

January 2006						
Sun	Mon	Tue	Wed	Thur	Fri	Sat
1 New Years	2 Tai Chi 10am	3 Waiting list opens	4 Tai Chi 10am	5 Coffee 10am	6 Tai Chi 10am	7
8	9 Tai Chi 10am	10	11 Tai Chi 10am	12 Coffee 10am	13 Tai Chi 10am	14
15	16 Tai Chi 10am	17	18 Tai Chi 10am	19 Coffee 10am	20 Tai Chi 10am	21
22	23 Tai Chi 10am	24	25 Tai Chi 10am Board Mtg 7pm	26 Coffee 10am	27 Tai Chi 10am	28
29	30 Tai chi 10am	31				

YOUR BOARD OF DIRECTORS

President	Alfonso Baute
Vice President	Blair Mcleod
2nd Vice President	Ed Healy
Secretary	Robert Calvo, EdD.
Treasurer	Margaret Saunders
Alternate	Rick Caughey

An **Emergency** is a situation that threatens human life or personal property and demands immediate attention, i.e., Medical, Burglary, Fire, Theft and Assault - **DIAL 9 1 1**

EASTERN GARDENS TATTLER



Volume 3 Issue 1

January 2006

A New Year - A New Beginning and a resolution worth keeping

The song, "Auld Lang Syne," is sung at the stroke of midnight in almost every English-speaking country in the world to bring in the new year. An old Scotch tune, "Auld Lang Syne" literally means "old long ago," or simply, "the good old days." It asks the question, should old acquaintance be forgotten and never brought to mind. It makes you wonder.

We usher in the New Year filled with hope and the expectation that things would be different. We work on losing a few-or a lot-of pounds, or we decide to start working out, or we get more organized. By February all our resolve dissolved.

We empathize on what loser's we were in the resolution department. Wouldn't it be better if this year we focused on what is on the inside ...where everything starts...our attitude? What could we focus on that would help us have a happier new year? While researching New Years the answer believe it or not, confession and forgiveness are prominent resolutions on New Years Eve in many countries and for many religions.

In Japan forgetting-year parties are held to let go of the old year. On December 31st bells are rung 108 times in Buddhist temples, they believe that once listeners have heard all 108 chimes they've been relieved of each sin. What a wonderful way to start the new year. No promises you might break, just forgive and forget and get on with life.

The Romans named the first calendar month for Janus, a Roman god depicted with two heads, one looking forward and the other back to distinguish a break between the old and the new.

The Jewish religion commemorates four New Year celebrations to symbolize the casting away of sins and actions of the past year praying for forgiveness and to seek atonement on "Yom Kippur."

With all the wild reveling that takes place around the world on New Years Eve, it's comforting to know that for many, New Years has a hallowed tone and the resolutions are about repentance and forgiveness.

Although Auld Lang Syne has been sung on New Years for many years, most of us never really pay attention to the words. Should old acquaintance be forgot and never brought to mind? Sometimes yes! If these old friends and/or family have hurt you and that hurt is still burning within you. But try and forgive them first. Heal the memories. then let it go.

Here's our chance to start again. Try shedding the baggage of resentment from years long gone, it's not easy, no change is. But it's worth the effort to try. And next New Year, we'll be reminded of our efforts and we can try again. Good Luck!! **I WISH YOU AND YOURS A HAPPY AND PEACEFUL NEW YEAR!**

Theresa Williams
Community Director



Eastern Gardens Management Team

Office Hours

Community Director: *Theresa Williams*

Maintenance Tech: *Bill Reed*

Sr. Regional Manager: *Gary Haugstad*
FPI Management, Inc.



Mon - Fri 8:00 a.m. - 5:00 p.m.

Wednesday's Only 9a.m. - 6pm

Sat - Sun Closed

Office Ph.: 916.489.1604

FPI Bldg. Emergency Ph.:

Monthly Potluck

There will not be a potluck function for this month. However, a movie night will take place mid month. Kathy Kent will post details in the clubhouse and laundry rooms.

Board of Directors for 2006

The following members have been elected to serve on Eastern Gardens Board of Director's:

- Alfonso Baute - President
- Blair Mcleod - Vice President
- Ed Healy - 2nd Vice President
- Robert Calvo, EdD. - Secretary
- Margaret Saunders - Treasurer
- Rick Caughey - Alternate

Appreciation goes out to the past Board members for all their efforts and support demonstrating a commitment and sacrifice making Eastern Gardens a much more enjoyable and pleasurable place to live.

To the Board of Directors for 2006, may you find the cooperation and satisfaction that is needed and deserved, to help you fulfill the needs for the people of the community for a prosperous new year. Many thanks and luck to all of you!

Maintenance Tip

Moisture Prevention

To prevent moisture buildup, utilize stove and bathroom exhaust fans and leave them on until steam is gone.

Condensation, which indicates that fresh air, is not being circulated in the home. To prevent this, open your windows and air out your home for short periods of time. Report any running or dripping faucets, plumbing and roof leaks, discoloration of walls or water intrusion, immediately to the office.

THOUGHTS....

God grant us this year a wider view,
 So we see others' faults through the eyes of You;
 Teach us to judge not with hasty tongue,
 Neither the adult..nor the young.
 Give us patience and grace to endure
 And a stonger faith so we feel secure;
 And instead of remembering, help us forget
 The irritations that caused us to fret.
 Freely forgiving for some offense
 And finding each day a rich recompense,
 In offering a friendly, helping hand
 And trying in all ways to understand,
 that all of us whoever we are...

Are trying to reach "an unreachable star."
 For the great and small..the good and bad,
 The young and old...the sad and glad,
 Are asking today, "Is life worth living?"
 And the answer is only in "loving" and "giving."
 For only "Love" can make man kind
 And Kindness of Heart brings Peace of Mind,
 And by giving love we can start this year

To lift the clouds of hate and fear.
 ~Helen Steiner Rice~

January in History

- 6th**-Telegraph demonstrated by Samuel Morse on 1838.
- 9th**-Dear Abby published 1956.
- 11th**-Amelia Earhart's first flight 1935.
- 13th**-Frisbees by Wham-O produced 1957.
- 15th**-First Superbowl Game 1967.
- 23rd**-First medical degree to a women 1849.
- 24th**-First beer in cans 1935.
- 31st**-Twist off Bottle Cap invented 1956.

Keep your Apartment from Feeling Lonely

Here are some tips from history's great writers to help you make apartment living more inviting:

* *"Where thou art - that- is home."* Emily Dickenson - If home is where you are, then make your home a reflection of who you are. Put things around you that express your beliefs, emotions and interests. On your next visit to "the folks" ask them to share some mememtoes that bring a smile to your soul. Go through some old photographs and put them into fresh new frames. Create a grouping of your favorite people. Add fresh flowers.

* *"It is a miserable thing to feel ashamed of home."* Charles Dickens - Even if you do want to invite people over so you won't be lonely, you won't be as lonely, you won't be as likely to play host if your apartment is uninviting. No one expects you to decorate like House and Garden, but they do expect not to have to sit on the floor to watch the game or lisen to CD's. Even if you have old, mis-matched furniture you can still decorate with hospitality and the comfort of others in mind.

"The ornament of a house is the friends who frequent it." Ralph Waldo Emerson - Learn some points of hospitality that will make you feel more comfortable entertaining in your home. A cooking class or wine tasting event can not only introduce you to more people, but give you pointers on easy foods to make and drinks to serve as well as open up new topics of conversation. Start collecting recipes and party ideas from other hosts and hostesses you admire.

"The dog is a lion in his own house." a Persian proverb - Put things around you of your own choosing. Your home is a place where you can express yourself. Your apartment can be yet another way that you get to learn more about who are and what you want out of life.

"The most fortunate of men, be he a king or commoner, is he whose welfare is assured in his own home." Goethe - Take care of the basics so that you can enjoy your home. That means taking care of yourself financially, keeping bills paid and debt under control. Personal safety is important, too. Make sure the path to your home is well-lit and the locks on your doors are bolted tight. Keep a list of emergency numbers handy. Get to know your neighbors, so that you are aware of any unusual or suspicious activity.

"Let a man behave in his own house as a guest." Ralph Waldo Emerson - Treat your things with respect. Pick up after yourself. Put away clutter. Treat your home as if you aren't alone.

"Tis ever common that men are merriest when they are from home." Shakespeare - Get out of the apartment when you are feeling blue. Get some fresh air, hear some music, go to the bookstore for a latte and read the free newspapers. Volunteer your time to a worthy cause. Blow the cobwebs away.