

# EASTERN GARDENS TATTLER

Volume 5 – Issue 1

3045 Eastern Avenue – Sacramento, CA 95821

Jan - Feb 2008



2008

## BOARD OF DIRECTORS

**Linda Patrick**  
President

**Janice Hoberg**  
Vice President

**Ed Healy**  
Secretary

**Donna Ripley-Schmelz**  
Treasurer

**Frank Lenhart**  
Board Member

**Merritt Miller**  
Alternate Board Member

**Kathy Slotterback**  
Alternate Board Member

## MANAGING AGENT

FPI Management, Inc.  
800 Iron Point Road  
Folsom, CA 95630  
(916) 357-5300

**Gary Haugstad**  
Sr. Portfolio Mgr.

**Theresa Williams**  
Community Director

**Vacant**  
Maintenance Technician

## OFFICE HOURS

Mon-Fri: 8:00 am - 5:00 pm  
Wed Only: 9:00 am - 6pm  
Sat-Sun: CLOSED  
Office Ph.: (916) 489-1604  
FAX (916) 489-1627

**After Hour Building  
Emergencies**  
(916) 271-7633



2008

## BOARD OF DIRECTORS

Your 2008 Board of Directors/Officers are:

- Linda Patrick, President
- Janice Hoberg, Vice President
- Ed Healy, Secretary
- Donna Ripley-Schmelz, Treasurer
- Frank Lenhart, Director
- Merritt Miller, Alternate Director
- Kathy Slotterback, Alternate Director

Should you have any questions, point-of-contact for the Board of Directors is Mrs. Linda Patrick, President, @ 481-5787. The next board meeting is scheduled for January 23, 2008 @ 7:00 pm in the clubhouse

## SPECIAL RECOGNITION

We at Eastern Gardens applaud and give special thanks to each of those members who have volunteered their time and effort to participate on the Board and also to those members on Committees for their sacrifice, support and interest on matters of the corporation for the year 2007.



Outgoing 2007 board members:  
Blair McLeod  
Joan Wood  
John Stofanik  
Shirley Brown  
Richard Crockett

Members who served on Committees for 2007:

- ❖ **Social/Potluck:**  
Janice Hoberg, Mickii Wilner & Kathy Kent
- ❖ **Crime Prevention:**  
Merritt Miller & Mike Romp
- ❖ **Landscaping:**  
Vera Roth & Kathy Kent
- ❖ **Carpet Replacement:**  
Kathy Slotterback & Lori Allio
- ❖ **Inspectors of Elections:**  
Brian Gallagher, Mac Stonham & Isabelle Andrews

**\* THANK YOU ONE AND ALL! \***

## IN-HOUSE WAITING LIST



In filling a vacant apartment, priority shall be give to current residents transferring within the apartment

community. Transfers will have priority over outside applicants in order to comply with Fair Housing and Section 504 of the Rehabilitation Act of 1973. For further details please refer to your membership handbook page 46 or you may contact management, Ms. Theresa Williams for additional information and the necessary form(s).

**NOTE:** Please **DO NOT** contact the member or member's family of those vacating the apartment, this is a private matter between management and those vacating. The in-house waiting list is managed much the same way as the outside waiting list, **that is, you will be contacted by management at the appropriate time.** Members may inquire to management as to their place on the in-house waiting list.

## **NEW YEAR'S RESOLUTION**

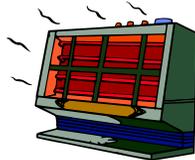
To assist you with your New Year's resolution for a healthier lifestyle Kaiser Permanente offers a variety of resources for those who are members. If you want to lose weight, but don't know where to start, a one-session weight management overview can help. You will learn about weight management principles and how to minimize non-hunger eating, cravings and self defeating beliefs about food and weight. The class is free for members. Call the number listed for a class near you:

- Weight Mgt. Overview- South Sacramento, 688-2106
- Eating for a Healthy Weight – Sacramento, 614-4040

Kaiser also offers free on-line Healthy Lifestyle Programs to members to help meet your goals. Check it out, [www.kp.org/healthylifestyles](http://www.kp.org/healthylifestyles), get a personalized total health assessment, reach your weight loss goals with a personalized weight program, get personalized strategies to reduce and manage your stress, make smart food choices with a customized nutrition plan, and get a personalized plan to quit smoking.

## **SPACE HEATER SAFETY**

It's getting cold out there, and as the outside air cools, space heaters start up inside shops, barns, greenhouses and other living areas. Self-contained, air-heating appliances designed for temporary space heating can rely on gas, electricity, or kerosene for fuel. Many newer electric space heaters have a safety switch that automatically turns the unit off if it's knocked over, but whether you're using a new or old heater; remember these safety precautions to minimize the risk of fire.



- ✓ Put heaters on the floor. Placing them any higher than that increases the risk of them and being damaged.
- ✓ Do not use heaters in wet or moist places unless they are certified for that purpose. The corrosion caused by dampness can create shock hazards or cause fires.
- ✓ To reduce the risk of fire, choose a heater with infrared or proximity sensors that will turn the heater off when objects come to close.
- ✓ When using your electric space heater, do not place anything on top of the cord that could cause the cord to overheat.
- ✓ Avoid using extension cords. If you must, make sure the cord is heavy enough. Check your owner's manual for the appropriate gauge.

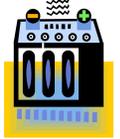
## **BATTERY DEAD?**

### **The *right* way to jump-start your vehicle**

Dealing with a dead battery may be a nuisance, especially during the cold winter months which is when it really takes its toll on batteries. Here's a quick step-by-step review of how to jump a battery safely and effectively:

#### **Before you attach the cables:**

- Make sure the vehicles do not touch.
- Turn the ignition off.
- Set the parking brake and put the transmission in neutral or park.
- Add water to the battery if needed. Replace caps.
- DO NOT jump start if the fluid in the battery is frozen.
- DO NOT jump start unless both batteries are the same voltage and negative ground.



#### **Attach the cables as follows:**

- Clamp one jumper cable to the positive pole (+) of the dead battery. Then clamp the cable's other end to the positive pole of the charged battery.
- Clamp the second cable to the negative pole (-) of the charged battery and clamp the second cable's other end to the dead vehicle's engine block on the side away from the battery.
- Start the vehicle with the charged battery. Then start the disabled vehicle.
- DO NOT stand over the batteries while jump-starting is in progress.

#### **Removing cables:**

- Remove the cable from the engine block and the other vehicle's negative pole. Then remove the other cable connecting the positive poles.

## **WINTER REMINDERS**

With winter upon us and the unprecedented increases anticipated in utility costs, I'd like to remind everyone that the most effective way to save on your electric bill is through conservation.



- ❖ Replace your heating filter at least twice a year.
- ❖ Take advantage of the sun – open curtains during the day to capture the warmth and close them at night to prevent heat loss through windows.
- ❖ Replace standard incandescent bulbs with compact energy efficient fluorescent bulbs.
- ❖ Use higher watt bulbs in reading and cooking areas and less bright bulbs in other areas.
- ❖ Keep bulbs and fixtures free of dust for better lighting.
- ❖ Load dishwashers to capacity. Allow dishes to air dry in lieu of the drying cycle.
- ❖ Keep your freezer tightly packed. Arrange the refrigerator to allow air to circulate freely.
- ❖ Keep your thermostat at a moderate 68-74 degrees

## LANDSCAPING

In August of 2007, the board reviewed the committee's report on the issues of landscaping and agreed with some of the committee's suggestions and recommendations of which management has already taken action on them. Observing the Committee's concerns, the Sacramento Tree Foundation recommendations, the Sacramento Suburban Water Agency audit report, and Arreola's five year plan, and keeping with Eastern Garden's budgetary constraints, the board has concluded the following:



- 1. Trees:** This will include maintenance such as pruning, trimming and the removal and replacement of them. **Action Taken:** At the recommendation of the committee, Arreola's Landscaping and the Sacramento Tree Foundation, four trees requiring immediate removal were contracted out. Management obtained and submitted three proposals for the board's review and awarded the contract to the Trees Pros, Inc. for their removal, this included stump grinding. Observing budgetary constraints further removal of trees that are dead or dying and they negatively impact infrastructure and surrounding areas will be considered on a case-by-case basis. New trees will be provided by the Sacramento Tree Foundation at no charge; this will also include type and placement of new trees. Eastern Garden's current landscape maintenance contractor, Arreola's, will plant and install all new trees provided to them at no charge per the instructions of the Sacramento Tree Foundation. Information on "How-to-Prune" trees provided by the tree foundation was forwarded onto Arreola's for their future use.
- 2. Shrubbery:** This will include maintenance such as trimming and removal and replacement. **Action Taken:** Management provided copies of the landscape committee's report to Arreola's. In addition, management instructed Arreola's to allow certain shrubs to grow without excessive cut-back. Again, observing budgetary constraints, management will remove/replace shrubbery on an as-needed-basis. Type, size and location will be considered when planting new shrubbery to avoid higher maintenance costs, e.g. shrubbery that does not flower, bloom or produce fruit. In addition, management will consider plants and shrubbery that are indigenous to the area. Eastern Garden's will bare the expense for the purchase of all new shrubbery and Arreola's will plant at no cost to the corporation.

- 3. Irrigation:** This will include maintenance on all controllers, valves, timers, sprinkler heads and piping for their removal and/or replacement.

**Action Taken:** Management contacted the Sacramento Suburban Water Agency requesting assistance for the problems we are encountering. The agency forwarded our concerns onto their in-house contractor, Irrigation Consultation & Evaluation, who in-turn conducted an audit of our property under a program called "Water Wise House Call". A complete report was provided to management which was then forwarded onto the board for their review. Management provided copies of the audit report to Arreola's who will begin addressing some of the less expensive recommendations made by the contractor/agency, e.g., different types of sprinkler on a single station, unmatched heads, missing or damaged sprinkler heads, controller batteries, broken irrigation pipes, mulch needed around plants, and irrigation schedules. Due to the higher expense and cost involved, the addition of new controllers, station valves, timers or irrigation pipes that accommodate shrubbery, lawns or trees and are watered by the same stations which cause over or under watering will be reviewed by management or the board for consideration, e.g. taking one or two buildings at a time.

In conclusion, the board has compiled all its findings, i.e. Landscape Committee Report, Irrigation Consultation & Evaluation Audit Report, and Arreola's Five Year Plan into one book which management will keep on file at the business office for current and future use as a guide on all landscape projects.

It's our hope that with the recommendations and advice from the various agencies and committees concerning landscape issues, future boards will be able to make reasonable and fair decisions on this matter.

Thank You - Eastern Gardens Board of Directors

## MOVIE NITE

All movies will be on the 2<sup>nd</sup> Tuesday of each month unless otherwise noted. Details are posted inside the laundry rooms. Fifty (50) cents donation includes movie, punch, popcorn, and brownies.



**Where:** Clubhouse @ 6:30 pm.

**When:** Jan 8<sup>th</sup> - "Amazing Grace" A historic drama about William Wilberforce's debate before the House of Parliament and events leading up to the Abolition Bill in 1789.

Feb 12<sup>th</sup> - "Safe Harbor" Danielle Steel's award winning novel, romance, drama, and life's lessons, starring Melissa Gilbert.

## WINTER SWIM SPECIAL

Del Norte Country Club may offer a winter special to Eastern Garden's members for a limited-time usage of their heated pool and other facilities. If you are interested in joining from January-April at a special rate, call Kathy Kent @ 482-1553.

## EASTERN GARDENS CALENDAR OF EVENTS

JANUARY 2008						
SUN	MON	TUE	WED	THUR	FRI	SAT
		1 New Years Day 	2 10am - Tai Chi 10am Bookmobile NOTE: Outside waiting list opens	3 10am Coffee	4 10am - Tai Chi	5
6	7 10am - Tai Chi	8 Movie Nite Amazing Grace 6:30 pm	9 10am - Tai Chi	10 10am Coffee	11 10am - Tai Chi	12
13	14 10am - Tai Chi	15	16 10am - Tai Chi	17 10am Coffee	18 10am - Tai Chi	19
20	21  Martin Luther King Jr.	22	23 10am - Tai Chi 7pm – Bd Mtg	24 10am Coffee	25 10am - Tai Chi	26
27	28 10am - Tai Chi	29	30 10am - Tai Chi	31 10am Coffee		

FEBRUARY 2008						
SUN	MON	TUE	WED	THUR	FRI	SAT
					1 10am - Tai Chi NOTE: Outside waiting list closes	2
3	4 10am - Tai Chi	5	6 10am - Tai Chi 10am Bookmobile	7 10am Coffee	8 10am - Tai Chi	9
10	11 10am - Tai Chi	12 Movie Nite Safe Harbor 6:30 pm	13 10am - Tai Chi	14 Valentines Day 	15 10am - Tai Chi	16
17	18 President's Day 	19	20 10am - Tai Chi	21 10am Coffee	22 10am - Tai Chi	23

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 911**