



EMPLOYEE PICNIC!

July 22, 2010

Doug Allen Sportsfield

The employee picnic, sponsored by the Wellness Committee, will be held at lunchtime this year on Thursday, July 22. The time is from 11:30 am to 1:30 pm so whenever your lunch break is, you can come on up! There will be FOOD, games, and activities. More details to follow. The theme this year is "Getting to Know You!" So c'mon up and get to know your fellow coworkers better!

Tired? Groggy? In Need of a Nap?

Submitted by the Wellness Committee

You might be suffering from a poor night's sleep! Join Dr. Catherine Darley from the Institute of Naturopathic Sleep Medicine as she discusses common sleeping problems such as sleep apnea, broken sleep and insomnia - and what you can do about them! **Thursday, July 8** at noon in the Police Department Community Room. Please register on COBNet.

Battle of Bothell: The PREMIER Lacrosse Tournament on the West Coast

Submitted by Stan Kosick, Community Development

Did you know that hundreds of lacrosse players converged right here in Bothell last month? From June 18 to June 20, the Battle of Bothell was host to 60+ lacrosse teams from California, Oregon, and Washington. This is an annual event, so don't miss out next year.

For more information, please contact Stan Kosick at ext .4413.



Get Green Smart! Employee Library Now Available

Available items include:

- Food Inc.
- Food, Inc. Participants Guide
- Green Housekeeping
- Green Remodeling
- Toolbox for Sustainable City Living
- GreenGreenerGreenest
- The Lazy Environmentalist
- A Crude Awakening

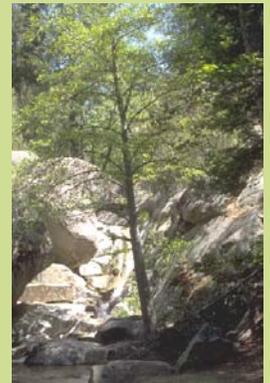
To check out a book, email Sabrina Combs at Sabrina.Combs@ci.bothell.wa.us and she will send it to you via interoffice mail.

Landscaping and Buffers

Everything in the natural landscape slows and absorbs rain water runoff, beginning with trees and soils. As more land is developed, its ability to capture, slow, and absorb stormwater runoff is greatly diminished. Every year in Western Washington, about 24,000 acres of land is converted to rural-residential and urban development. Less forestland, more development, and altered rivers mean when big storms come, the natural landscape can't slow the water and soak it up. Instead of dissipating in the ecosystem over days, the rain floods homes and businesses, destroys pavement, erodes soils, and devastates natural habitat.

This is why it is so important to maintain our natural landscaping and buffers surrounding our water systems to help slow and absorb stormwater flow and provide a minimum amount of water quality.

-Information provided by Lynda Mapes from the Seattle Times





NEW COLUMN!

Pau Hana Time

Bothell city employees are not only awesome at their jobs, it turns out they have fascinating hobbies and unique skills that they put to use outside of their city jobs. To celebrate all this talent in our midst, the P.R.I.D.E. Post is debuting a new column: "Pau Hana Time," which, in Hawaiian, means "after work time."

Christine Palmer: Historical Haute Couture

Since 2006, I have had the honor and privilege of volunteering as a model for the Seattle Goodwill Vintage Fashion program. Beginning in the 1950s, staff at Seattle Goodwill selected and saved heritage apparel from among the donations received. By the 1980s, the collection was vast and varied with garments, hats, shoes, and accessories dating back to the 1850s. Volunteer models (women, men, and children) began showing this vintage apparel for a fee at local clubs, historical societies, private homes, and retirement facilities accompanied by an enhancing historical narrative for each costume displayed. Audiences acclaimed the shows because the garments on the models were authentic, not retro reproductions. Think of it like an Antiques Roadshow fashion show. Did you know that old silks and satins were heavier and more luxuriant than their modern counterparts? Wool used to be scratchier and early zippers hardly ever worked well. Platform shoes from the 1940s are more comfortable than today's, and before the 1920s men and women wore so many layers that they needed help getting dressed.

Today the Goodwill Vintage Fashion program is so popular among Pacific Northwest audiences that it receives more requests for shows than it can provide. Shows are often presented with themes: swimwear, weddings, World War II, Victorian, 1920s and so on. For special shows, local professional hairdressers donate their services to create authentic coiffures to go with the clothes. Although modern textile conservation techniques are employed to maintain the apparel, the costumes are not museum quality and so can be worn for short periods during the fashion shows. Goodwill staff members provide the historic research for the narrative accompanying each show, and sometimes period music completes the atmosphere. And, best of all, the shows generate funds for Goodwill's job training program.

For more information and to book a show, please visit: <http://www.seattlegoodwill.org/getinvolved/vintagefashioncollection>

Note from the PIO: If you would like to nominate a coworker (or yourself!) for this column, please send me an email at joy.johnston@ci.bothell.wa.us. Out of respect for privacy, I'll always check to make sure it's okay to publish information before it appears in P.R.I.D.E. Post. Thanks to Christine for sharing!

Cool Info from the Green Team!

Submitted by Sabrina Combs, Public Works

- **The movie *Good Food* is playing at the Bothell Library** on Sunday, October 10 at 2 pm for FREE. Visit sustainablebothell.com to sign up.
- **New books and DVDs added to the Employee Green library!** We now have *Addicted to Plastic*. Email RecycleBothell today to request a list of titles or simply request Sabrina send you one.
- Did you know there are **two farmers markets in Bothell?** One on Fridays at Country Village from 3-6pm and there is one on Saturdays in the parking lot across from the courthouse.
- If you are looking for tips and ideas for **how to recycle more** because it's easy to do...visit the King County "Recycle More. It's Easy to Do" facebook page at <http://www.facebook.com/home.php?#!/recyclemore?ref=ts> from home.
- **If there is a program or topic that you are interested in the Green Team exploring** please email RecycleBothell and ask about it.
- **Wheel Options is coming soon to a worksite near you so get ready to try out commuting for 2 days during the trial period.** Just two days and you are entered into a drawing for prizes from the state program as well as raffle prizes for employees only. Try talking to co-workers now to see if there is a way to try carpooling. Contact Sabrina Combs for more details

This edition of P.R.I.D.E. Post was distributed electronically (with a few copies at City facilities). Going electronic saved about 1500 sheets of paper!

Thank you!



P.R.I.D.E. Post

*Professionalism, Respect, Innovation,
Dependability, Employee Accountability*



City of Bothell™

City of Bothell Employee Newsletter
Also available on COBnet

October 2010

Upcoming Events

Mark Your Calendars!

Annexation Open House

October 6, 6-8 pm
Bothell High School

Flu Shots

October 7
7:15-10:30 am & 3-6 pm
PD Community Room.

Annexation Open House

October 13, 6-8 pm
Frank Love Elementary School

Annexation Open House

October 20, 608 pm
Northshore Junior High School

Annexation Open House

October 27, 608 pm
Canyon Creek Elementary

Brown Bag Lunch

Join City Mgr Bob Stowe!
October 26, noon
Canyon Park Fire House

Next Deadline for
P.R.I.D.E. Post
articles:

October 25, 2010

Natural Yard Care Tips for the Fall

Submitted by Janet Geer

Fall is a great time for planting in Western Washington! Planting in the fall allows you to provide less maintenance and irrigation which saves time, money, and water while helping to protect our water quality.

Transplanting is difficult on a plant and the moist, aerated soils in autumn allow the plant time to adapt and expand their roots. A plant installed in the spring barely has time to recover before having to deal with expansive growth and summer drought. This is why plants installed in the fall will usually outgrow those installed during the spring.

Fall is also the best time to spread compost or organic fertilizer on your lawn and garden. Spread and rake in ½ inch on your lawn to improve the soils and help suppress pathogens. Cover your garden soils with 4-6 inches to maintain an even soil temperature, suppress weeds, and encourage worms and macro-organisms to aerate your soils. For more tips visit the King County website and search "Natural Yard Care" or contact Janet Geer janet.geer@ci.bothell.wa.us Happy Gardening!



Do You Know Where Your Pumpkin Goes After Halloween?

Submitted by Sabrina Combs



In October, pumpkins can be found everywhere – from Halloween decorations to garden accessories. But when the season begins to pass, don't forget that pumpkins do not need to go in the trash...you can compost them! Simply remove the candle and wax from your jack-o-lantern, or for uncut pumpkins leave them whole, and place them in your yard waste/food scrap cart for composting. By disposing of your pumpkin this way, its remains can live another life as compost and help in creating a whole new crop of good food for seasons to come.