

Greetings to all!

All is well with the Arntz family!

Having never had the inclination to move from home, Josie and I continue to enjoy all the splendor and beauty of Seattle. It seems even more wonderful now, as all but one of our kids, having briefly left for collage and grad school, have chosen to return and make Seattle their home. We have hope that our youngest, Amanda, who lives and works in San Francisco, will soon follow.

Joy and wonder is now part of our daily lives with the addition of our first grandchild Henry who is now 21 months old. Maybe it's maturity, maybe I'm more awake, but this "second time around" is a pretty special blessing. We are excited for the arrival of Henry's younger brother in early March.

We celebrated our daughter Kristina's wedding at our home this past August. Two down, two to go. My recommendation is to start to save early. Life is good, very good!

After a couple of health scares, Josie and I are now even more aware of our numerous blessings. We appreciate the opportunity to spend time with family and friends. We also enjoy playing golf, boating and traveling. I have been doing some oil painting. Most of my paintings look like they were performed by a six-year-old, but I'm enjoying the journey.

I continue to practice in Renton, just south of Seattle, with a great group of 14 partners who are also my good friends. Over the years my practice has morphed from hand and shoulder to now predominately shoulder. I am happy to say that I look forward to going to work most days and I plan to practice another six to seven years. Knowing how quickly this time will pass, Josie and I are having fun planning the next chapter of our lives.

Blessings to you all.