eye Clinic of Bellevue, tel.425-454-7912

DD. Kris Swanson, Dentist, Overlake Clinic, Bellevue tel.425-454-4434

Accounting

Laurel Rich, Bettinger, Mifflin, Rich CPA Group, tel. 425-827-8771

Athletic Clubs

Bellevue Club & Hotel, Bellevue, tel. 425-454-4424

Sue Henderson, water aerobic instructor, 425-637-4610

Landscape Improvements

Legacy Landscaping, Tel. 425-391-3134

Who to Call for Help
MONTREUX HOA BOARD MEMBERS

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REAL ESTATE UPDATE

December 2012

By Susan Gardner

Keller Williams Realty Bellevue

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<http://susan-gardner.com>

High Demand, Low Inventory Sparking Multiple Offers in the Pacific Northwest

(Highlights from the NW Multiple Listing Service's 12-05-12 Northwest Reporter):

- There were 6,522 pending sales last month, which was the highest total for November in six years. Closed sales and selling prices also rose during November vs. a year ago, while the selection continued to shrink.
- There continues to be extremely low inventory levels and high buyer demand which is causing **multiple offers in many local areas**.
- Inventory fell more than 31 percent from 12 months ago. Condo inventory is at half the year-ago levels.
- Prices on last month's closed sales of single family homes and condos jumped 14.9 percent from a year ago, the largest year-over-year increase since July 2006 when prices surged 15.5 percent. Twelve counties reported double-digit gains in the number of closed sales compared to the same month a year ago.
- This is the first "**Seller's Market**" we have seen since 2007.
- **The bottom of the market has "come and gone."**

Seattle has just been ranked as the #9 best Seller's Market in the country: <http://www.cnbc.com/id/100306069>

Freddie Mac says mortgage rates staying low, property values to rise in 2013: <http://blogs.wsj.com/economics/2012/12/10/freddie-mac-mortgage-rates-to-stay-low-property-values-to-rise-in-2013/>



Photo courtesy of Tim Durkan Photography



Merry Christmas and Happy Holidays