

June 2005						
Sun	Mon	Tue	Wed	Thur	Fri	Sat
	Tai Chi 10am		1 Tai Chi 10am Bookmobile	2 Coffee 10am	3 Tai Chi 10am	4
5	6 Tai Chi 10am	7	8 Tai Chi 10am	9 Coffee 10am	10 Tai Chi 10am Movie Night 7pm	11
12	13 Tai Chi 10am	14 Flag Day	15 Tai Chi 10am	16 Coffee 10am	17 Tai Chi 10am	18
19 Father's Day	20 Tai Chi 10am	21 Summer Begins	22 Board Mtg 7pm Tai Chi 10am	23 Coffee 10 am	24 Tai Chi 10 am Movie Night 7pm	25
26	27 Tai Chi 10am	28	29 Tai Chi 10am	30 Coffee 10am		

YOUR BOARD OF DIRECTORS

President Alfonso Baute
 Vice President June Robinson
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 Margaret Saunders

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



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June 2005

Commission on Human Rights

The United Commission on Human Rights is the world's foremost human rights forum. Established in 1946 to weave the International legal fabric that protects our fundamental rights and freedoms, its brief has expanded over time to allow it to respond to the whole range of human rights problems. The Commission sets standards to govern the conduct of States, but it also acts as a forum where countries, non governmental groups and human rights defenders around the world can voice their concerns. The Commission is composed of 53 States members. The Commission adopts about a hundred resolutions and decisions on matters of relevance to individuals in all regions and circumstances. It is assisted by the Sub-Commission on the Promotion and Protection of Human Rights, working groups, individual experts, representatives and rapporteurs mandated to report to it on specific issues. In 2005, the Commission will hold its sixty-first session. Main themes

are the right to self determination; racism; right to development; the question of the violation of human rights and fundamental freedoms in any part of the world; economic, social and cultural rights; civil and political rights; freedom and expression; the independence of the judiciary, impunity and religious intolerance; the human rights of women, children, migrant workers, minorities and displaced persons; indigenous issues; including the work of the Sub- Commission, national institutions, advisory and technical cooperation in the field of human rights. One of the most important tasks for the Commission is the elaboration of human rights standards. In 1948 it concluded work on the landmark Universal Declaration of Human Rights. Standards developed consists of civil and political rights; economic, social and cultural rights, . elimination of racial discrimination and the rights of the child and human rights defenders. The Commission's success is measured by its ability to make a difference to the lives of individuals.



Eastern Gardens Management Team

Community Director: *Theresa Williams*
 Maintenance Tech: *Ramon Lara*
 Sr. Regional Manager: *Jim Collins*
 FPI Management, Inc.



Office Hours
 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 Emergency Ph: 916.357.5300

BIRTHDAY'S THIS MONTH

Happy Birthday to every resident who is celebrating a birthday this month. We wish you good health, happiness, and many returns. May all your wishes come true.

June Potluck:

No potluck for June.

July Potluck:

We'll fire up the grills and provide hot dogs, hamburgers, buns and condiments. Please bring a side dish, such as salad, cole slaw, potato or macaroni salad, assorted melon, baked bean, assorted chip, dip, cheese, fruit, dessert, drink, etc.

July 4th-Monday-5:30 p.m.

Outdoors in the picnic area-weather permitting. Clubhouse will also be opened.

Bring a food item and/or beverage items to serve approx 6 people or a \$4.00 donation w/o food. RSVP no later than July 2.

This courtesy helps provide a good variety of food. Hosts: Rich & Kathy Kent, #44 (Ph: 482-1533). Thanks!

MOVIE NIGHT

DATE: Friday, June 10 & 24

TIME: 7:00 pm

WHERE: Eastern Gardens Clubhouse

MOVIE:"SPACE COWBOYS" 6/10

Starring Clint Eastwood, James Garner, Donald Sutherland, and Tommy Lee Jones. These test pilots trained for their leap into space being replaced by a chimpanzee and four decades later being brought out of retirement to repair a Russian satellite that imperils earth.

MOVIE:"ON THE BEACH"6/24

Starring Gregory Peck, Ava Gardner, and Fred Astaire. The war is over. Only the inhabitants of Australia and the men of US sub Sawfish have escaped destruction. Peck takes his ship on a mission to see if an approaching radiation cloud has weakened but returns with grim news. Each person confronts the grim situation in their own way. Astaire realizes a lifetime Grand Prix ambition; Ava reaches out for a chance at love...

Feel better about yourself

- * Pick out one feature you like about yourself.
- * Write a list, of everything you've accomplished in the last 30 days. No matter how small, it may seem.
- * Smile at everyone you see today, and say hi.
- * Do something nice, for someone in need.
- * Tell everyone you know, something you like about them, you'll be surprised at how happy you'll make them as well as how good it will make you feel.
- * Look in the mirror, and tell yourself, you're a good person. Talk to yourself and point out all the good things you do for other people.
- * Give yourself a relaxing foot massage.
- * Take time for yourself, relax and read a book.
- * Buy yourself some flowers just because.
- * Go to the park and play on the swings.
- * Take a nature walk with (that) those special person's in your life.
- * Remember the last time you laughed and feel it now.

This month is in celebration and gratitude to our Father's and the Legacy of the United States Flag of America!

FATHER'S DAY

The first Father's Day was observed on June 19, 1910 in Spokane, Washington. In 1924 President Calvin Coolidge supported the idea of a national Father's Day. In 1966 President Lyndon Johnson signed a presidential proclamation declaring the third Sunday of June as Father's Day.

Did You Know?

* An estimated \$1 billion is spent each year in the US for Father's Day gifts, but Dad is still paying the bill when it comes to telephone calls from the kids. Father's Day ranks #1 for the day that most collect calls are made according to AT&T. But dads receive far fewer greeting cards than moms. About 140 million moms receive cards for Mother's Day, compared to just 90 million dads getting Father's Day cards. * According to the latest Census Bureau figures, there are 36 million dads with kids under age 18 in the U.S. But not all offspring are leaving the nest at adulthood. Nearly 1 million fathers are still providing room and board for their kids aged 18 to 24.

A FATHER'S THANK YOU

To those of you who laughed at me, thank you. Without you I wouldn't have cried. To those of you who just couldn't love me, thank you. Without you I wouldn't have known real love. To those of you who hurt my feelings, thank you. Without you I wouldn't have felt them. To those of you who left me lonely, thank you. Without you I wouldn't have discovered myself. But to those of you who thought I couldn't do it; it is you I thank the most, because without you I wouldn't have tried. **TO ALL OUR FATHER'S, THANK YOU!**

FLAG DAY

A Flag Transformed-over the years the Star-Spangled Banner has undergone a series of transformations. It was made in 1813 as a simple garrison flag. After the British attack on Baltimore's Fort McHenry in 1814, it became a valued keepsake in the family of Lt. Col. George Armistead, the fort's commander. The popularity of Francis Scott Key's anthem during and after the Civil War transformed it into a national treasure. Since coming to the Smithsonian in 1907, the historic flag has been a visible reminder of both the ideals represented by the American flag and the need to preserve those ideals.

Interesting Facts- Why the flag is folded 13 times when it is lowered or when folded and handed to the widow at the burial of a veteran:

1. Symbol of life.
2. Belief in eternal life.
3. Honor & remembrance of the veterans who gave a portion of their lives to defend our country.
4. Represents our weaker nature and our trust in God.
5. Tribute to our country right or wrong.
6. Is for where our hearts lie in allegiance to the flag.
7. Is a tribute to our Armed Forces.
8. A tribute to the one who entered into the valley of the shadow of death.
9. A tribute to womanhood.
10. A tribute to the father, for he, too gave his sons and daughters for the defense of our country.
11. Represents the Hebrew citizen.
12. Represents the Christian citizen.
13. When the flag is completely folded the stars are uppermost reminding us of our nation's motto, "In God We Trust".

Did You Know?

A Vexillologist is a person who studies flags.